



## Wellness Clarity Session

A personalized 90-minute session about you and your wellness goals.

90 MINUTES

\$175

### Here's what we'll work on together

01

#### Explore your current wellness habits

Look at the parts of your everyday routine that are working well and the areas you'd like to improve.

02

#### Identify your priorities and challenges

Clarify what matters most to you and talk through what's been getting in the way.

03

#### Find realistic ways to support your well-being

Discuss practical, manageable ways to support your everyday wellness and fit your life as it is now.

04

#### Create your personalized action plan

Leave with clear next steps you can begin incorporating into your life, at a pace that feels realistic for you.

*Small, meaningful steps can be the beginning of positive change.*