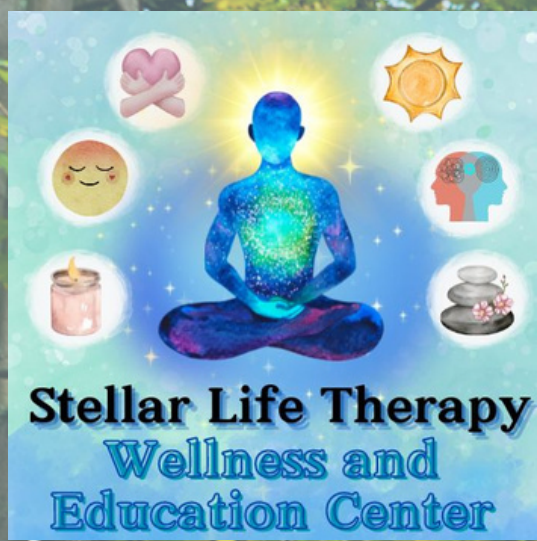


THE STELLAR LIFE REBOOT:



A SELF-PACED DIGITAL RETREAT TO SUPPORT PERSONAL BALANCE AND GROWTH

COURSE OVERVIEW:

Welcome to The Stellar Life Reboot: Digital Retreat! This self-paced, four-part retreat series is designed to help you explore personal growth, reflect on your values, and cultivate balance and intention in your daily life. Through guided, workshop-style sessions, you'll engage in self-discovery, intentional organization, and purposeful planning. Each retreat offers structured activities, including video lessons, interactive workbooks, and reflective exercises, making therapeutic concepts accessible and practical for real-life application.

Retreat Length: Each retreat will take 1-2 months to fully complete (including workshops, tracking, and implementation stages)

Joining as a couple?: Each partner will individually complete each retreat. Then the couple will come together for a couple's connection experience

<p><u>Retreat 1:</u> Aligning Your Time with Your Values</p>	<p>Focus: Identifying core values, tracking energy and daily patterns, and developing a sustainable schedule.</p>
<p><u>Retreat 2:</u> Understanding Influences and Patterns</p>	<p>Focus: Recognizing and processing external influences, such as family, culture, and life experiences, and identifying how they impact your daily life and decisions.</p>
<p><u>Retreat 3:</u> Financial and Goal-Setting Clarity</p>	<p>Focus: Building financial clarity and planning skills to reduce stress, aligning your spending with values, and setting intentional short and long-term goals that reflect your vision for personal growth.</p>
<p><u>Retreat 4:</u> Building Resilience and Balance</p>	<p>Focus: Creating a personalized self-care routine, mastering work-life balance, establishing boundaries, and developing a moving-forward plan that keeps you motivated and resilient in pursuit of your goals.</p>