

Be a soul-driven woman who *Shows up for what she WANTS.*

Ignite your inner knowing.

THE Soul Wants Course

6 WEEK PROGRAM

Be a soul-driven woman who shows up for
what she wants.

This class is about curation - your wants,
what's for you, what's calling you, what
lights you up, what excites you, what helps
you have more of what you want and a
whole lot less of all the things you don't.



YES, I WANT TO JOIN!



I know how it *feels*...

I can't tell, teach, or show you what your truth is.
But, I can help you unlayer, get quiet and be curious
about what your soul is calling you to hear.

The Soul Wants Course is to help you hear and
create your most expressed version of yourself;
uncovering your aliveness, vitality, clarity, devotion
and desire.

This is an invitation to write your own map -
completely guided by your soul.

It's time for you to
get {what you
REALLY want...}



Imagine a woman who...

- + Lives by her own inner compass, regardless of what is going on in the world around her
- + Chooses how she wants to feel, and shows up for what she wants
- + Knows her worth, meets her needs and lives with a sense of fulfillment
- + Ignites desire and clears the way for those around her to turn on too
- + Creates her own roadmap towards her goals, motivation and spark, and makes herself happy along the way



You will be proud and inspired by your own life. For growing through the heartbreak of stepping off the path not meant for you.



You will feel fueled to only give from your overflowing soul (no more burn out, flailing, stuck, over-doing, procrastinating, guilt or *doing all the things* hoping for a solution.



You will have the tools to know and create what you WANT for your life and legacy.



You will name and imagine a soul-aligned life on your own terms, and have the tools and resources to courageously create "what's next".



You will spend time learning to be a curator, choosing what is meant for you - this is about self-discovery and self-empowerment, not self-help.



You've tried *hundreds of ways* to figure this out on your own...



My wants for you...

- ✓ I want you to recognize and be proud of yourself for stepping off the path not meant for you and holding your head high and heart open.
- ✓ I want you to redefine desire, success and satisfaction for your own life.
- ✓ I want you to now and magnetize to all your Holy Yes's (and receive them with ease and flow).
- ✓ I want you to feel your embodied wants, to use those as guideposts on your Heroine's Journey to "what's next".
- ✓ I want you to recognize each time you arrive at a threshold of soul want and to have the courage to take the path of joy, desire, passion and meaning.
- ✓ I want you to have a spiritual toolbox you can return to again and again and again when stuck-i-ness strikes.
- ✓ I want you to be rooted in your feelings - through movement, pleasure, imagination, music + possibility.
- ✓ I want you to have a habit of checking in with your soul wants and the embodied feelings of having them.
- ✓ I want you to have a life you courageously create with soul-aligned action.

What do you want for yourself?



You were not meant to walk this path alone...

Learning in community gives us all sorts of benefits; it invites in the Divine, it stretches our individual imaginative capacity, others model ideas and behaviors and it gives us short cuts to expansion and possibility.

We will meet weekly in a Circle Format. Sharing, learning, experiencing and walking our own Heroine's Quest.

An online Facebook Group will be available to you, for connection and sharing outside of class.

INTRODUCING

The Soul Wants Course

6 WEEK PROGRAM



This will give you a step-by-step-roadmap for becoming a soul-driven woman who shows up for what she WANTS.

YES, I WANT TO JOIN!



What's Included

- ✓ 6 Weekly Live Community Classes
- ✓ 1:1 Kick off session (and optional mid-course add-on)
- ✓ Weekly PDF printable workbook
- ✓ Weekly Heroine's Quest
- ✓ Action steps to begin to create a unique-to-you guide
- ✓ Unlimited text / email support
- ✓ Built in rest days for introspection, catching up or integrating

Here's an *Insiders Look* at What You'll Learn:



Module 1:

WANT

The secret to want as a
guidepost in living your
Heroine's Journey.



Module 2:

FEEL

Re-define desire, success and
satisfaction for your own life.



Module 3:

SOUL FIRE

Know and magnetize your Holy
Yes's!



Module 4:

RESISTANCE

How to turn on your desires - tools and secrets to getting quiet, listening + getting into the flow.



