

 Black Friday



✨ Limited-Time Offer ✨

Because I love a good sale... and now I get to be the boss of my own Black Friday... 🙌💖

Now through 12/3 (our next live coaching call), you save 24% when you join as an annual member of [the Alignment Revolution](#) (\$264 for the year).

- 3 months FREE
 - Just \$22/month
 - If you're not sure about the annual plan, the \$29 monthly option is still a solid, low-pressure way to join us in time for vision board season!
-

If you've ever finally made it to a long-awaited holiday break to find yourself thinking:

"I've been waiting for this... so why does it still feel hard to *actually* enjoy my time off?"

Your life doesn't need a dramatic reset.

It just needs a clearer path back to what matters.

And that's exactly why I created [the Alignment Revolution](#).

What's Coming Up Inside the Community:

Bonus Call



SUN, NOV 30TH
6 PM CST / 7 PM EST
THE SCIENCE & PROCESS OF VALUES-BASED VISION BOARDING
FOR MEMBERS OF:

GET GROUNDED IN THE WHY BEFORE WE BUILD THE WHAT.
WE'LL COVER:

- How visualization actually works in the brain
- Why values come first
- My Grow → Flow → Glow © Method
- What to gather & how to prepare for the process

Free pop-up call to chat about an overview of the process & set the foundation for an aligned, burnout-free 2026.

OUR USUAL MONTHLY 1ST WED. CALL



WED, DEC 3RD
7 PM CST / 8 PM EST
REFLECT + RELEASE: 2025 ANNUAL REVIEW & VISIONING
FOR MEMBERS OF:

THIS IS OUR ANNUAL "LET GO + LOOK FORWARD" SESSION.
TOGETHER WE'LL:

- Review 2025 using guided reflection prompts
- Identify misalignments, wins, patterns, & lessons
- Release the "shoulds" you're not bringing into 2026
- Map out your first draft of your values-aligned 2026 vision

This is where you reconnect with your inner compass and design a 2026 that reflects who you're becoming.

Bonus Call



SUN, DEC 7TH
6 PM CST / 7 PM EST
VALUES-BASED VISION BOARD PARTY- SUNDAY FUNDAY EDITION
FOR MEMBERS OF:

THIS IS WHERE IT ALL COMES TOGETHER.
TOGETHER WE'LL:

- Build your 2026 Vision Board together using the Values → Vision Matrix ©
- Look at what it looks like when you're moving toward or away from alignment
- Pull images, words, and anchors that reflect your true 2026 vision
- Build your vision board step-by-step in real time

You'll have a vision board that feels aligned, doable, & deeply you, not a collage of "shoulds."

Bonus Call



WED, DEC 10TH
7 PM CST / 8 PM EST
EMBODY & INTEGRATE: HOW TO LIVE IT, NOT JUST LOOK AT IT
FOR MEMBERS OF:

THIS IS WHERE WE PLAN OUT HOW YOU'LL INTEGRATE YOUR VALUES & VISION INTO DAILY LIFE.
TOGETHER WE'LL:

- Identify the habits, boundaries, & energy practices that support you
- Create flexible routines that match your capacity (not perfection)
- Wrap up with Q&A to troubleshoot challenges & personalize your plan

You'll walk away with a clear way to embody your board.



★ **LIVE CALLS & REPLAYS**
Join guided sessions where we'll walk through reflection, values alignment, & vision creation together.

★ **2025 ANNUAL REVIEW WORKBOOK**
A beautifully guided reflection process that helps you release the "shoulds," identify wins, & set yourself up for an aligned 2026..

★ **GROW → FLOW → GLOW © FRAMEWORK**
My signature step-by-step method that turns vague goals into grounded routines, aligned habits, & a vision you can actually follow through on.

★ **VALUES → VISION MATRIX ©**
A clarity tool that helps you translate your core values into aligned goals, uncover limiting beliefs, & flip them into powerful affirmations that reinforce your aligned identity.

★ **CANVA VISION BOARD & WALLPAPER TEMPLATES**
Beautiful, plug-and-play templates so you can create a values-based vision board that inspires you daily — printable, digital, aesthetic, & easy to customize.

★ **CORE VALUES AI PROMPTS & CORI, CUSTOM GPT**
Personalized support in your pocket — clarify your values, spot misalignments, process stress, & get reflection prompts anytime you need them.

I know what it feels like to count down to a few days off, hoping the extra time away will magically fix the exhaustion only to realize that...

- Your mind is *still* racing
- Your body is *still* tense
- Your to-do list is *still* living rent-free in your brain
- **AND** you're struggling to actually be fully be present with the people you love

Burnout doesn't disappear just because it's the holiday season...

In fact, when you're carrying a life-time worth of chronic stress, people-pleasing, perfectionism, or misalignment, even resting can feel hard.

The [Alignment Revolution](#) is your roadmap back to yourself.

Inside, you'll find:

- tiny shifts that build real momentum
- values-based tools that bring clarity
- guided reflection to reconnect you with what matters
- a supportive community that helps everything feel doable again

No massive lifestyle makeover required.

