

**Friday, January 29**

**9:30 am-12:30 pm**

**Double Messages = Double Trouble**

Stop saying, "Maybe..., well, OK, sure...love to..."  
when you mean, "*Hell No!*"



Being "crazy busy" is crazy making. On the outside you appear caring and efficient, but on the inside, it's stressful and hurts your heart. This workshop will help you **gain the confidence** to identify what you *really* want, **say no** to everything else and **create the life you want!**

**\$100.** Credit cards accepted.

*Sign up now-only 4 spots left!*