

Welcome!

SELF MASTERY PROTOCOL

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I HELP INDIVIDUALS WHO WANT TO BUILD SUSTAINABLE WELLNESS AND REACH THEIR FITNESS GOALS THROUGH REAL FOOD, EXERCISE, PROPER SLEEP, MINDSET, AND DISCIPLINE THROUGH A LIFESTYLE APPROACH.

This program is for individuals who:

- Feel stuck in cycles of burnout, fad diets, or inconsistent routines
 - Are ready to take ownership of their energy, health, and fitness goals and take it next level
 - Want a grounded and focused approach — not hype or shortcuts
 - Are looking to build real, lasting change through discipline and a sustainable lifestyle shift
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What You'll Get

- 1-on-1 Weekly Coaching Calls (30-40 min via Zoom)
- Personalized Wellness Plan: Based on your current lifestyle, goals, and schedule/, current life situation.
- Mindset Coaching & Accountability: Shift patterns, build discipline, and stay focused, daily emotional support.
- Weekly Reflections/Check-ins via Google Docs or text (your choice)

- Fitness & Nutrition Support: Real food guidance + movement strategies tailored your level
- Clear Action Steps to implement between sessions (no guesswork)

MY MISSION:

My mission is to support others in becoming the best version of themselves through lasting, sustainable wellness habits following the Self Mastery Protocol.

We will build and create a plan that actually fits your lifestyle and will be sustainable long term for you .