

ReAwaken Your Joy!

Reclaim Your Lost Joy: 90-Days to *Jump-Start* your feelings of appreciation and satisfaction in life!



Hey there!

We all want to feel good! **We all want to feel happy, alive and ready to jump out of bed in the morning!**

So, notice how you're feeling right now. Are you stressed out and miserable, sick or in pain? Overwhelmed with your chaotic life? Has your passion and fire fizzled?

Or, are you simply bored with life and ready to reawaken your happiness, clarity and aliveness?

Hi, I'm Mary Ann Pack, your Holistic Life Coach!

I have to tell you I haven't always been a happy, healthy person. Quite the opposite! **I had lost all joy. For years I was miserable and very sick with migraines and disease.** I was angry, irritable, and the queen of complaining.

I finally came to my breaking point of misery, illness and sheer boredom. I'd had enough! So, I searched for help. Help that began healing my body and transforming my thoughts about life. **OMG! I never knew I could go to bed happy and wake up happy!**

When I realized I could actually choose happiness, I started seeing the silver lining in people and situations around me. I thought, **"This stuff really works!"**

Little did I know joy was not only a possibility--it was a promise!

Fast forward. Today **I help empower professionals and entrepreneurs** who are in the same boat as I was! Now I guide people to re-discover and live life with joy, fulfillment and satisf

action.

When folks come to me feeling bored, broken or at the end of their rope, I guide and support them to **reclaim their zest for life! Life becomes fun again!**

I understand the struggle with giving ourselves permission to love, receive self-care and get what we want. **I was there!** It may have been different faces, different places but I completely get it!

When your relationships, finances and health have tanked, it's the perfect time to create a life of joy! The fact that you have made it this far means **we didn't meet by chance!** And, the fact that you have been asking and seeking has brought you to this perfect place.

A place where you can find solutions almost effortlessly!



Living joyfully on your own terms is your life's purpose! It doesn't seem like it now but soon others may look at the ease and flow of your life and think you're living a fairy tale. You'll look like you're living the fairy tale of happily-ever-after!

The help I needed to turn my life around came when I learned what I'm about to share with you. We've packaged it conveniently for you to get your own amazing results of reclaiming your lost joy!

Through our life-changing course, *ReAwaken Your Joy!* you will experience hope, exhilaration and inspiration:

- You will feel empowered to **create your dream life** on your own terms through your thoughts and emotions.
- You will **make peace with where you are** now. Moving forward will be much easier to accomplish.
- You will learn the **Secret Key** to everything you want.
- You will enjoy **working with your emotions, instead of against them.** [Hint: Currently, your emotions are working against you!]
- You will feel such relief as you **let go of the past guilt** and **future anxiety.**
- You'll discover the **joy of living life in your Now-Power** of the present!
- You will be energized with giving yourself permission to **(dare I say) be selfish!!** [Hint: Being selfish enough to care about how good you feel!]
- Healthy, **loving conversations** will replace critical self-talk.
- You will learn to **appreciate your body** as your partner in this life.
- You will **realize dreams do come true** with the right vibrational attitude.
- You will **integrate fun and joy** into everything you do for **the best life ever!**

This course is designed specifically with you in mind. Each module can be taken in **bite-sized portions!**

If you already know you are ready for real change, click now!!



As you begin to reap the benefits of *ReAwaken Your Joy*, you will be amazed at the results! You may **notice improvements in your relationships, your health and your career/finances.**

Your time is now! Step into your Now-Power!

Stop denying yourself. Realize that **only you can commit to making the improvements you so desire.**

Let me just **quell some of your anxiety** you may have about the journey of improving your life. When I felt so locked into that miserable, unhappy and sick life I thought it would never change. I had to cling to the **hope that there was a better life ahead.** When that slightest glimmer of hope presented itself, **I ran in that direction!**

All I knew is that I wanted to feel better. I had no idea I could achieve real joy and peace of mind. I **didn't realize my thoughts were creating my illness, despair and depression.** I struggled to believe I was worth the investment of my time and energy. Perhaps you are questioning your worth, too!

I worried that what I would learn would be woo-woo stuff that wasn't real. I didn't want to be taken in by some wacko teaching. Yet, when I started applying what I was learning I realized it was awesome!

I started feeling better. I gained peace. I noticed my body was functioning better. My whole outlook on life improved!!

My constant complaining subsided. Friends and family *noticed* how much better I was! That's when I knew, for sure, it was real and I was making progress!

If I can do this so can YOU! If I can reclaim my power and reawaken my lost joy, health and clarity, so can YOU!

It will take courage. You may run into doubt at times. Your mind may be full of buts! You may be saying, "I want to feel better BUT this isn't real. I want to get out of this painful life BUT it's impossible. I want to ask for help BUT I'm don't know where to start."

