

Day 28

Good Morning, Beautiful!

First, Congratulations for making it through this bootcamp! You are awesome!

We covered a lot in these 28 days, so feel free to keep returning to the material and see if there is another way you can uplevel your health and wellness by integrating a new habit or releasing one that no longer serves you.


If you'd like more individualized attention, you can consider working with me 1:1 in a 3-month or, 6-month program, or scheduling a few laser sessions. By doing this, we will solidify all the things you have started and turn them into habits based on your unique circumstances.

No matter what, know that you have what it takes in you to achieve your goals and manifest your dreams!

To Your Health,



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*There is no medicine
greater than hope!
No remedy more powerful as
expectation of a better tomorrow.*

Urban Wellness Bootcamp

28

Day 28

Task

Another day of celebration! Consider carrying on your new daily habits, and continue to connect with and set new goals with your health coach and/or new tribe of Wellness Warriors!

Day 28

What's Next?

We covered a lot in these 28 days! The next few months will see you making advanced progress. You will set new goals, and now, from experience, you can visualize achieving them. Continue with your goal setting, self-care, decreasing stress, uplifting your motivation, learning more about nutrition and wellness, and of course, anything specific to your needs! And please do let me know if there is something specific you'd like to see me teach or have a guest speaker talk about. I want to help you grown in the ways only YOU know you need to.

What can you do if you want more support?

Feel free to schedule a laser strategy session with me for personalized feedback, advice, and coaching. I offer a special rate to anyone who has completed the Urban Wellness Bootcamp of \$95 for one hour (my hourly rate is usually \$250, so that is quite a savings!). Email info@FreedomJunkie.com to schedule your strategy session at a time that works best for you. Just let me know you're interested, and we'll go from there!

I am honored to be a part of your Wellness journey, and would welcome the opportunity to continue our work together. If you have any questions at all, I am happy to help!

Day 28

Dare to Experiment!

Change and growth take place
when a person has risked
themselves and dares to become
involved with experimenting with
their own life.

~ Herbert Otto

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