

# THE JOURNEY

"The Journey" is an exclusive , high level, customized 1:1 private coaching program for highly motivated individuals who want to work with Heather to implement the tools necessary to hit next level success thru personal training.

"The Journey" takes the best of AFAA & NASM fitness training, years of qualified experience, certified health coaching, certified nutrition coaching, morning routine implementation, goal setting, visualization techniques, healthy daily habits with consistency & accountability and combines them into the first ever 12 week program that elevates you with all the tools you need to become the best version of you.

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*This program*  
ISN'T FOR EVERYONE

Very few people want to elevate to this level.  
It's an investment for people that are willing  
to put in the work to get massive results.

Heather has spent hundreds of hours and  
dollars with some of the greatest mentors,  
teachers, coaches and influencers of our  
time & has taken everything she's learned  
and lived and packaged it perfectly to train  
you in the strategies of success.

**CLICK HERE TO APPLY**

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## *This Private*

# 1 ON 1 COACHING

Is customized to each individual with proven strategies so that you can:

- establish and execute daily habits in order to ELEVATE your life in all areas
- move forward being crystal clear on your purpose and the actions you need to take to execute it
- find your fire & passion thru creating new daily habits
- REWIRE your brain to think in a whole new way
- breakthrough limiting beliefs
- tap into your full potential with self-love and self- confidence
- multiply your personal growth
- strategize & execute a plan to keep you accountable towards the completion of big goals

# THE JOURNEY

SOLD OUT FOR QUARTER 4

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*But*

there are TWO spots open for  
January 2023

INVESTMENT \$2,500  
(valued at \$6K)

PHASE 1 HABITS

PHASE 2 VISION

PHASE 3 CONFIDENCE

If you feel this is a good fit for you,  
click on the link below to apply





includes:  
consultation  
evaluation  
customized plan  
12 weeks of 1:1 coaching with Heather  
DUH planner  
T-shirt upon completion  
Vision Board Course  
Confidence Clubhouse  
DREAM. SPARKLE. GLITTER. SHINE. book

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