



**YOUR
ABSTRACT
ASSISTANT**
Your Life. Simplified.

Your ABSTRACT Assistant's
Life Management School Presents:

gyst101
(get your shit together)

it's all about the hABits, baby

What the hell am I talking about?

As a Professional Organizer & Life Management Coach, I believe habits are more important than goals. The small changes you work into your daily life can truly make your life much more streamlined, less stressful, and happier. In this 4-week course, I will not only help you determine & prioritize the best habits for you to gyst, but also coach you along the way & hold you accountable to your new habits every day.

What's the priority?

Together, we'll work on choosing your top daily habits to begin to achieve your long term goals.

How do I figure this shit out?

What is it? When will you do it? How often? How long will it take? What does it look like?

We'll discuss all of it.

How do I implement this shit?

We'll talk about all the ways to begin new habits, stick with them for the long run, and reduce stress & overwhelm.

4-Week Course Includes: 90-Minute weekly small group virtual workshops, 1:1 daily coaching & support via text, & Lots of fun WHILE you get your shit together!

One-Time Only Introductory Price for Entire Course: \$189

Mondays @ 7pm First Virtual Class Starts 1/9/23

Space is limited. Email help@abstractassistant now to enroll!