

One Perfect Day

Create the Life You Long For, One Day at a Time

True
You
essentials

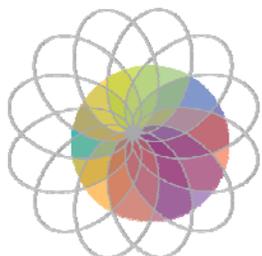


You will learn:

- "Essentials for a Perfect Day" - Two daily practices that can make every day perfect
- The 7-Step Integrated Journaling™ Process for transforming your life, one month at a time
- The Benefits of Digital Planning and Benefits of Paper Planning, and how to get the best of both
- A simple routine that helps you feel more satisfaction at the end of each day

Format recommendation: best experienced as a 3-hour workshop to include self-reflective exercises and exuberant creativity; "Essentials for a Perfect Day" can be offered as a 30-minute stand-alone for a meaningful start to a meeting or retreat.

Topic Categories: Employee engagement, Work/life balance, Health & Wellness, Self-care



THE ESSENTIAL ADVANTAGE
Bringing the True You to Life™

Your calendar tells your truth. What does yours say about you, your relationships, your goals and your passions? If day after day is ticking by without focused attention on what you want to do with your one, precious life, it's time to take control.

In this enlightening program, you will learn a powerful tool for change that allows you to fall in love with your planner again. This feel-good process puts you in constant touch with your priorities so your days are more productive and meaningful. By combining the benefits of digital calendaring with the tactile pleasures of a planner, you can respond to the realities and demands of your life while moving methodically and incrementally toward your dreams. This dynamic, integrative approach does not require you to DO a lot of extra work; rather, it helps you to think differently about the work you choose to do. Dare to create the life you long for, one day at a time!

Trust Liz to inspire your group toward greater health, wealth and happiness!

Holistic wellness coach and clinical aromatherapist, Liz Garrett, is changing lives with creative, reality-based programs designed to meet the goals and needs of busy people.



Liz Garrett

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