

with *Shifting Energy*  
**CONSUMMATE HEALTH**

Energy Healing | Intuitive Coaching | Herbal Medicine | Natural Health Products

# DETOX YOUR 2022

*Manifest what you really want in 2023*

What would you **love to change** about your life?

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What were the biggest stumbling blocks this year that **stopped you from achieving those changes?**

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How would you feel **if you had accomplished those goals** this year.  
Write it down in detail:

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**What are you ready to release?** To leave behind in 2022 - so that  
you can truly manifest the life you ACTUALLY want?

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**Look out for tomorrows email, where we'll be sharing  
subscriber-only access to a Release meditation, direct  
from our signature Meditate & Manifest Course.**

**So make sure you fill in the worksheet, so that tomorrow  
you are clear on what gets to stay in 2022.**