



Life Balance Bootcamp for Women:

Empowering and equipping women to build their best beautiful balanced life!

Ladies, do you ever wake up in the morning, head into the bathroom, look in the mirror and say “Still?” Do you ever wonder if life will always be like *this*? Are you someone who believes to the very depths of your soul that you were created for more than what you are living right now? Do you wish you could be healthier, have more fun and less debt, and spend more time with family? Are you overworked, over stressed or overtired?

If you answered “yes” to any of those than this is for you!

I am looking for a group of women who want to take an honest look at where they are, have a vision for where they want to be and are ready to set action goals to get there.

This 3 week program will be a combination of focused personal tasks and a 45 min weekly group coaching session through zoom.

You will learn:

- 🔧 How to evaluate where you are at and what areas are in most need of your attention (this might actually surprise you)
- 🔧 How to not only cope with your feelings of past failures but work through them and make positive changes. (*I've tried to loose weight before, I can't ever save \$, I'm stuck in this job, I don't have time for _____ etc*)
- 🔧 How to bring balance into 7 key areas of life: friends, family, fun, fitness, finances, faith and field (what they are or want to do with their life)
- 🔧 How to take back your future and learn to dream again.



Cost:

Option A: Bootcampers Special - \$97 with lifetime access

Option B: Friend's don't let friends find balance alone discount: \$77 each
(*\$20 discount for you and a friend that sign up for the same session*)

Sign up: <https://carrieford.com/members/vaults/2710>

Individual option: *This dynamic program is also available for an individual "deeper dig" coaching option with me through Oola for \$297 if that is a more comfortable, option for you follow this link:*

<https://www.liveoola.com/courses/3-week?ref=aff973>

For more info on either option or to schedule a 15min call:

contact Carrie 855-798-0869 or info@carrieford.com

Who is Carrie? A midlife missionary momma and wellness warrior!

Hi, I am Coach Carrie and I am on an epic journey that has taken me from tired, stressed, overweight, undervalued, and living with debilitating pain, every single day, to the person I am choosing to be today. I believe that if you are not changing, you are choosing! So every day I make the choices that are leading me to my best life. In 4 years, I have gone from surviving to thriving. From exhausted to exhilarated. From stressed to blessed. My home has been completely transformed from toxic to healthy... one simple step at a time.

Let me be real for a moment and admit to you that I was close to giving up, close to walking away from the very things that brought meaning to my life. I had nothing left to give my family, my friends, my job, or myself. My body was failing me and I was losing my mind. Or so I thought when I could no longer find everyday words. I was a walking, talking billboard for stress-induced burnout and I was terrified I would never find my way back. I did find my way back and beyond and have maddest my mission ever since to show other beautiful women like you how to do the same! Let's do this

