



clarity + mindfulness -
procrastination =
transformation

Clarity is knowing

- Who you are
- What you are
- Where you are
- Why you are
- Where you are going

Mindfulness is using clarity as a filter to avoid overwhelm by saying no to good things that are not in alignment with what matters most to you, so you can say yes to great things that align with your purpose and passion.

Procrastination is allowing fear, lack of clarity and feelings of being overwhelmed to hold your dreams hostage. Overcoming procrastination is using the keys you already hold to unlock the chains that are binding you and keeping you stuck.

Transformation is turning your vision into your reality as you discover clarity, and you embrace using it to make mindful choices and break the chains of procrastination. You have become all that you have always known you were meant to be, the you that you have known you could be.

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