

# How to create *Beauty* from the inside out

**M**any of us mistakenly believe outer beauty is the source to happiness. However, I believe happiness and fulfillment come from the inside and that is where we find passion and the true essence of who we are. From this place, we create a future with purpose. That is where inner and outer beauty becomes one.

I am offering a one hour workshop to teach you how to effectively create passion and a future with purpose.

By the end of this workshop, you'll have discovered:

- ◆ How to define your personal values
- ◆ How to acknowledge your personal qualities
- ◆ How to handle potential saboteurs that might hinder finding your inner beauty
- ◆ How to create a life purpose statement

If you have struggled to be happy with your body or outer image, start with the inside and transformation of the whole person will happen with ease!

**Terry Sidford** has a varied background that includes work in health and fitness, the medical field, sales and marketing, customer service and sales of luxury real estate. She is now a trained life coach, writer, workshop facilitator and speaker. Through her business, Create Your Life Coaching, she helps people fulfill their potential and regain their passion in life.



## Create passion & a future with purpose!



## Call Today!

# Create Your Life Coaching

## Professional & Personal Coaching