

SASSY WOMAN COACHING

The F.L.Y. Package

First
Love
You

ALL OF
THIS FOR
ONLY \$199

50% OFF
\$99

Give yourself the gift of self-love, it will heal your pain, loneliness, fear, shame, guilt, anger, jealousy, neediness, and feeling unworthy.

YOU ARE
WORTHY

One on One Session with Kim

Book "You Were Meant to
(First Love You)

Brighten Up Your Life Assessment

Self Care Quiz

What Are You Tolerating Exercise

Energy Zappers Exercise

Detox Toxic Relationships

Letting Go Exercise

How To Deal With Stress

Saying "NO" is O.K.

The Power of "NO" Workbook

Self-Esteem Journal

Love Letter Exercise

www.sassywomancoaching.com