Let me reassure you, I had the same questions. **I finally had to shrink my BUTs! I had to muster my courage, quit making excuses and go for it!** I began believing I AM WORTH IT! I am a testament to the power of a life of joy! It's real and you can have it, too!!

I'll tell you who this program is NOT for. It's NOT FOR those who are looking for a quick fix. Life isn't about quick fixes and magic pills. It's not for people who are not committed to invest the time and

energy into themselves because they refuse to believe they are worthy. Life is a journey not a destination. Life takes time!

This program is FOR YOU who know you've had enough of a crappy life. This is FOR YOU who are courageously hoping there is help. It's FOR YOU who want to challenge life to be more.

It's FOR YOU who are willing to take baby-steps forward. FOR YOU who have just enough hope to *begin believing* that help is on the way. And, it's FOR YOU that want lasting results producing a life of joy with a spring in your step, smile on your face and peace of mind!

And, I'll be with you every step of your journey. Guiding you. Holding your hand, so to speak. Encouraging you when you feel you can't go on. Holding you accountable to stay the course. I had coaches and mentors do this for me. And, now I'm offering my support to you! I commit to guiding you in *ReAwaken Your Joy!*

There's one last thing I want you to consider. **What will it cost you if you don't pursue change?** For me, it was costing me my health and happiness. I didn't want to be in the same place or *worse* in 10, 20, even 30 years! When I started I was in my mid-30's. At that time, I *knew* if I didn't make some drastic changes I wouldn't see age 40! That scared the sh*t out of me! Pardon me!

So, what will it cost you? **Are you willing to risk your health, relationships and finances** because you think this isn't real? Do want to risk being in the same or worse condition in years to come? You haven't done it on your own so far. I *knew* I couldn't do it on my own.

I had to do something I'd never done before to get the results I desperately wanted. I had to hire coaches and teachers to help me get to where I wanted to be. We are relational beings. We're not here to live on our own. We need each other! We need support and guidance!

Here's a description of the program....

If you're ready to jump-start your joyous life, we're offering a 3-month ONE-on-ONE coaching program that includes these essentials:

❖ Program Essentials Include:

- 1 - 60 Minute "Prep-Goals-Plans" Action Call to Get the Ball Rolling! This call sets up your personal intentions, goals and accountability system for this program.
- 6 Modules for *Empowering Transformation* Video Teachings
- "Building on What I've Learned" Integrative Exercises. These exercises are formulated to best integrate all that you are learning to solidify it for real, lasting change.
- 2 - 50 Minute "Wins-Questions-Actions!" Client-Directed Calls (WQA) per month. You will receive an assessment form to complete prior to each call so that we always get to the heart of your progress with no wasted time.

- *“I’m Happier Now Than Ever Before”* Journaling with *Acknowledge-Commit-Transform™* (ACT) Techniques. Committing to journaling every day will support your dreams coming to life! It will map your progress and show areas that need to be unstuck.
- You will have Unlimited Email Access to me or my assistant for Burning Questions and Urgent Support. You are always free to email your coach or her assistant with questions or for support in between your scheduled WQA Calls.
- Invitation to our Facebook Members-Only *“ReAwaken Your Joy” Community and Support Group*. This is your opportunity to connect with our community of clients who are reclaiming their joy! A great place to ask questions of those who are on the same path as you. This community is of great benefit in your journey that your coach cannot give you as an individual. We all benefit when many minds and hearts are co-creating!

Look at the Amazing BONUSSES You’ll Receive:

- ❖ **BONUS #1:** *Recordings of your “WQA” Calls*. These are valuable as you can replay them as you desire for encouragement and remembering your goals for accountability.
- ❖ **BONUS #2:** Once a month you will be invited to attend our *“Alive With Joy Group” Q&A Calls* for all private coaching clients once we have several participants in this new program. Each call is about 60 minutes. Replays will be available.
- ❖ **BONUS #3:** *Your Powerful Body: My Body, My Partner*. Your body is always interpreting what you are thinking and feeling. It is responding with well-being or deterioration according to your vibration. It only takes three days of alignment for your body to respond with regaining balance so restorative healing can begin to take place. This is a much sought-after program all by itself!
- ❖ **BIG BONUS #4:** *“What Essential Oils are Essential for Me?” Consultation* with Coach Ashley Page. I’m so excited to give this big bonus to you! If you’ve ever wondered what essential oils can do for you, this is a consultation you don’t want to miss! Prior to your scheduled consultation, you will receive via email, a health assessment questionnaire that will help Ashley to create your *Personalized Essential Oil Benefit Package*. You will be instructed how to buy your essential oils and how to use them. This consultation is 60-valuable-minutes!

SCHEDULE MY CALL **NOW!** *Joy Empowerment Consultation Call* complimentary!

