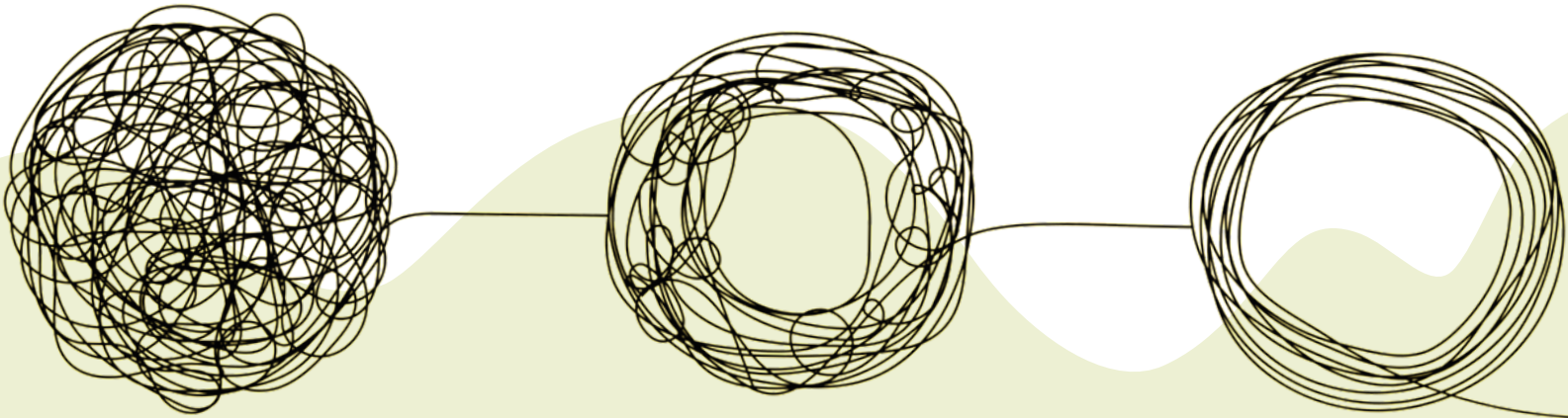


# LIFE RESET

A 40-day Journey

to ReThink *You*



**REGROUP**

**REFRAME**

**REFOCUS**

*Stop striving! Regain your clarity. Restore your courage.  
Renew your passion. Living life in joyful abundance!*

Re-discover your true identity and purpose  
with clarity, confidence, and conviction.

presented by:

**KIM LEVINGS**



REGROUP

## **Module 1: Discover and Accept Yourself Again**

*Uncover a refreshing new perspective about who you are and why you are here*

- Master the art of putting yourself first, without losing those you care about.
- Enjoy a new level of self-confidence and courage.
- Learn how to stand firm in what matters most to you.

## **Module 2: Recognize the Power of the Past and Present**

*Develop bold courage and honesty about where you are and how you got here.*

- See Your Life journey through a new lens as you learn from it in a different way.
- Walk in a new path of transparency as you learn to be refreshingly honest with yourself.
- Consider new possibilities as you reclaim your story.

## **Module 3: Become Inspired about the Possible Future**

*Confidently paint a new picture of your next chapter*

- Crystallize a guiding purpose to anchor you in a new way.
- Embrace the possibilities of what's next without doubting and questioning
- yourself. Commit to meaningful goals and courageous actions to move you forward to what's next.



## REFRAME

### **Module 4: Experience Emotional Freedom & Confidence by taking Control of Your Narrative**

*Master your narratives about what came before, so you can confidently head into what's coming next.*

- Break free from the old lies and beliefs that imprison you.
- Embrace positive possibilities as you write a new narrative.
- Release yourself from negative stress and the expectations of others.

### **Module 5: Develop the Emotional Mastery to Navigate even the Most Challenging Relationships.**

*Create and nurture masterful relationships by showing up as the best version of yourself in every situation.*

- Experience the impact of relational equity as you show up with well others personally and professionally.
- Discover the unexplored power and energy of your Circles of Influence.
- Show up with others from an emotionally healthy place with a heart set on serving and giving.



REFOCUS

## **Module 6: Achieve a Bold Resilience to Overcome Anything Life Throws Your Way**

*Step fearlessly and courageously into the next chapter of your life.*

- Maximize your forward momentum by leveraging your assets.
- Master your bounce-ability as you effortlessly navigate the inevitable speed bumps along the way.
- Live a reenergized, bold life as you stand firm in your re-set self.

## What the Program includes:

- Online e-learning modules at your own pace.
- Resources, tools, videos, and exercises - broken up into easy 5-15 minute sections, by lesson.
- Group mentoring calls twice a month for shared learning and community building. (Additional membership fee required.)
- Lifetime access to the training content and group membership.

## PRICING

**Life Reset - Online eLearning Program: \$899**

**Monthly Mentoring:**

**\$250 per month (Initial 3-month enrollment required)**

**INITIAL ENROLLMENT \$1,649 + \$250 p/month**

**TOTAL PROGRAM COST \$2,399**

**FULL PRE-PAY DISCOUNT - \$2,149**

*(Get 1 free mentoring session!)*

[www.liferesetin40days.com](http://www.liferesetin40days.com)



Originally from South Africa, Kim Levings is an experienced and well-regarded professional in the training development and coaching fields. Kim has been an executive in male-dominated industries and combined with her proven talent in bringing out the best in people, she has a unique understanding of the challenges, successes, and best strategies for women, especially those in business.

Kim was previous the founder/CEO of ReThink You Consulting.

Her signature training and mentoring programs are designed to show single professional women how to regroup, reframe, and refocus their lives to step up their game, and into their next chapter.

Through Standing on Rock Ministry, Kim also provides online Bible teaching.

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