

SATURDAY, SEPT. 1ST



BOARD Workshop

Presented by Mindful Wellness LLC

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



DETAILS....

WHEN? Saturday, Sept. 1st 8:30am – 4:30pm

WHERE? Brix & Mortar Co Working ~30 W. Mifflin St., Madison

WHO? Anyone who wants to CREATE an amazing life!

WHY? *OUR THOUGHTS & WHAT WE FOCUS ON DRIVE OUR RESULTS, SUCCESS & DESTINY!* 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!

Sign Up at: www.mindfulwellnesscoach.com/upcoming-events

or: **BUY TICKETS HERE**

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

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