

5 DAY CHALLENGE

**LIVE LIFE
BALANCED**

With

Le'Siran Edwards

Hopewell Vision & Coaching



Congrats you've reached Day 5.

Have you decided what's next for you?

Want a KickSTART?



What is KickSTART?

It's a 4 week programme where you learn to shift from day to day living to intentional living in just 30 days!

What is day to day living?Â

This means you do the same thing everyday, in the same pattern and it's literally Groundhog Day. You're simply doing things because they 'have to be done.' "But I have to work to pay for my house!" I know this, but the question is what are you working for? What's the point of it all?

For your life to work for you, you have to get organised and get intentional about every single area of your life. Committing to KickSTART will give you a power boost in the right direction whilst deepening your personal growth.

I have free spaces to give away leading up to the launch this programme. Eligibility based.

Email your interest





Day 5 -Me Me Me

Here's Your Day 5 Video Link

Bonus Body Check Meditation

<https://vimeo.com/281575803/64f7734cdd>

Day 5 Video

<https://vimeo.com/281687460/29a8de99c2>

Remember if you're stuck, don't continue to go it alone contact me for a free consultation to get you back on track.

Message me on FB me or email: info@hopewellvision.co.uk



Affirmation Board

I AM	I Can	I Will

