

**Avatar:**

Amy is a 25 year old female that likes to spend most of her time in nature. She works at a flower shop and feels amazing working there. In her days, after she finishes work, she likes to relax by going for a walk outside in the park. When its cold or raining, she spends time at home either reading a book, spending time with her friends, or watching a show on netflix.

**Current state**

Lately, Amy has noticed that her mood has been down. She has consulted a doctor about this and he tells her that everything is fine, and the mood change could be related to the weather or even past trauma. Due to her uncertainty, Amy feels a little worried but unsure whether she is experiencing it because of the season to herself. On days when its cold, rainy and basically winter, flowers dont sell as much, which not only affects her mood, but also the business. On top of that, inflation rates have increased, which is making Amy worry a little about her future.

**Roadblock**

- Boredom
- Doesn't know what to do
- Feels as if she has no time for yoga / exercise
- Mental and emotional blocks preventing her growth and progress
- Financial constraints preventing access to certain things such as a Gym membership
- Mind ins bothered
- A little lack-of self -love lately
- No community or connection in such hard times

**Solution**

- Consistent mindfulness and self-reflection
- Seeking guidance from a trusted teacher or mentor
- Practicing self-compassion and non-judgment
- Exploring and addressing any underlying mental health issues or trauma
- Feeling free and without worries
- Connected to herself

**Email 1: \***

**SL: The void inside of you**

Do you ever have days where you feel like a gray cloud?

Days where tears are pouring out of your eyes, rolling down your face as if it was raining heavily?

You feel as if your heart has been flushed out..

**Instant sadness** appears out of the blue, yet you can't really explain why you feel this way.

But don't worry, you are not alone.

Many people have felt the same, but many others have overcome this emptiness.

By building a life changing habit of 10 minutes, that could replace those dark clouds.

A Habit that has been working for centuries, and yet never failed to amaze anyone.

[The 10 minute habit to overcome that drowning emptiness inside of you](#)

**Email 2: \***

**SL: The ancient way to a fulfilling life**

Let me share an ancient technique of life that has unlocked the doors of eternal peace for many people around the world.

A power that was shared for centuries, yet has been forgotten by many people.

As the last masters of wisdom walk this earth, the power remains unchanged.

[Unlock your deepest potential](#)

**Email 3: \***

**SL: The power stone to endless peace**

Tired of what the world has to offer to you?

Feel like you want to make a change in your life but don't know where to start?

Too bored **not** to take action, yet too sluggish to do something hard?

We got just the right thing for you.

A perfect habit that improves all 3 pillars of a soulful existence.

With only as much as 5 -10 minutes a day, you can feel spectacular for the next 24 hours.

Don't forget to repeat the process again tho 🙄

[The power stone to endless peace](#)