## STEP BY STEP: WORKBOOK

## I DID IT!

I'm doing it I can

I'll try

I'm willing

Ok, maybe

I don't want to

I can't

I won't

- Access to private facebook group
- 30 Bite-sized lessons in PDF format
- 30 min Individual Zoom
- Learn at your convenience!
- \$59



COMPLETE WORKBOOK
WITH
EXERCISES!