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Soul Alignment Coach



5 EASY STEPS TO MOVE FROM CHAOS TO CLARITY

Because I know how challenging, unclear, confusing and just plain yucky transformation can get, I created these simple steps to help you move through the chaos to the clarity on the other side!



Step 1

What Are You Creating?

What are you trying to move toward? Start there and work backward.



Step 2

See It, Feel It, Make It Real!

Vision boards, mind maps, drawings or meditations - use whatever tools necessary to anchor yourself in the new



Step 3

Prepare for the Breakdown

The old will make way for the new by getting rid of whatever doesn't align with it



Step 4

Get Support

Whether it's physical, mental or spiritual, know where you can turn to when things get rough



Step 1

Be Aware of Your Growth

Be patient with yourself through the process and celebrate each thing you notice to solidify your growth

Need more help?

Let's work together!

Schedule a call or send me an email to get started

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