MODULE 1

LESSON 1

Welcome to Your Signature Life online course!
It is truly an honour to have you here.

Over the next 5 modules I am going to guide you through your journey from distracted to deliberate so that you can lead a life that is most meaningful and fulfilling to you. Whether this is your first attempt at truly getting deliberate in the quality of your life or if you've been dabbling in this area for some time but need the direction and tools to take you to the next level:
you're in the right place.

Along with this participant guide, I ask you to bring the following:

1. An open mind: Everything you are going to learn is based on years of my work with others, on research, and on the approaches of the industry's best. So do your best to hold an open mind as you move through the lessons, and trust that if you keep showing up and apply what you learn here to your every day life, you will see a real difference.

2. Confidence in yourself: I know that you can live a signature life and leave a legacy that matters to you. Everything we need in order to make our most transformative changes we already have. If you bring all of yourself to this experience, dig deep and get deliberate, have faith that your efforts will be rewarded in both small and big ways in your life.

Congratulations for taking this step.
Let's do this!

XOX

Tarina

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