

Eight sessions x seventy five minutes each · one to one, online

Unlocks · Gratitude as the first habit, a short list of what shifts your state, and one sentence to keep.

Unlocks · The thing in your way, named in your words rather than borrowed ones.

Unlocks · Permission to feel it, which is what stops it running you from underneath.

Unlocks · Catching yourself in it, and reaching for a tool instead of the old default.

Unlocks · Outcomes that land as a lesson rather than a verdict.

Unlocks · Help you can actually accept, and people close enough to give it.

Unlocks · Planting the seeds, and trusting the harvest instead of gripping it.

Unlocks · Something that is still true on a bad Thursday.

1 2 3 4 5 6 7 8

WHERE YOU ARE BACK TO YOUR