

Deep Healing. Bold Growth. Lasting Change



COMPLETE 90

Are You Ready to Become the Most Powerful Version of You?

We go beyond surface-level coaching. This is a full mind-body-soul transformation for high-achievers, visionaries, and those done playing small.

We combine cutting-edge neuroscience, subconscious reprogramming, intuitive guidance, and high-performance coaching to deliver a **mind-body-soul transformation** unlike anything you've experienced before.

Your next level isn't found in doing more — it's found in becoming more. This is your invitation to step into the life you were always meant to lead.



How Do You Change in 90 Days with This Program?

Identify what's working and not working in your life

Learn what is causing lack of focus, motivation, control, success, health or happiness

Remove subconscious blocks that keep you stuck

Rewire limiting beliefs and emotional patterns

Unlock deep confidence, clarity, and personal power

Activate your future self with strategic vision and action plan

Erase fear, guilt, and sabotage once and for all

Remove trauma from the mind

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90-DAY COMPLETE TRANSFORMATION

Week-by-Week Journey to the Most Powerful Version of You

WEEK 1: Grounding Into the Journey

We slow down. We connect. We explore where you are, what you've been carrying, and where you truly want to go. This week is about creating safety, clarity, and a powerful intention for the transformation ahead.

Theme: Clarity, Connection, and Conscious Commitment

Tool: Grounding Hypnosis + Vision Activation

WEEK 2: Who Have You Been? Who Are You Becoming?

We gently peel back layers of old identity — the roles, masks, and survival mechanisms. You'll meet your future self and begin the process of aligning your life to who you're here to be.

Theme: Identity Shift & Future Self

Tool: Future Self Visualization + Self-Concept Rewiring

WEEK 3: Listening to the Inner Voice

We tune in to your inner dialogue, the silent critic, and the stories you repeat without noticing. This week is about awareness and rewriting the script you have been living by.

Theme: Inner Dialogue + Emotional Awareness

Tool: NLP Language Reset + Inner Voice Reframing

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WEEK 4: Healing the Younger You

We meet the child within. The one who felt afraid, unseen, or responsible for too much. With love and care, we reparent that part of you — and begin to rebuild self-trust from the inside out.

Theme: Inner Child Healing

Tool: Guided Regression + Somatic Emotional Release

WEEK 5: Releasing the Past

We acknowledge the weight you've been carrying — guilt, grief, regret, or betrayal — and begin to let it go. This week is about forgiveness, liberation, and emotional freedom.

Theme: Release & Forgiveness

Tool: Ho'oponopono Ritual + Forgiveness Hypnosis

WEEK 6: Rewriting Your Money & Success Story

We explore your beliefs around receiving, success, and worth. The old narratives dissolve, and a new, powerful relationship with money, purpose, and abundance begins.

Theme: Worthiness + Wealth Expansion

Tool: Subconscious Money Rewiring + Abundance Anchoring

WEEK 7: Reclaiming Inner Guidance

You'll learn to trust your intuition again. Not the noise, not the pressure — but the quiet knowing inside you. Your decisions, boundaries, and direction begin to feel aligned.

Theme: Inner Wisdom & Self-Trust

Tool: Higher Self Connection Journey + Somatic Awareness

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WEEK 8: Letting Go of Self-Sabotage

We bring light to your inner saboteur — the part that blocks, avoids, or distracts. You'll learn how to recognize resistance, move through fear, and stay grounded in momentum.

Theme: Shadow Work + Aligned Motivation

Tool: Parts Integration + Resistance Reset Protocol

WEEK 9: Stepping Into Confidence & Power

This week is about leadership — not titles, but presence. You'll reconnect with your power, deepen self-respect, and learn to embody bold, grounded confidence.

Theme: Power Embodiment

Tool: Leadership Archetypes + Confidence Hypnosis

WEEK 10: Aligning With Your Purpose

We get clear on what truly matters — what you're here to do, how you want to serve, and how to align your life to that truth. Purpose becomes a felt experience, not a future fantasy.

Theme: Alignment & Clarity

Tool: Purpose Mapping + Soul-Aligned Action Plan

WEEK 11: Living in Wholeness

You'll integrate everything — your emotions, your past, your vision, your power. You're already showing up in life as your whole, grounded, unapologetic self.

Theme: Integration & Wholeness

Tool: Somatic Anchoring + Full Self Reinforcement

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WEEK 12: You as Your Authentic Self

The final week is a celebration and a homecoming. Over the last 11 weeks, you have truly become your true self. Your life is no longer a vision of the past. You are grounded in a NEW YOU, a new perspective on life, happy and full of confidence as you are living your life authentically. In week 12 we set the final groundwork for you to continue building upon your success.

Theme: Embodiment & Future Pacing

Tool: Final Hypnosis + 90-Day Blueprint + Personalized Exit Ritual



CERTIFICATE OF AUTHENTIC SELF

THIS CERTIFIES THAT

a certificate of authentic self

IS HEREBY AWARDED TO



DATE

SIGNATURE