The following are descriptions of each *Empowering Transformation* module that is included in this program. They have been designed to give you the BEST results:

Module #1: Power of Thoughts and Emotions

Understanding how thoughts and emotions create our lives. Thoughts create things. Learn how to use your emotions to monitor your thoughts. Learn to work *with* your emotions instead of *against* them to create the life you love!

Module #2: Power of Permission

Permission to be who you really are! Permission to love, create self-care and allow your dream-life the space to grow. Permission to amplify ease and well-being. Permission to release unbeneficial beliefs. Permission to live in your Now-Power!

Module #3: Power of Appreciation

Appreciation is the closest vibration to that of Source Energy and everything you want! Learn the subtle vibrational difference between gratitude and appreciation. Learn to appreciate and be satisfied where you are right here, right now. You will learn to live in appreciation every day!

Module #4: Empower Your Selfishness

Selfishness is simply caring enough about how you feel by making feeling-good your priority. Learn to make your opinions matter, because they are your only perspective. True selfishness is to live a life of joy that is beneficial for yourself and everyone around you!

Module #5: Power of a Quiet Mind

A quiet mind raises your vibration to attract what you want. It releases resistance to what you truly want. Learn to be still long enough to hear the inspiration from your Inner Being. Impulses for the solutions you seek only reside in the quiet mind!

Module #6: Empowering Fun and Joy!

Happiness and joy are your birthright! You are of most benefit to all when you experience fun and joy. Learn how to relax, chill out and focus on fun to activate joy in every area of your life. Experiencing fun attracts more of what you want in your relationships, circumstances, health and wealth.

With these modules and the accompanying integrative exercises, you will be creating positive shifts in your life quickly and easily!

"Mary Ann provides a great knowledge of 'how-to' and product information. Many times I have contacted her with questions related to health and holistic healing. She is positive and trustworthy. I would/will continue to confide in her. Mary Ann is constantly learning and sharing new techniques."

~Tina M., Owner/President at Suey Office Solutions

"Mary Ann is an open-minded and nurturing professional who has devoted her life as a mother, friend, and life coach to enlighten and nourish the lives of all she encounters. She has acquired her expertise through both formal education and life experience, an important combination of knowledge in her field. Mary Ann's services are truly one-of-a-kind that any person, in any situation, of any background, can benefit from. I highly recommend Mary Ann's reliable, informative, and effecting coaching and consulting."

~Kimberli H., Assurance Associate

What do you want your testimonial to be? What would you like to say you've accomplished?

So, what's the next step?

The next step in the process is to schedule a *Joy Empowerment Consultation Call with me.* In this call we will clarify YOUR personal results you desire. We will identify the gap between where you are now and where you want to be. This call is, also, crucial for us to find out if we are a good match for coaching.

So, this is what I want you to do....

I want you to send an email request for your *Joy Empowerment Consultation Call* right now while you're reading this. **Click on the red link box below. Include **"Consultation Request"** in the **subject line.** In the body include **your name, phone number** and any brief message. My assistant or I will call you to schedule your consultation in a few days.**

Normally, my fee is \$297 for these consultations, but this is my gift to you! I'm giving you this opportunity to speak personally with me prior to engaging the program. This call is all about the results YOU want. I will only offer the program to you if we decide we are a good match for coaching. I only offer coaching with truly committed clients who are ready to show up and willing to do the work.

You've heard about all the **benefits and results** you will receive from working with me through this program. Like **creating your dream life** on your terms, feeling **fulfilled and satisfied**, the probability of **feeling better**, learning to **live in appreciation** that attracts everything you desire. You've heard about all the **valuable bonuses** that will create greater shifts in your life.

If you are not sending your email request right now, you can send one later to maryannpackcoaching@gmail.com to schedule your *Joy Empowerment Consultation Call* to clarify your personal desired results. I cannot, however, promise that I will have any appointments available this month by the time you send your request. I only do 6 of these a month, so make sure you get your name on our schedule immediately. You will be added to our waiting list for the next available consultation slot. You will receive a reply.

Prior to the call you will receive an assessment questionnaire and application via email to return before our conversation. This will allow us to get right to the heart of the matter for you without wasting yours or my time.

Great! If you have sent that email, we will be contacting you in the next few days. I'm looking forward to meeting you!!

You know, there's never been a better time for us to meet. A few years ago you would have never heard of me. You are living in the best time to claim your empowerment program today! And, I'm here to guide you every step of the way!

Your Now-Power is waiting for you in *ReAwaken Your Joy!*

To your future success,



Mary Ann Pack, YOUR Holistic (*Joyous*) Life Coach

SCHEDULE MY CALL **NOW!** *Joy Empowerment Consultation Call*

complimentary!