

HEART

HEAL-ENERGIZE-ALIGN-RESTORE-TRANSFORM



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HEART Method Course

Heal • Energize • Align • Restore • Transform

THE JPE HEART METHOD: 6-Week Course Overview

Balancing Health and Wealth

Week 1: Heal (The Foundation)

Focus: Identifying and healing past habits or mindsets that create friction in both physical wellness and financial security.

Action Plan: Setting a baseline, uncovering hidden stressors, and establishing a safe space for personal growth.

Week 2: Energize (The Momentum)

Focus: Igniting physical vitality and financial motivation.

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Action Plan: Introducing daily wellness habits to boost physical energy while identifying immediate, low-hanging fruit to optimize cash flow and momentum.

Week 3: Align (The Core)

Focus: Structuring goals so physical health and financial planning work together rather than competing for your time.

Action Plan: Building a customized, balanced roadmap where lifestyle choices directly support long-term wealth building.

Week 4: Restore (The Balance)

Focus: Implementing stress management and resilience tactics to prevent burnout.

Action Plan: Creating recovery routines for mental health and establishing financial safeguards (like emergency planning) to ensure peace of mind.

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Week 5: Transform (The Evolution)

Focus: Shifting from temporary fixes to permanent lifestyle and behavioral changes.

Action Plan: Deepening long-term wealth strategies, cementing wellness habits, and stepping confidently into the role of an empowered advocate for your own life.

Week 6: Integration & Graduation

Focus: Reviewing the transformation, analyzing client progress surveys, and setting the course for continuous growth.

Action Plan: Finalizing next steps, automated systems for maintenance, and celebrating the journey to balanced health and wealth.



HEART Course Outline

SECTION 1: Balance Your Health. Build Your Wealth.

A 6-week guided journey to heal your habits, restore your energy, and align your life with purpose and financial clarity.

Buttons:

- Start the HEART Journey
- View Program Options

Layout:

Text left, image right (calm, confident, grounded presence)

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HEART Method Course

THE PROBLEM

Something Feels Off...

Points:

- You're doing more, but feeling less fulfilled
- Your health and finances feel disconnected
- You're tired, overwhelmed, or out of alignment
- You know you're capable of more—but feel stuck

Closing Line:

You don't need more effort—you need alignment.

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THE METHOD

The HEART Method

Steps:

- **H – Heal** dysfunctional habits
- **E – Energize** your body and mindset
- **A – Align** your actions with your goals
- **R – Restore** balance and clarity
- **T – Transform** your outcomes

Thoughts for Progress: A structured framework that connects your mindset, health, and financial decisions into one aligned system.

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PROGRAM STRUCTURE

Your 6-Week Journey

- Week 1: Introduction & Self-Assessment
- Week 2: Heal
- Week 3: Energize
- Week 4: Align
- Week 5: Restore
- Week 6: Transform

Includes:

- Guided sessions
 - Worksheets and journaling
 - Reflection exercises
 - Action planning
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PROGRAM OPTIONS

Private 1:1 In-Person – \$597/month

- 2 Monthly In-Person Sessions
 - Customized HEART Plan
 - Individualized Worksheets
 - Personal Health & Wealth Alignment Strategy
 - 24/7 10-Minute Reset Support
 - Monthly Progress Mapping
-

Private 1:1 Virtual – \$397/month (*Most Popular*)

- 2 Monthly Zoom Sessions
 - Customized HEART Plan
 - Individualized Worksheets
 - Alignment Coaching
 - 24/7 Reset Support
-

In-Person Group – \$297/month

- Weekly Group Sessions
 - HEART Workbook
 - Guided Exercises
 - Group Coaching
 - Accountability Support
-

Virtual Group – \$127/month

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- Weekly Live Zoom Sessions
 - HEART Workbook
 - Guided Journaling
 - Core Teachings
 - Community Access
-

WHO THIS IS FOR

- Individuals seeking balance in health and finances
 - Professionals ready to realign their priorities
 - Those feeling burned out or out of sync
 - Anyone ready for structured, lasting change
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WHY THIS WORKS

- Integrates health and wealth—not separate systems
 - Personalized tools and reflection
 - Focus on habits, mindset, and decision-making
 - Designed for real-life application
-

TESTIMONIALS

“I finally feel aligned in my decisions.”

“This helped me connect my health and finances.”

“I feel more in control of my life again.”



FINAL CALL TO ACTION

Ready to Align Your Life from the Inside Out?

Buttons:

- Start Your HEART Journey
 - Join the Next Cohort
-

HEART PRICING GRAPHIC (FLYER / SLIDE)

HEADER

HEART Method Program
Heal • Energize • Align • Restore • Transform

CARD 1

Private Virtual 1:1 – \$397/month *(Most Popular)*

- 2 Monthly Zoom Sessions
- Customized HEART Plan
- Individualized Worksheets
- Alignment Coaching
- 24/7 Reset Support



Button: Start Here

CARD 2

Private 1:1 In-Person – \$597/month

- 2 Monthly In-Person Sessions
- Customized HEART Plan
- Individualized Worksheets
- Personal Strategy Mapping
- 24/7 Reset Support
- Monthly Progress Plan

Button: Apply Now

CARD 3

In-Person Group – \$297/month

- Weekly Group Sessions
- HEART Workbook
- Guided Exercises
- Group Coaching
- Accountability Support

Button: Join Now

CARD 4

HEART

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Virtual Group – \$127/month

- Weekly Live Sessions
- Workbook + Journaling
- Core Teachings
- Community Access

Button: Get Started

FOOTER

Align Your Health. Strengthen Your Wealth.

HEAR - COURSE - OUTLINE - W - PROCING