

# MENTAL FITNESS CHALLENGE



HOW TO GROW THE 3 CORE MENTAL MUSCLES TO THRIVE IN LIFE

6 WEEK PROGRAM – ROUNDS STARTING in MARCH, APRIL, MAY & JUNE

## Mental Fitness is...

Your capacity to respond to life's challenges with a greater positive mindset

## IMPACT OF MENTAL FITNESS

Achieve peak performance  Improved Wellness/Happiness  Healthy Relationships

- All training delivered via Mobile App - convenient and easy to use
- Weekly virtual group coaching pod to support your progress
- Access to App for a year after training to create long lasting change

Limited Seats Available

Investment: \$350



GAYE KUELSEN - PROFESSIONAL COACH

## ST VALENTINE'S DAY SPECIAL OFFER

\*\*\* Save \$50 \*\*\*

Just register by  
Thur 29<sup>th</sup> Feb, 2024

REGISTER at:

<https://dailybliss.com.au/pg/>