No perfection.

No "shoulds."

Just small, meaningful steps that help you reconnect with what matters most...so you can actually feel the moments you've been looking forward to this season.

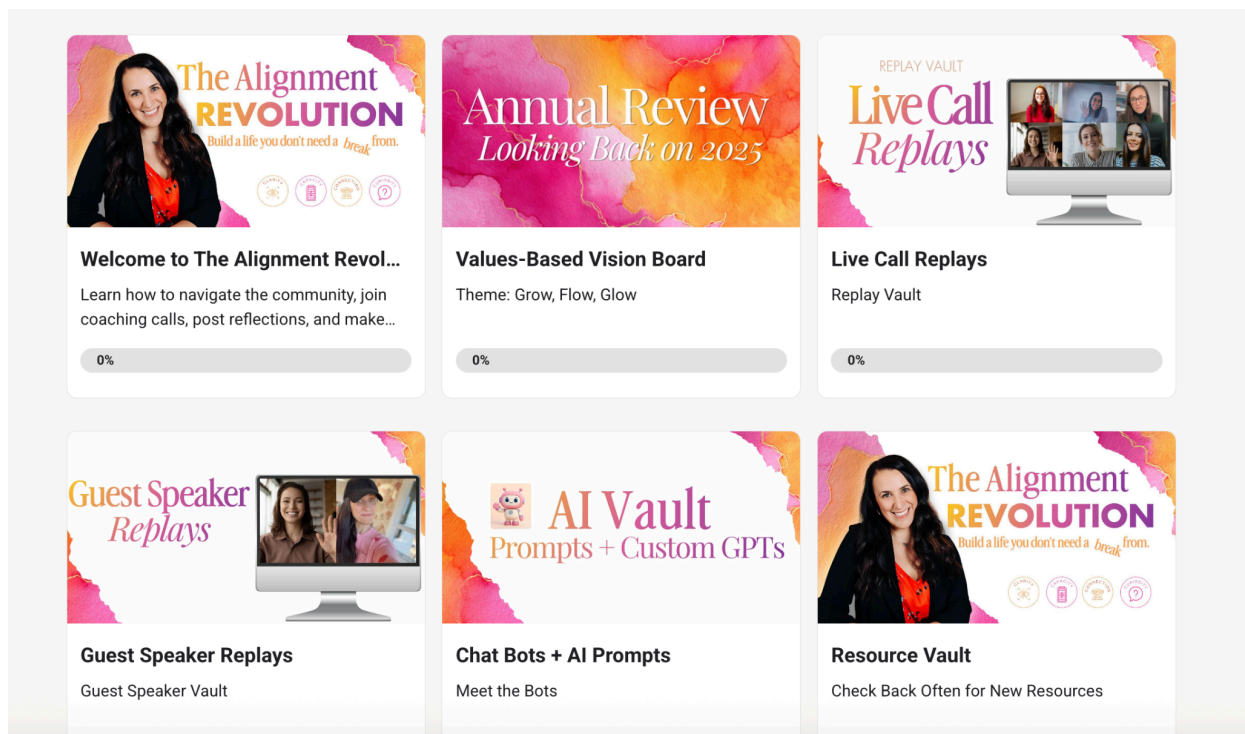
Imagine...

...regularly ending your day with energy left.

...knowing what matters and having the capacity to honor it.

...waking up feeling clearer, calmer, and more connected—without guilt pulling you back to your inbox.

✨ *That's what we build together inside the Alignment Revolution.*



And right now is the most transformative season inside the membership.

We're stepping into the season I look forward to every single year, the one that changed my own life long before it ever became part of the Alignment Revolution:

The Values & Vision Board Experience.

It's the foundation of my burnout recovery, grounded in the neuroscience of stress, alignment, & intentional visualization. The process that helped me shift out of survival mode and into a life that finally *felt like mine*.

Last year, I taught this as a one-day workshop for \$111 and people loved it.
But this year, I wanted you to have something even better.

When you join the membership, you get the full Values & Vision Board Experience — all the guided steps, the reflection work, and the support — so you can envision an aligned 2026 from a place of clarity, steadiness, and intention.

✨ Limited-Time Black Friday Pricing ✨

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-

If you're craving...

- a reset

- a calmer, lighter, more aligned 2026
- a community that gets you
- a clearer path out of burnout & back into actually enjoying your life

👉 [Join us inside the Alignment Revolution.](#)

Your next burnout-free chapter is waiting for you to write it, & I fully believe your future self will look back & thank you.

**CELEBRATE VISION-BOARD SEASON
WITH OUR BEST ANNUAL OFFER!**

Limited - Time Offer — Ends Dec. 3rd
Choose the Annual Membership for \$264
 THAT'S \$22/MONTH INSTEAD OF \$29/MONTH



**Just in time for the full Values + Vision Board Experience
inside of the Alignment Revolution Community!**

If you're not sure about the annual plan, the \$29 monthly option is still a solid, low - pressure way to check it out in time for vision board season!

All rates stay locked in for as long as you're a member.