

the A 6 WEEK EXPERIMENT ON CREATING MORE HAPPINESS
HAPPINESS
experiment

This program is for you if:

- ♥ You believe that you can and you're willing to feel more happiness every day
- ♥ You desire to shift from reacting (emotional) to responding mindfully with love
- ♥ You're tired of accepting the status quo, but you're struggling to find the motivation to get started
- ♥ You have some self awareness, but you need some strategies for tapping into it consistently and at the right times
- ♥ You have a natural curiosity, love to ask why and want to explore how you can truly take back control in your life AND consistently create more happiness
- ♥ You long for deeper, more intimate connection with yourself and in relationship with others
- ♥ You're ready to make some changes but need a little extra support to get it done
- ♥ You have a craving to step into your power and claim your limitless potential

It sounds like you're in my head, Christy, what does the experiment involve?



Inside the experiment, I will help you uncover some biohacks to get yourself out of survival mode (overwhelm, burnout), help you unlock some key understandings about yourself to empower you and inspire you to chase your dreams, and to arm you with the strategies needed to take back your power and become the creator in your own life. We will cover the key shifts needed to get your brain "unstuck" and into a new state of coherence with what you desire in your heart. All that you need is within YOU, and this experiment will help you to discover your own truths, blocks, tests, triggers, patterns and facets of your identity in order to explore how can take back control of your mind and create all of the happy that you truly desire.

Gorgeous, you are SO worth it! I sure hope you'll agree!

I AM SO worth it! Spill the deets?

This is a 6 week group happiness experiment with a live weekly training + Q&A session

A private facebook group for the experiment (with replays of the calls available)

Optional VIP Upgrade to include 6 weeks of unlimited, on-demand messenger support

Need more tailored help? There are private 1:1 coaching sessions available

BONUS offer if you wish to claim it, for 4 weeks of FREE online fitness classes

Pricing details for all above available on the website.

I'm so looking forward to this experiment because I know its going to create a massive shift in happiness if you commit to the experiment. I truly cannot wait to see what happens when you set to work with creating new patterns and habits that are going to serve what you truly desire. I'll help you to unpack the specific shifts that YOU need in order to feel happier NOW.

If its not a fit for you right now, that's no problem at all! But if you would, could you please share this or my other programs with your network? You never know who in your network might absolutely NEED this right now! Every little bit really helps and I'm on a mission to create as much happiness in the world as possible! Please also check out my podcast, Create Your Happy for some inspiring stories of overcoming.

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Alright gorgeous, it's time to create your happy!

♥ Christy

