

5 STEPS

how to S.T.A.R.T investing in yourself

1

STOP

Stop not making yourself a priority



2

TAKE

Take time for self-care each day



3

ASK

Ask for help before you become overwhelmed



4

REFLECT

Reflect on what brings you joy, fulfillment and gratitude



5

TIME

Time to take action by investing in coaching to make your dreams a reality



MOJA HARMON
COACHING