

# IT'S TIME TO START LIVING A LIFE YOU LOVE



Written by **TABATHA DEBRUYN**



**"You are worthy and absolutely capable of living and leaving a legacy that is even beyond your wildest imagination."**

As a former school teacher, the allure of a new year excites me—an invitation to embrace fresh growth and untapped possibilities—a canvas where untapped opportunities whisper and growth awaits. As the clock strikes midnight on January 1st, unfolding like a pristine, blank page, we have the chance to script our new stories. A wave of exhilaration and boundless hope dances through our hearts in that enchanting moment where dreams soar, and aspirations and resolutions are penned with unwavering passion—ready to set the course for the coming days.

**"Your past shapes your present, but your actions today sculpt your future."**

For years, I stood on the threshold of January, spellbound and determined to ignite transformation—yearning for vibrant health, unshakable confidence, financial stability, deeper connections, and an unwavering sense of purpose. Yet, amidst life's intricate tapestry and the relentless grip of constraints—time, finances, energy, and the lack of expertise—a looming shadow dulled my enthusiasm. Those passing years left behind unfulfilled desires and promises I couldn't and didn't keep to myself.

My journey to empowerment started right in the heart of the whirlwind of everyday life—a balancing act between nurturing a marriage, raising two energetic boys, endless papers to grade, sports schedules, and a constant stream of family obligations. It was during a pivotal moment, sparked by a significant injury, that my life's course shifted dramatically. This unforeseen event steered me towards an extraordinary pursuit—a journey into Spiritual & Energy Work, Fitness, Entrepreneurship, Coaching, RTT Hypnotic Therapy, and Breathwork.

That turning point ignited a passionate dedication to empower women through holistic transformation. Understanding the intricate dance of managing multifaceted roles as a busy mom, I now serve as a Transformational Coach and Energy Healer, weaving together tailored approaches to meet individuals precisely where they are in their unique journeys.



My Private 1:1 coaching isn't just a commitment; it's a transformative leap towards unlocking your 2.0 version—a space where each morning sparks with excitement, propelled by crystal-clear intentions, a strategic action plan, unyielding motivation, and seamless alignment. This exclusive journey is crafted around your aspirations, offering personalized energy activation, mentorship, and unwavering accountability. Through a customized approach, I delve into modalities curated exclusively for you, sculpting results that transcend even your boldest dreams.

In addition to 1:1 coaching, my Group Coaching & Masterminds serve as invaluable hubs of insight, covering a broad spectrum of topics and diverse perspectives. These platforms provide space to explore varied skills and implementation strategies amidst a vibrant community of like-minded individuals—a space for ideation, collaboration, and shared growth. All sessions are recorded, allowing the flexibility of self-paced learning with lifetime access, fostering an environment primed for personal success and continual evolution.

The MIND, BODY, SOUL Subscription I offer isn't just a gallery of strategies; it's a heartfelt curation—a sanctuary crafted for those seeking personal growth within constrained timeframes. It's a safe community for kindred spirits pursuing authenticity and purpose.

This affordable subscription unfolds as your personal library—a mentor for success, a guide for fitness, a companion for spiritual growth, and a circle of intimate friends—all accessible on demand. Each visit unfolds a tailored journey aligned with your goals and schedule, featuring modules for the MIND, BODY, and SOUL—abounding with tools, workouts, and soul-nurturing experiences. New content arrives weekly, complemented by live masterclasses twice a month, offering insights and a shared journey at your convenience.

This nurturing community supports morning rituals, workouts, personal growth, and inspiration, creating an atmosphere where you can craft your happiest, healthiest self alongside like-minded souls.

