You Are Worth It: A Time for Reflection and Renewal
by Louise Griffith

~ Saturday, November 14, 2015 from 8:00 AM to 12:00 PM ~

The Woman’s Club
410 Oak Grove St
Minneapolis, MN 55403
612-813-5300

- Are you feeling depleted?
- Are you feeling the desire to reflect and explore possibilities available to you for your life?
- Is it time for you to re-examine your goals and dreams?
- Are you lacking a concrete plan to claim your true worth?

If you answered “YES” to any of these questions, you may be ready to explore the above at a deeper level in this half-day workshop.

- You will explore ways to honor your wisdom within
- Step into your personal power while choosing your story
- Experience the celebration of your individual gifts and strengths.

When you decide you are worth it, whatever your “it” may be, you make a choice and often take a leap of faith. Many options open up for you. **The time is now!**

I hope you will join me to embark on a journey of reflection, exploration and creation of what is possible in your life. Nourish your spirit through examining your hopes and dreams.

**My promise** – You will leave with concrete “I Am Worth It – Next Steps” to continue on your path of claiming your worth.

Register now for the “Early Bird” ticket pricing of $97.00 before November 7th by emailing me at louise@oneshininglight.com for registration information.

**INCLUDED:** Breakfast, “You Are Worth It” book, and materials.

Thank you,
Louise Griffith
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