



# SHIFT *by Luwame*

[www.luwame.com](http://www.luwame.com)



EVERY SMALL POSITIVE  
CHANGE WE MAKE IN  
OURSELVES REPAYS US IN  
CONFIDENCE IN THE  
FUTURE.

*Alice Walker*

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# THE STORY BEHIND SHIFT

2022= my year of healing!

From what exactly- I had experienced burnout in different forms for roughly 3 years before calling it quits on all things business related and deciding to get back to the basics. In 2021, I gave birth to my son, Lucas and published my first fiction novel three days apart from each other then spent the remainder of my maternity leave promoting my book. I wasn't sleeping, I wasn't being intentional with my time, and I began to fall down the rabbit hole of comparison, insecurity, not feeling enough, followed by exhaustion, feeling overwhelmed, and finally burned out. Sounds familiar??





# THE BEST VERSION OF YOU STARTS RIGHT HERE - N - NOW

## WELCOME

### Program Structure

SHIFT follows a weekly structure in a group setting. The structure is by design with each week's content building upon the previous weeks'. The small, manageable building blocks will prevent overwhelm and allow you to master one new technique at a time.

### Program Layout


We will dive into six different modules. Each module will include a workbook. Each workbook includes;

- Uplifting quotes
- Weekly Intentions
- Bi-Weekly Agenda
- Reflection Questions
- Weekly Mantra
- Bonus Journal Space

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### Program Outcome

A SHIFT in mindset from:

- Fear of the unknown to ABUNDANCE
  - Limiting beliefs to creating the dream life you always wanted
  - Burnout and not feeling enough to being at PEACE with where you are now
  - Competition/Comparison to setting your own timeline
  - People pleasing to understanding your value and the power of NO
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# MODULES

## Module 1

I CREATE MY  
STORIES

## Module 2

I AM ON MY OWN  
TIMELINE

## Module 3

I EMBRACE THE  
SILENCE

## Module 4

I AM ENOUGH

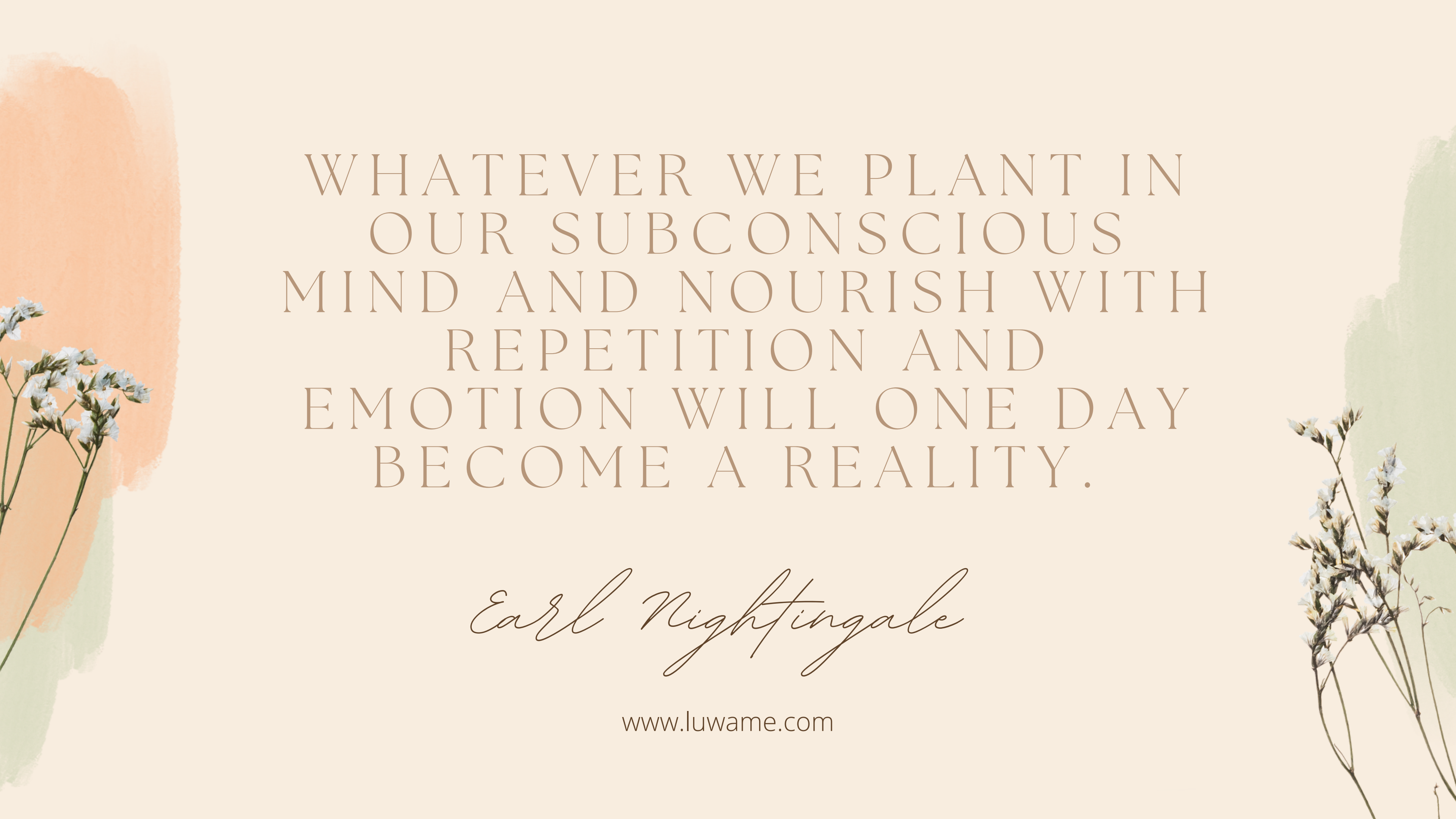
## Module 5

VISION BOARDING

## Module 6

I LET GO AND LET  
GOD TAKE  
CONTROL





WHATEVER WE PLANT IN  
OUR SUBCONSCIOUS  
MIND AND NOURISH WITH  
REPETITION AND  
EMOTION WILL ONE DAY  
BECOME A REALITY.

*Earl Nightingale*

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ARE YOU  
READY TO  
DIVE IN?

BEGIN. EVEN  
IF YOU HAVE  
NO IDEA IF IT  
WILL WORK.

