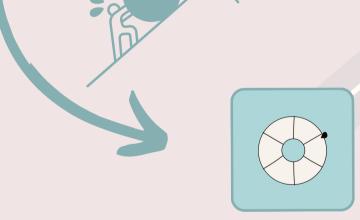
The Menopause Mindset Method

From



Vision of You

Let's create the inspirational vision of you and your life. One that you want to wake up to every day.

Goals

You'll create goals you feel excited to achieve, moving you closer towards your vision.

Plan

You'll create a sustainable long term plan, that you believe in and are excited to embrace.













Spinning Wheel

We'll take a birds eye view of your life, allowing you to focus on the areas that need your focus, love and attention.

Barriers

Together we'll uncover all of the barriers that are stopping you from reaching your vision.

Review

Let's review your wins and celebrate your successes!

Affirmation

It's time to embrace your learnings and create your affirmation for future you.