

DOWNLOADABLE JOURNAL

LIFE REBOOT

5 STEPS TO RESET, RECHARGE &
REPLENISH YOUR LIFE

WELCOME

So often as women, we get lost or lose parts of ourselves to our responsibilities, relationships, and just the daily tasks in life causing us to feel overwhelmed, not as motivated, or as if we're just existing.

Well, it's time to get back to you!

For those that don't know me:

My name is Victoria Richardson and I am your Transformation Coach.

My goal is to help you to live the best version of your life by helping you to become the best version of yourself. When you start this process of changing habits and working on your self-esteem, I can tell you that it will be one of the hardest things you'll do, and that's where I come in. To help you go beyond where you usually stop.

Check in with me on social media @victorialys2l and let me know how you're doing.

Your Coach,

Victoria

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CLASS LIST

- 1) Change the way that you see yourself
- 2) Get honest about where you are
- 3) Stop being distracted and get focused
- 4) What can you do right now to change your finances
- 5) Are you in a healthy relationship

Reflection Page

NOTES FROM CLASS

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Congratulations

**YOU'RE
FINISHED**

For updates, follow us on Social Media
[@victorialys21](#)

**If you were helped, have a testimony, or just
want to say hi, please reply to your last email:**

**THANK YOU FOR YOUR
CONTINUED SUPPORT!**