

LOOK UP AND CHANGE YOUR LIFE

A 6-Week Personalized Coaching Experience to Reclaim Your Health, Joy & Personal Power

By Dr. Shawn Weiss, PT, DPT Health Strategist, Keynote Speaker

What You'll Get: Inside the 6-Week Journey

✓ Weekly 1:1 Coaching Sessions

One private 60-minute session per week (via Zoom or in-person) tailored to your specific needs, goals, and lifestyle.

✓ The 7P Roadmap to Transformation

Each week is built around a life-changing “P”:

- People: Strengthen support systems and set healthy boundaries
- Perspective: Reframe your story and reduce mental overload
- Present: Cultivate mindfulness, calm your nervous system, and improve sleep
- Prioritize: Design a sustainable health and life plan that honors your energy
- Power: Build resilience and rediscover self-trust
- Purpose: Align your daily habits with your deeper “why”

✓ Integration of the 6 Pillars of Optimal Health

You'll receive expert guidance on:

- Stress mastery
- Sleep hygiene
- Nutrition reset
- Movement & mobility
- Emotional wellness
- Gut health support

✓ Personalized Wellness Toolkit

Includes:

- Custom Health Roadmap
- Weekly Actionable Homework
- Mindset + mindfulness practices
- Foundational resources: meal templates, energy audits, sleep checklists, and more !

✓ Messaging Support

Unlimited email/text check-ins between sessions for support, encouragement, and accountability.

[Click Here to Get Started!](#)

