



Solutions CAFÉ

SIMPLE SOLUTIONS TO HELP YOU
ACHIEVE YOUR GOALS

LIVE DAILY AT 9am (eastern)

WEEK OF
MAY 4TH

MON

Feeling overwhelmed? Let's get clarity by asking the right questions!

TUE

Fighting the overwhelm: understanding your ability to tackle it all!

WED

Ask me Anything

THU

Can I have more than one goal and succeed at them all? Yup! Let's break that down with this FREE TOOL!

FRI

FRIYAY: celebrate wins!

WEEK OF
MAY 11TH

MON

Why is it important to have a step by step strategies?

TUE

What's a Framework and why do you need it?

WED

Ask me Anything

THU

The 3 strategies I used to reduce overwhelm!

FRI

FRIYAY: celebrate wins!

WEEK OF
MAY 18TH

MON

Do you have a mindfulness practice? Why I created one!

TUE

Why do we have to be consistent? What did I do to make sure I was!

WED

Ask me Anything

THU

A FREE guide to being consistent!

FRI

FRIYAY: celebrate wins!

WEEK OF
MAY 25TH

MON

Do you know when you've achieved your goal?

TUE

Do you have a plan? What should you include?

WED

Ask me Anything

THU

What is an indicator of success? A free TEMPLATE for you!

FRI

FRIYAY: celebrate wins!

I LOVE TO SEE YOU SHINE!