Module 5:

SOUL HUNGER

The secret to recognizing soul thresholds of joy, desire, passion, meaning and exhaustion.



Module 6:

PERMISSION

Create a spiritual toolbox to support again, and again, and again.

PLUS, You'll Also Get Access to...

PRINTABLE DOWNLOAD

Weekly Course Guidebook

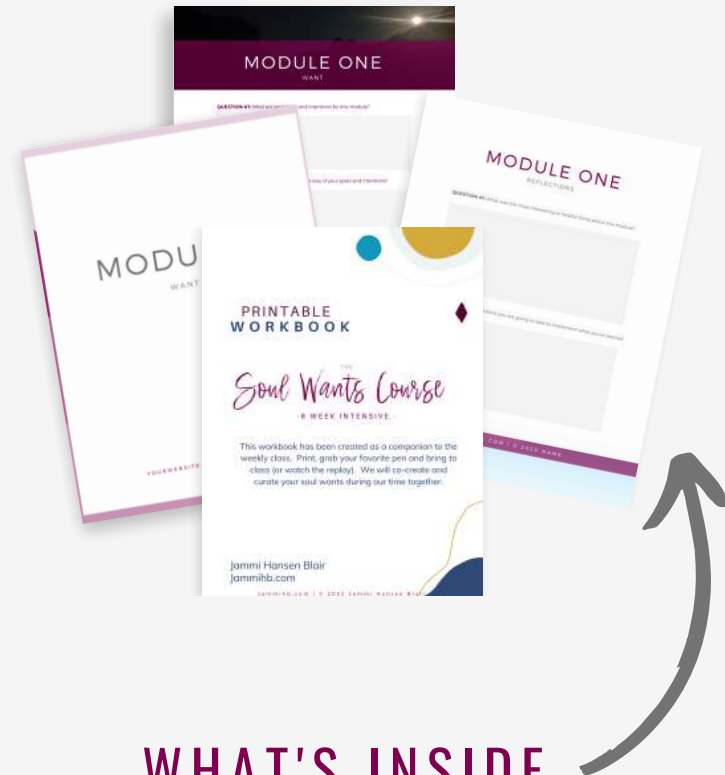


WHAT'S INSIDE

Your kickoff guidebook with an overview of The Soul Wants Course. Lessons, guides, hopes, and The Ultimate Soul Wants Check List and Cheat sheet included! A PDF downloadable from anywhere.

PRINTABLE DOWNLOAD

Course Workbook

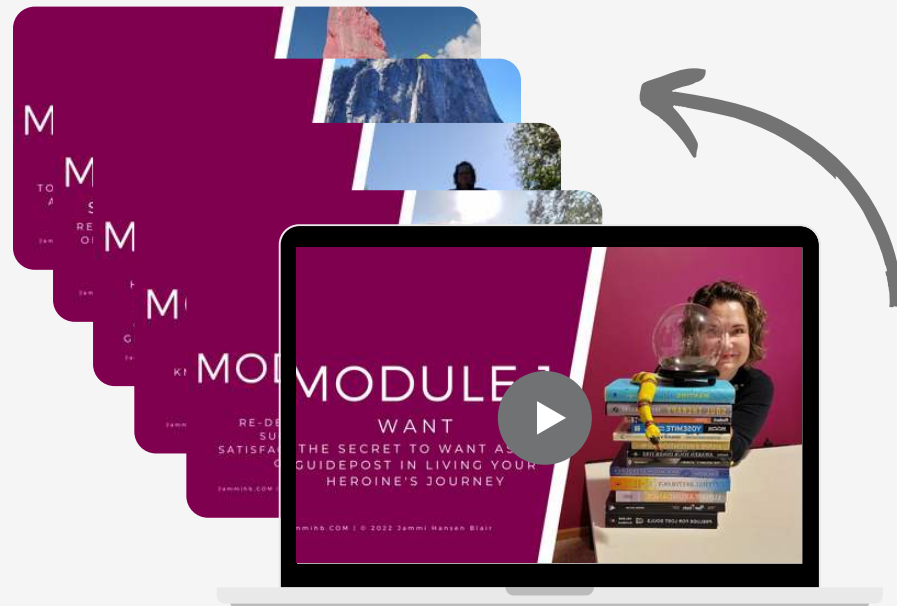


WHAT'S INSIDE

You will receive a weekly Course Workbook with the week's lesson to follow along our Community call. Curious Questions, Heroine's Quest challenges, and a space to begin capturing all your juicy insights!

