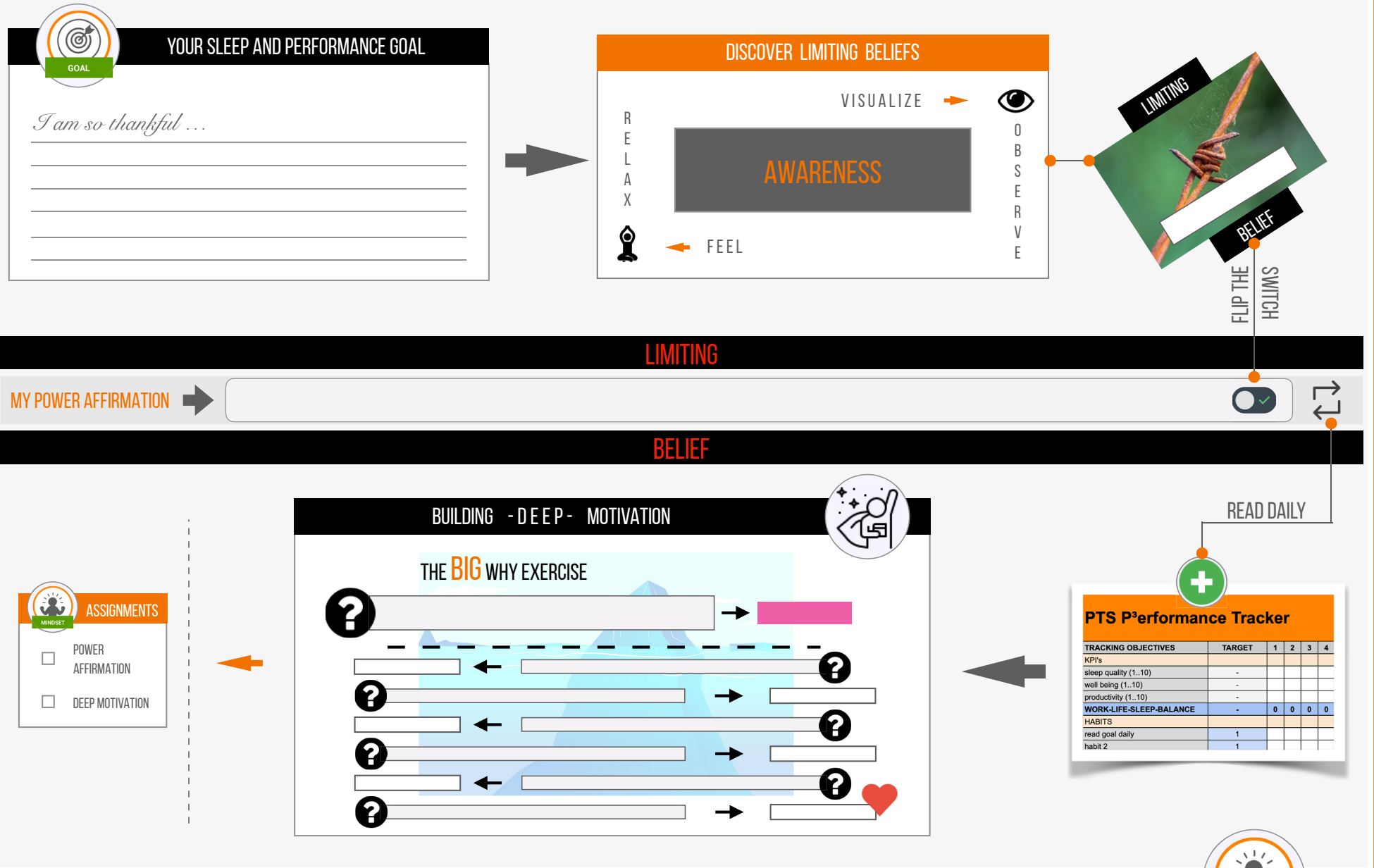


DEEP SLEEP³ MOTIVATION



THIS IS THE EXACT FRAMEWORK THAT AMBITIOUS BUSINESS PROFESSIONALS USE TO RAISE THEIR SLEEP QUALITY 20% - 50% IN 90 DAYS EXPERIENCING HIGH ENERGY & JOY WITHOUT RISKING THEIR PERFORMANCE AT WORK

Lasting Motivation For Resting Sleep And Energized Days





WEEK 3 - MINDSET

DATE

- Do the "BIG Why" or "6 human needs" exercise to deeply understand and feel your motivation.
- Attend weekly coaching on _____
- Book personal coaching call on _____

90 DAYS TRACKER

BOOK A CALL

<https://bit.ly/3vRuIHL>

NOTES FOR THIS WEEK

REMINDER

Group Coaching

 Every Saturday

 3:00pm (UTC)

 Zoom Meeting