

HEART Course - Outline

***HEART Method:
Heal • Energize • Align • Restore • Transform***

CANVA SETUP

- Design Type: Website (scrolling)
 - Size: 1920 x 1080
 - Color Palette:
 - Deep Plum / Burgundy (healing + depth)
 - Soft Cream / White (clarity)
 - Gold Accent (transformation + value)
 - Optional Teal (balance)
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SECTION 1: HERO

Headline:

Balance Your Health. Build Your Wealth.

Subheadline:

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)

SECTION 2: THE PROBLEM

Header:

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.

SECTION 3: THE METHOD

Header:

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

Supporting Line:

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

SECTION 4: PROGRAM STRUCTURE

Header:

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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SECTION 5: 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
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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

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

SECTION 6: 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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SECTION 7: 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
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SECTION 8: 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.”



SECTION 9: FINAL CALL TO ACTION

Headline:

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

Virtual Group – \$127/month

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

Button: Get Started

Align Your Health. Strengthen Your Wealth.

HEAR - COURSE - OUTLINE - W - PROCING