

DIGITAL DETOX:
REFRESH YOUR
MIND, IGNITE YOUR
GOALS!

Revive

YOUR WELL & WORTHY LIFE JOURNEY



Are you ready for a revitalizing journey to kickstart the new year? Get ready for the Revive Now Digital Detox, a week-long adventure designed to help you declutter your mind, reconnect with yourself, and set intentional health and wellness goals for 2024.

What's a Digital Detox?

A digital detox is a conscious break from digital devices and online activities. It's an opportunity to step back, recalibrate, and create space for real-life experiences. The benefits include improved focus, reduced stress, better sleep, and a chance to reconnect with your passions.

Tailor it to Fit Your Life:

This detox is about what works for you. You decide the level of detox that feels manageable. Whether it's a complete break or a reduction in screen time, the key is to create a plan that aligns with your lifestyle.

Reflection Questions:

1. What were your health and wellness victories in 2023?

Reflection Questions:

2. What challenges did you face, and how did you overcome them?

3. In what areas can you improve for better health and well-being?

Setting 2024 Health Goals: The MASS Method:

(M) Manageable: What small, manageable steps can you take consistently?

(A) Attainable: Are your goals realistic and achievable in your current lifestyle?

Setting 2024 Health Goals: The MASS Method:

(S) Sustainable: How can you make these changes sustainable for long-term success?

(S) Success: Remember, small, consistent actions lead to significant results. Come back here after your detox and list your results.

Digital Detox Alternatives:

1. Mindful Movement: Engage in daily walks, yoga, or any form of physical activity.
2. Journaling: Write down your thoughts, feelings, and aspirations.
3. Reading: Pick up a book or dive into articles that inspire and educate.
4. Connection: Spend quality time with loved ones, fostering meaningful connections.
5. Self-Care Rituals: Indulge in activities that nurture your mind and body.

Your Commitment:

1. Select Your Level: Decide the extent of your digital detox—partial or full.
2. Reflect: Answer the reflection questions to gain insights into your journey.
3. Set Goals: Utilize the MASS method to establish manageable health goals for 2024.
4. Share Your Experience: Connect with the community, share your challenges, and celebrate successes.

This Digital Detox is your opportunity to reset, refocus, and revive. Let's embark on this journey together, supporting each other every step of the way.

Here's to a refreshed mind and inspired goals!

XO, Deanna 

INTRODUCING

REVIVE NOW!

A wellness membership for this time in your life, connecting you with a dynamic community of women also navigating their second chapter. Discover unwavering support, expert guidance, endless inspiration, motivation, and transformative experiences on this shared journey in our menopause coaching program. Let's thrive together!



Here's what's waiting for you in the REVIVE NOW Membership Experience...

Get ready to immerse yourself in a world where vibrant transformations happen.

Picture this: You're not only getting the support you crave, but also expert guidance and a never-ending supply of motivation and inspiration that's like a friendly cheer squad by your side.

And guess what? Get ready to be pleasantly surprised by unexpected extras, conquer exciting challenges, and dive into a flow of hot topic content tailored to your journey.

This is your zone, your time, and your chance to radiate!



Personalized Coaching At Your Fingertips

Elevate your journey with personalized laser menopause coaching at your finger tips during our lively monthly Zoom call. I'll help you overcome those obstacles, find solutions, and give you custom guidance to rock this new phase.



Unlock a Treasure Trove of Wellness:

Dive into a wealth of tools! Enjoy my Signature program's 6 transformative modules, explore my workout and recipe collections, and discover a range of valuable resources that cater to your unique journey.



Connect in Our Private Hub:

Join a sisterhood of like-hearted women in our exclusive app. Access all your content, engage with fellow companions, and thrive together in a supportive and lively community.

Transform with REVIVE NOW!

Embrace the REVIVE NOW journey today – you're just moments away from igniting your personal wellness transformation!

Tailored Wellness Guidance:

Immerse yourself in 6 transformative program modules that unveil a treasure trove of wellness insights for this chapter of life. Set the stage to optimize your well-being and age well for years to come.

Live Monthly Sessions:

Join our monthly LIVE Zoom sessions for more hands-on guidance, support, motivation, and breakthroughs with menopause coaching. Plus I'll invite the occasional surprise guest expert to bring you exclusive workshops/masterclasses on the topics that matter most to you at this stage in your life.

Revive Now Via Heartbeat App

Enjoy easy access to all resources on our user-friendly app.

Weekly Intentions & Non-Negotiables:

I'll prompt you to set weekly intentions and non-negotiables to keep you firmly on track toward your goals.

Action-Packed Posts

Enjoy daily bursts of motivation and inspiration! Our app comes alive with action step-driven, motivational, and inspirational posts every weekday, ensuring you stay uplifted and ready to conquer your wellness journey.

Ultimate Resource Oasis

Dive into a goldmine of valuable content in our wellness vault. Unleash your curiosity with a collection of workouts, mouthwatering recipes, and a treasure trove of guides, journals, cheat sheets, and workbooks. Delve deeper into your wellness journey with resources designed to enrich your experience.

Special Community Bond

Forge unbreakable connections with kindred spirits who uplift, inspire, and stand with you. Share wins, lean on each other for unwavering encouragement, and celebrate every step of this remarkable journey together.

Stay Ahead of the Curve with Exclusive Midlife Wellness Insights!

Get ready to be at the forefront of midlife wellness trends, as I dive into hot topics and deliver the latest insights right to you. Together, we'll decipher what works, what doesn't, and how to navigate the ever-changing landscape of well-being for women like us. Your journey will be enriched with up-to-the-minute information and actionable guidance.

Dive Into The Revive Now Membership! Learn How To Rejuvenate During Midlife And Achieve Your Wellness Goals Through An Empowering Approach To A Thriving Journey With Menopause Coaching!

MONTHLY MEMBERSHIP FEE

\$77 per month

LIMITED TIME SPECIAL PRICING + FREE 14-DAY TRIAL
regularly \$97/month

JOIN REVIVE NOW >

LIMITED SPACE LEFT!



Looking for a sneak peek?

Alright, let's dive into the heart of what REVIVE NOW has to offer, the real core of this transformative journey. Each of the key aspects we focus on in Revive Now is like a building block for your well-being. And it all starts with the Signature Program that's part of your membership – your ultimate roadmap to navigate the essential steps for reclaiming your optimal wellness in this exciting season of life!



Ready to take the leap? You had me at hello... Sign me up for this amazing journey with menopause coaching!

YES! I'M READY TO REVIVE! >