

INSTASHIFT INTO  
*your truth*

Discover who you really are. Not who you think you are.



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# YOUR 4 WEEK EXPERIENCE INCLUDES

## MODULE 1: EXPAND YOUR AWARENESS

The first step to creating lasting change is becoming aware of how thought creates your life. You have lived unconsciously *under the influence* of your thoughts, and when you open up to the Truth of the power your attention has on your life, you begin to see choice in your life experiences.

**\*Includes a 60 minute 1-1 kickstart session!**

## MODULE 2: LET GO OF THOUGHTS CREATING MIND FULLNESS

Throughout your life, you've learned to believe your thinking is the truth. Questioning the thoughts and realizing they do not belong to you will shift you from a place of mind FULLNESS to mindfulness. This is where you clear the space for a fresh new vision of destiny with ease & grace.

**\*Includes a 30 minute 1-1 session!**

## MODULE 3: BE PRESENT IN YOUR THOUGHTS

Your brain is a wizard at pulling up information about the past (guilt) and jumping ahead to your future (anxiety) - but how are you remembering to stay present and in the moment? In this module, we create a new technique for you to turn your old unwanted traits into new healthy habits.

**\*Includes a 30 minute 1-1 session!**

## MODULE 4: QUANTUM LEAP INTO YOUR FUTURE

Deep expansion is possible and it doesn't have to take you years to experience. By the end of these 4 weeks, you will realize that changing your life doesn't have to be hard. These small shifts will act as tools allowing you to navigate life - *stress free!* You will know that truly stepping into your most powerful self only takes an instant and you can change the course of your life for an incredible future!

**\*Includes a 60 minute 1-1 session!**

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TODAY ONLY!  
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YOUR PRICE: ~~\$697~~

**SPECIAL PRICE:**  
**\$497**

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