

SATURDAY, MAY 12th



BOARD Workshop

Presented by Mindful Wellness LLC

A FULL-DAY IMMERSION TO FOCUS ON YOUR AUTHENTIC LIFE AND YOUR IDEAL OUTCOMES.



DETAILS....

WHEN? Saturday, April 28th 8:30am – 4:30pm

WHERE? Brix & Mortar Co Working ~33 W. Mifflin St., Madison

WHO? Anyone who wants to **CREATE** an amazing 2018!

WHY? Give yourself the **TIME, SPACE, GUIDANCE** and **FOCUS** needed to create the future of your dreams!

We are literally planting the seeds for all you imagine to unfold~ **OUR THOUGHTS & WHAT WE FOCUS ON DRIVE OUR RESULTS, SUCCESS & DESTINY!**

HOW? Sign Up at:

www.mindfulwellnesscoach.com/upcoming-events

**How can we make our goals and dreams become more of a reality?
Join us for this amazing day! ☺**

Vision Boards are a useful way to envision how you see yourself in the future. A vision board is simply a compelling statement of who you are and what health-promoting, happiness-building behaviors you want to practice consistently. Research has shown that self-change is a staged process. We move from *not* thinking about changing a behavior, to thinking about it, to preparing to change. A vision board helps us start acting **AS IF** those things we want to become/have/do are already there, so our behaviors and thoughts start to shift, and we become our best version of our authentic self!

For more info: EMAIL

kristin@mindfulwellnesscoach.com

Text (608) 513 6904