

Step #1: Discover Your WHY

My decision to

.....

By making this transition, I am looking to achieve

I would like to feel more

_____ in my
life.

This is important to me because

If I don't make this change now, what will my life be like for me six months from now?

If you need further assistance, go to dancefitideas.com/coaching and sign up to work with me.

~With love and care,

Ana-Maria