

## **Post 1**

Burned out? Drained from the daily grind? Tired of people telling you to “relax”? You’re trying. You just can’t seem to make it work.

Here’s what no one tells you about “self-care rituals”... Most of them don’t work. A bit of Netflix and Chardonnay isn’t enough to help you recover from a chaotic, overwhelmed existence.

Take your rituals to a deeper level and unearth your potential. With this science-backed transformation workshop, you’ll discover ways to feel empowered rather than exhausted and inspired rather than irritated. Book your spot in the Creating Ritual Workshop to learn how to find your self-haven.

## **Post 2**

You try your best to stay on top of it all — and you’re doing it! But are you going to bed with your mind spinning and your body exhausted? Do the constant demands and daily stress have you totally drained?

You need a solution, but you can’t quite access it. The missing puzzle piece is something beyond the weekly yoga class or nightly glass of wine. It lies within you, but it’s hard to uncover.

Join the Creating Ritual Workshop to learn how to incorporate rituals into your daily life. With our research-backed approach, we’ll help you have the breakthrough you’ve been waiting for — and start living your best life.

## **Post 3**

Ever want to unplug but can’t seem to turn off your mind? Spending most of your day cleaning up after other people? Tired of the trendy blogs and coaches who keep insisting they can solve your woes?

You know the truth: You’re burned out and you wonder if you can ever get back to feeling empowered and happy again. You feel guilty for every episode of Netflix you watch and every yoga class you skip because you’re just, too, drained.

It’s time to make a change. Experience the Creating Ritual Workshop and go beyond the surface of “self-help.” You’ll learn how to draw upon your own potential to create abundance in your life, and you’ll discover the tools you need to overcome stress and empower yourself for the better. Book now!

## **Post 4**

If you’ve been waiting for that moment of epiphany in which your life finally falls into place, you might be waiting a long time. That’s because most of us are stretched too thin to invest in ourselves. We’re bouncing from thing to thing with barely any time to rest.

We know your family and career are important to you. But as the saying goes, you can’t pour from an empty glass. The question is, how do you fill up the glass?

In the Creating Ritual Workshop, you'll evolve your understanding of self-care from bubble baths and red wine into something meaningful — something magical. Book now and start your transformation into your dream life.

## **Post 5**

You deserve a wonderful life, one full of potential, rewarding experiences, and personal magic.

So, why are you living one that's a chaotic mess? You're smart. You're capable. You need a method to overcome the madness.

It's time to discover the solutions you need to unwind, relax, and power up your life. And no, you don't need to take that spinning class. The key is to establish rituals — and we don't mean your weekly Netflix binge.

In the Creating Ritual Workshop, you'll develop the skills you need to transcend the daily grind and become a change-agent in your own life. You'll discover your authentic self, not what Pinterest tells you to be. Most importantly, you'll learn to love yourself. Get started today.