

# Authentic Self

*by a passionate perspective*

The changing seasons of Mother Earth is a time to generate self-growth and accelerate healing. Use this energy to reflect, balance, and prepare.



This group is a supportive network to inspire positive change, set goals and manifest dreams. This is an opportunity to feel energized, build momentum in new directions and celebrate our unique gifts.

The group meets weekly until the Summer Solstice in June. Includes check-in, weekly goal-setting activities, and follow-up messages.

**Connect with your  
Bountiful nature!**