

7 Actions to a New and Happier You!!

By John David Brewer



Foundational Journey Institute

Introduction

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The Key



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The Key

Taking the hits and keep getting back up and moving forward



Is This Information for You?



Answer these
questions



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Are you going through a mid-life crisis?



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Are you feeling
stuck in place and
thinking that life
has no meaning?






Have you
experienced any
setbacks or trauma
that makes you
think that life is
over?

STRUGGLING WITH YOUR GOALS OR NOT SURE IF THEY ARE THE RIGHT ONES?



A woman with dark hair is shown from the chest up, sitting in a chair. Her hands are clasped together over her face, and she has a pained or stressed expression. She is wearing a light-colored, patterned shirt. The background is a plain, light-colored wall. The lighting is soft, coming from the side, creating a warm but somber atmosphere.

Do you feel stressed and hemmed in by fears, worries and anxieties or have stopped finding life enjoyable?

Need a Change?

Do you find yourself thinking that you are at a wrong place in your career or a relationship and need to make a major change?



**Did You Answer
“YES” to Any of
those Questions?**



**If You Did,
Then This Training
Is For You**



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7 Powerful Actions

Let's jump right in with the 7 super actions for a newer and happier you

Some of them may raise your skepticism but when you see how they all come together to empower you, you'll be eager to start implementing them right away!

