

100 squats rumble: <https://rumble.com/v42bdei-100-squats.html>

-More bookings for Meditation Services landing page-

I do not have a client but from what information I've gathered from different landing pages I've come up with this.

Who am I talking to?

People over 22 years old with exhausting jobs, unhealthy lifestyles, and always in their heads making them unfocused all the time

Where are they now?

They are always in their head and they find it difficult to focus on tasks making them stressed they also feel overwhelmed by life's challenges making them anxious most of the time

What objective do I want to achieve with them?

- I want them to be able to clear their mind and control their thoughts
 - Have less anxiety during everyday tasks
 - Make communication with other people enjoyable NOT stressful or weird
 - Get to know themselves better
- With daily meditation

What steps do they need to experience to take action?

1. They need to be acknowledged for the problem
2. Show that their situation is common
3. use curiosity to describe dream outcome
4. reveal the solution
5. show social proof

Personal analysis:

- I need more info about the services(what to expect, in how much time i can achieve this)
- Needs social proof at the end
- FAQ under the social proof
- In-depth about me, but on another page

copy:

Free your mind. Live in the present moment

with(company name)

Are you tired of the constant stress that seems to define your day?

Negative thoughts are going in your head one after another

Making you overwhelmed and hopeless about your situation

Studies show that [59.4% of people experience low levels of anxiety and 40.5% experience medium to high levels of anxiety](#)

One of them was me, I had a problem with stress caused by a high-pressure work environment

My love life was in a continuous battle caused by all the problems I had on my shoulders, and I couldn't understand why IT'S HAPPENING TO ME

Until the day COVID hits and I get fired from my job.

Hopeless and pissed at the moment I could not believe it

But one day I got an ad that caught my eyes

And it made me what I am today[[read about me...](#)]

Imagine you can stop your thoughts at your fingertips and you can control your thoughts instead of letting them control you

Picture yourself a moment when you were calm and nothing bothered you,

This will be your everyday mood, not just a long-lost memory

Those are some of the benefits of using meditation for wellness

- Better time falling asleep
- Focus on tasks from start to finish with no problems
- More energy throughout the day
- A state of wellness
- Solve problems without headaches
- Get to know yourself better

Let's kick in your wellness starting with 15 minutes a day!

Book now