

Learn the Secret Tool that Can Transform Your Life

...a few Benefits...

- ✓ Release stress and negativity
- ✓ Make decisions more easily
- ✓ Improve your self-trust and feel empowered
- ✓ Open doors to higher guidance and intuition
- ✓ Gain clarity and understanding needed for change
- ✓ Heal limiting beliefs and unconscious programming

So, what IS the Secret Tool that can do all this and more?

It's simply... the act of putting your thoughts and feelings down on paper—typically referred to as “journaling.”

HOWEVER—what you will learn in this life transforming 3-hr workshop will take you much deeper than traditional journaling or keeping a “diary.” That is just one way to journal. **You will learn 8 more powerful tools** that will enable you to experience the benefits listed above and more!

The **“Secret Sauce”** is in the **4-Step Process** that you will learn and practice using. This 4-Step Process is the fuel that drives the Tools. It gives them the power—and using it gives YOU the Power!

Ready to transform your life? **Come join us for an Adventure in Self-Discovery...**

Saturday, April 25th

1:00 - 4:00 p.m.

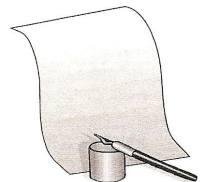
\$45

At the Dream Maker—4004 Triana Blvd, Huntsville, AL

For more information or to register call 256-348-5236

or email becky@beckywaters.com

or visit www.YourSoulJourneyCoaching.com/ASD.htm



Workshop Facilitator: Becky Waters is a certified life coach whose passion is to help her clients move past their fears and discover their true selves. Her message of creative risk taking, honoring our own unique gifts, and the passionate pursuit of our dreams, leaves audiences inspired and ready for action. She is the co-author of *Success and Happiness: Leading experts reveal their secrets*. For more information on her coaching and workshops, please visit www.YourSoulJourneyCoaching.com.