

Most people try to go  
from motivation to results.  
That is where they get stuck.



# Motivation

It gets you started.

It feels strong.

Then it fades.



## Self-awareness

This is where it gets real.

Where do you keep stopping?



# Habits

Now build around real life.

Not around temporary mood.



# Inspiration

It comes later.

When you start seeing  
that you can actually change.



## The real path

Motivation -> Self-awareness ->

Habits -> Inspiration



**Motivation starts it.  
Habits hold it.  
Inspiration follows.**

**Transform You:  
Personal Growth Program**

 **IntuiWell**<sup>TM</sup>  
Wellness, Perfected For You