

MasterClass with Donna Hartley

Insight 1: Tired of Being Crazy

Overview:

There will be 10 videos that you build on every week, you'll have a one sheet life lessons worksheet, coaching sessions, and teleconference calls.

You need:

- A journal (three times a week)
- Healing Meditations CD and Workbook

Some topics covered in the class:

- What's your life purpose and passion and how do you bring it to yourself?
- Removing clutter
- Keeping your power and energy
- Heightening your intuition
- Learn what your story is

Balance:

Go to www.donnahartley.com, on the home page print out the free Balance Life Wheel! (Do this a few times a year.) Balance your life in eight areas, the first one you're lowest in you need to mark the date that is 30 days from today's date and work on improving that area. Then go on to the next lowest area and repeat.

Meditation:

On the Healing Meditations CD, listen to the introduction and first meditation. Listen to this meditation three times each week for three weeks. That's one hour of your time per week, you're worth it! It's self-care. Peruse the workbook.

Insight of the week:

You're on your path, enjoy the journey! – *Donna Hartley*