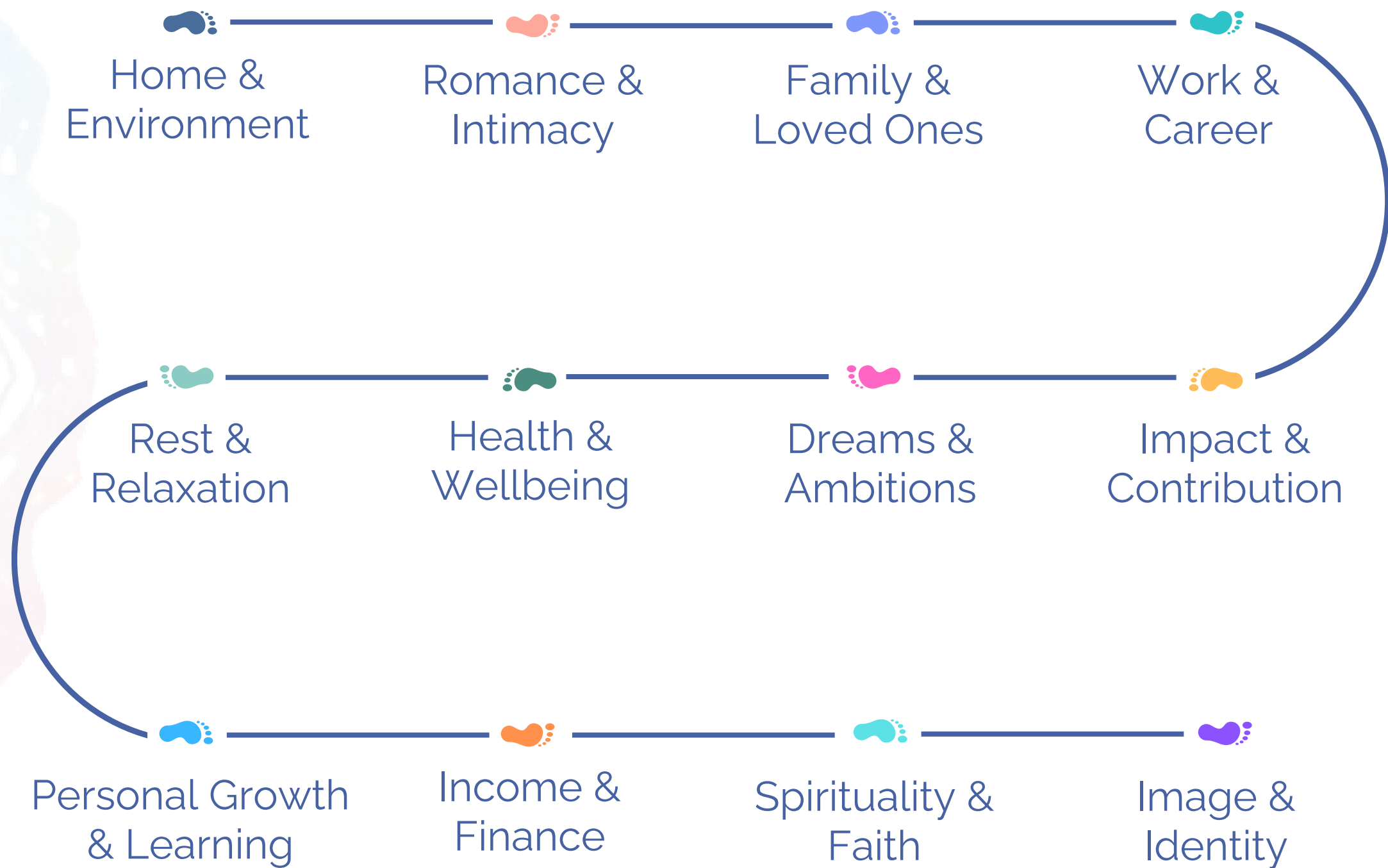


Your Aligned Life 12-week Plan

This flexible plan is designed around you and your needs. Together we will work through some, or all, of these areas over the course of 12 weeks. You choose how many weeks you want to work together, and how many areas to focus on.

Not sure which areas are priority for you? The Life Alignment Self-assessment will be our guide as we identify your priority areas.



Angharad Hart

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