WEEKLY SESSIONS

Live Community Gathering



WHAT'S INSIDE

We will meet weekly, on Thursdays from 4:30-6:30 in our Zoom classroom. Each week will be recorded and posted in the Facebook Group and emailed to you.

COMMUNITY

Online Group



WHAT'S INSIDE

We have a private Facebook Community Group set up. The group is accessible only to members. All lessons, recordings and downloads will be posted there weekly, along with community sharing and discussion. All lessons, recordings and downloads will also be emailed to you weekly.

Sounds AMAZING, Let's do this!

WHAT'S INCLUDED, ONE MORE TIME





6 Weekly Live Community Classes

We will meet on Thursday afternoons from 4:30-6:30 pm on Zoom. All sessions will be recorded.



Printable Guidebook & Workbook

You will receive your weekly workbook in time for class! We'll go through the material, and begin creating your soul's guide to what you want!



1:1 Kick off Session (and optional mid-course add-on)

We'll meet 1:1 pre-kickoff and get you started, answer any questions, and you'll adventure along your first quest before we even begin.



Weekly Heroine's Quest Actions

Adventure is the name of the game - it takes 28 days to build a practice and you'll get a taste of what is most inspiring to you!



Private Facebook Group for Students

Our online community will be hosted in a private Facebook group (nothing shared outside of our group). Everything in one easy to find spot!

[YES, I WANT TO JOIN!](#)

I want what I want.

That's a big, bold, badass statement, from a woman in 2022, coming out of a pandemic, embarrassed by our democracy, angry about my lack of equality, recovered from burnout, continuing to learn about racism and white supremacy, and looking back at 50.

I gave myself permission to long, covet, want, be envious, seek, lust, and pay attention.

And I gave myself permission to share my Soul Wants Method with you.

The world around us has changed. If you are ready to live your truth and passion with clarity - and just need a guide to figure out what those things are, this is your SIGN.

We need to replace what
we've settled for with what
we've been longing for.
~Bob Goff, Dream Big

 DOORS CLOSE SOON

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This class is about curation - your wants, what's for you, what's calling you, what lights you up, what excites you, what helps you have more of what you want and a whole lot less of all the things you don't.

Beta Price: \$149

*Beta Community Supported: \$99,
Beta Community Supporting \$199
(Regular Price \$349)*

[YES, I WANT TO JOIN!](#)



PROGRAM DATES

*October 27-December 8, 2022
6 Thursdays, 4:30-6:30 pm
[no class Nov. 24]*

Frequently Asked Questions

? Tell me how this class will work!

Each week you will receive an email that includes the zoom link and weekly class workbook. We will meet on Thursdays from 4:30-6:30 on Zoom. Class will consist of lessons on the theme of the week, sharing or launch of your weekly Heroine's Quest, and sharing in a circle format. Everyone will participate. Post-class time, the zoom recording will be posted in the private Facebook page, and emailed to you.

? I don't love Facebook. What are my options?

For now, Facebook is the easiest way to offer a community space. Between class conversations can be posted, sharing can take place, and it is a convenient way to post all the information from class (workbooks and video). You will also receive everything by email, so could opt out of Facebook, but will miss out in the in-between community time.

? What does "Beta" mean?

This is the first cohort of this class! So, it is offered at a discounted rate, and I hope you will be willing to provide feedback as we go through and finish the course.

? What day/time are the weekly calls?

We will meet on Thursdays from 4:30-6:30 pm on zoom. If there is interest and availability we could possibly do an in-person group, but it depends on sign ups. Recordings will be sent post-class, but it is HIGHLY recommended that you attend live, in person!

? How much time should I plan for?

In addition to the 2 hour weekly gathering, you should expect to spend at least a 1/2 hour a day on your Heroine's Quest and daily writing. You can work through the workbook at your own pace and time, and quite a bit of it will happen during the calls.

? Is there a money back guarantee?

Not at this time, as this is a heavily discounted Beta class.