

ELEV8 HER

\*\*\*\*\*

*All Things New*

3 KEYS TO STARTING FRESH



[ELEV8HERCOACHING.COM](http://ELEV8HERCOACHING.COM)



# *Welcome to Elev8 Her Coaching*

Hi Beautiful! Welcome to the Elev8 Her Family. I'm so excited that you came across this page. I believe God has a purpose and a plan for connecting you with Elev8 Her. Before we get started, let me tell you our mission. By definition, elevate (Elev8) means "to raise or lift up to a higher position." Elev8 Her was a strategic and prophetic name with YOU in mind!

Elev8 Her is a space to lift, empower and inspire women to live their best life. I believe this true potential and freedom is found only through a relationship with Jesus.

I've walked through a journey of having to find my smile and inner joy again. I found true freedom, joy and peace through Jesus. No matter what circumstances you are facing, when you Elev8 your gaze, there is a shift and realigning that comes from an encounter with Him.

As your coach, I will help you make that shift, empower you with the Word of God and inspire you to RISE UP and live the life you were destined for!

I pray these three simple steps for starting over will speak to you and start you on your journey of healing, wholeness and wellness in every area of your life. If you want to dive deeper in to coaching and unlocking all that God has for you, I'd be honored to help!

Schedule a complementary session online to get started!

# BELIEVE

01

"Do you believe you were created for a purpose?"

Jeremiah 29:11 says God created you with a future and hope in mind. You are not here on accident. Your life matters, and God has greatness in store for you. You have faith to sit in a chair and for it to hold you. When you believe and place your faith in the ONE who holds you and your future, real change begins.

# SURRENDER

02

What does surrender mean to you?

By definition it means to "abandon oneself entirely to; give up or hand over." The next step to starting new is surrendering our past mistakes, hurts, disappointments, and expectations of how things should have turned out to Jesus.

There's beauty in the release. By raising your hands and letting go, your hands and heart are now free and open for the new thing God wants to do IN and THROUGH you.

# RECEIVE

03

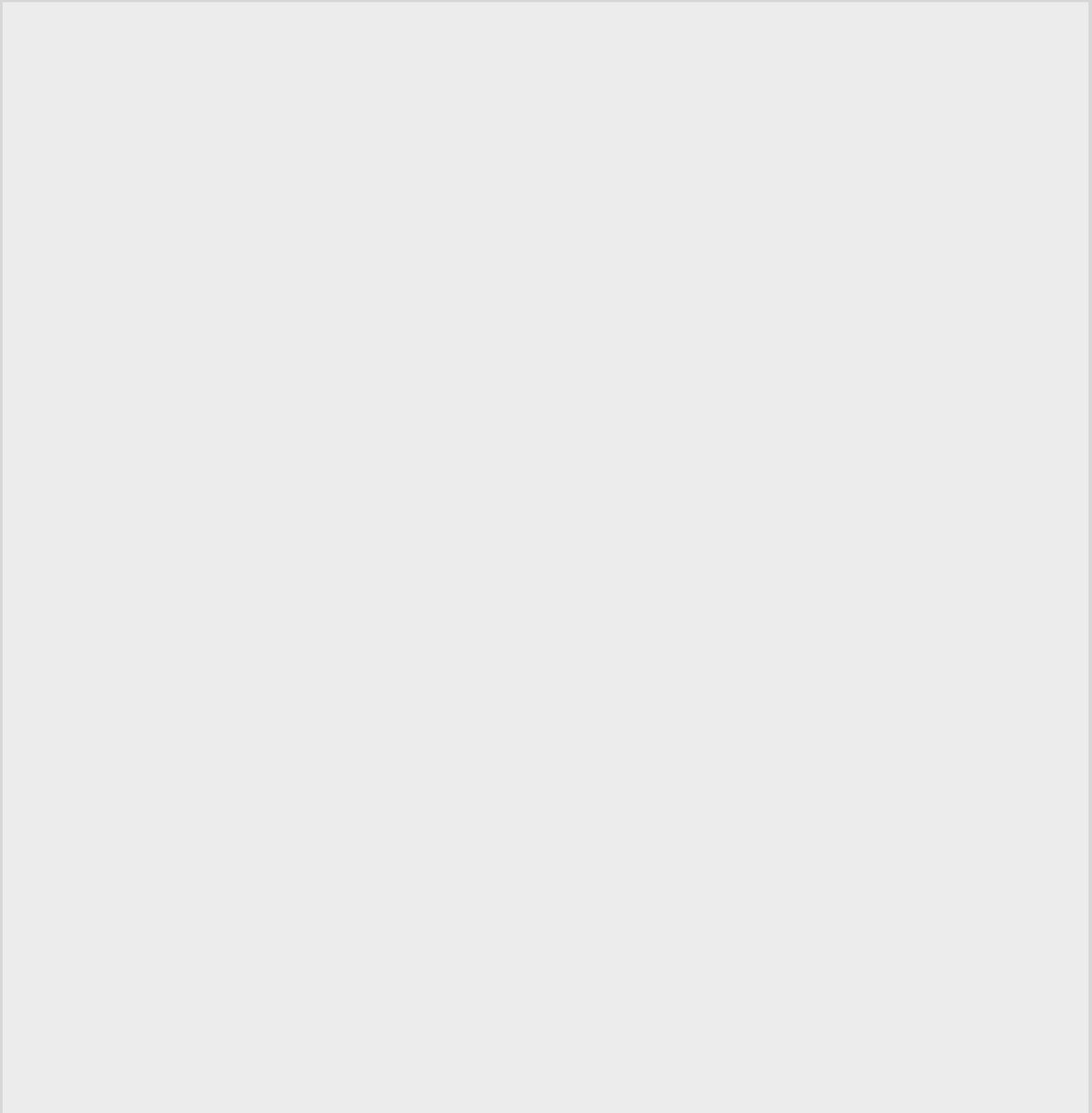
There is a gift of a new life and fresh start that's available to you EVERY day, and not just on New Years!

Strength for the weary heart, joy that's not affected by circumstances and grace to get through each day are available to YOU!

If somebody presented you with this FREE gift, why would you refuse it? It's available to you through Jesus. YOU just have to receive it.

# *Reflection Page*

- 1. What do I believe is my purpose in life?*
- 2. What beliefs, hurts or circumstances do I need to FULLY surrender?*
- 3. What do I want OR need to receive from Jesus to start a new chapter in my life?*





# *What's Next?*

You have begun the work to start fresh, and I am so proud of you!

This is just the beginning, and God has so much MORE in store for YOU!

If you feel like you need 1:1 accountability and more direction on how to dig deeper and Elev8 your mind and thinking to be aligned with Gods promises, Id love to chat!

**Schedule a clarity call with me today.** We will talk about the next steps, your dreams, goals, and what God has in store for you! There is a life of freedom, unshakable joy, and unconditional love in Jesus. I'd be honored to help you discover what awaits!

LET'S KEEP IN TOUCH

[INFO@ELEV8HERCOACHING.COM](mailto:INFO@ELEV8HERCOACHING.COM)

