

Discover Your Best Self is a program that gives you a step-by-step process to live a more Meaningful Healthy Life through Physical and Emotional Transformation.

By becoming more empowered you will move from feeling stressed and anxious, stuck or confused to find clarity and direction, so you can be inspired, feel better, and achieve your goals. You will acquire tools and strategies to better manage stress, boost self-acceptance, and build stronger relationships.

What Can You Expect From Working Together?

- ⊕ Enjoy a Life with more **Balance and Harmony**
- ⊕ **Self-Awareness** leading to greater empowerment and increased self-acceptance
- ⊕ **Increased Mental Clarity** by becoming more aware of thoughts that support you and reframing those that do not serve
- ⊕ **Emotional Well-being** including increased capacity to perceive and process emotional information
- ⊕ **Clarity and Direction** to move forward to reach your goals
- ⊕ Build **stronger relationships** with yourself and others

This is your personal invitation to attend a private Discover Your Best Self breakthrough experience.

You'll get my best coaching, consulting, mentoring, and training secrets offered to you in a personal and intimate setting.

What You'll Get:

- ⊕ Exclusive 8 module Discover Your Best Self Program with Ginny Mackles
- ⊕ Instructional videos and inventories completed at a convenient time for you with personal coaching support
- ⊕ Weekly online meetings
- ⊕ Detailed worksheets, checklists, articles, guided meditations and goal setting outlines to support your success
- ⊕ Simple, predictable and highly effective tools to manage stress
- ⊕ An effective accountability system to keep you focused and on track
- ⊕ Peace of mind, increased clarity, less stress, and greater life satisfaction

Working together will give you the assurance of always having a growth partner on your side. Giving you valuable feedback, ideas, and a safe place to move into purposeful mastery of your life.

I look forward to coaching you to accomplish what you really want in life.

As we begin our work together, it's important that you are familiar with the following procedures. If you have any questions or comments, please feel free to contact me any time.

Discover Your Best Self Program Mentoring PROCEDURES:

We will meet at our specified time each week over 8 weeks in our web room. We will also connect throughout the week via our Program portal for checking in, updates, feedback and accountability.

Discover Your Best Self Program INVESTMENT:

Your mentoring investment is \$4,000 - Corona Virus FLASH SALE! For a LIMITED Time Only 50% OFF: \$1,997. For your convenience, we accept Zelle, Venmo or credit cards.

[CLICK HERE TO ENROLL NOW!](#)

I look forward to an amazing journey together!



-Ginny Mackles
Holistic Life Coach

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