

# Live Your Best Life Series® Overview



Welcome to the **Women's Wisdom ~ Live Your Best Life Series®**! We are glad you joined us. This multi-part series is designed with YOU in mind to help you get crystal clear about your focus in life and take targeted action to live the life you desire.

The first couple of parts will be included free to get you grounded in what you desire to be focusing on in your life right now. If you like what you experience through our tools, inspiration and resources, you may decide to engage further through a monthly subscription, featuring new topics, tools and resources each month. At any time, you may choose to opt out, freeze your membership, or simply stay engaged with our website at no cost to you.

## What you can expect:

When you join, check your inbox monthly for a message from us that includes your **Live Your Best Life®** package. The series is organized into resource capsules, that will take you through the path of self-discovery, creation, and meaning for your life.

## Here's what's included in each capsule:

- ✚ Series topic purpose, goals, and exploration
- ✚ In-depth coverage of the selected self-improvement topic
- ✚ Tools you can use to assess, reflect, journal, move forward on the topic
- ✚ Templates for self-improvement on the topic
- ✚ Actions you can choose to take to make progress, stay engaged and achieve your goals
- ✚ Inspirational thoughts, quotes, poems to keep you energized and remind you of your greatness
- ✚ Selected external resources like readings, books, websites to help you on your journey
- ✚ Song selection to keep you motivated along the way

Sound fun? We think so! Let's begin our journey together, shall we?