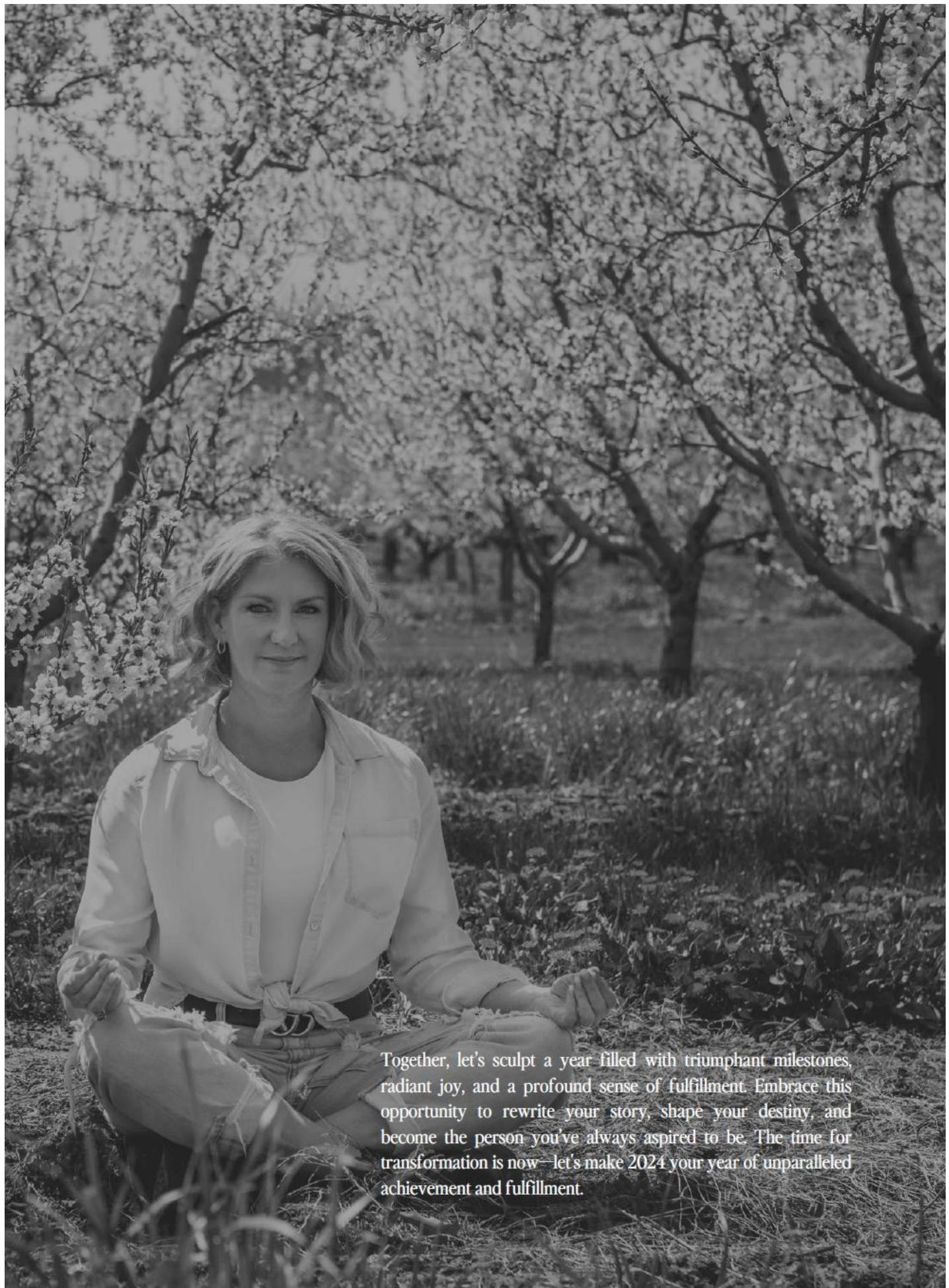
As we stand on the threshold of this new year, it's more than a mere change in dates—it's an open invitation to embrace profound transformation. It's not just about listing resolutions but embarking on a deeply enriching journey, interweaving our aspirations into the very fabric of our lives. I understand this journey intimately, having navigated through similar aspirations, challenges, and dreams.

I don't merely offer transformational coaching; I'm your partner in embracing enduring metamorphosis—an ally committed to your continuous growth and self-discovery. It's about more than just setting intentions; it's about breathing life into those intentions until they become palpable realities. Consider me the catalyst for shaping 2024 into a year of unparalleled accomplishment—a guiding presence infused with clarity, boundless joy, and unwavering support—guiding you to not just make promises but to bring them to vivid fruition.

Join me on this journey of transformation—a journey that transcends typical New Year's resolutions and delves into the core of your desires and ambitions. Let's work together to weave your aspirations into the very essence of your existence, transforming them from mere hopes into tangible realities.

Together, let's embark on a path where aspirations turn into actions, where dreams become attainable goals, and where resolutions find unwavering support to manifest into significant accomplishments. It's time to honor the promises you've made to yourself—to embrace growth, to chase your dreams, and to carve out a life that resonates with purpose and fulfillment.

Let this year not just be a passing calendar page but a chapter in your story—a chapter marked not by unfulfilled aspirations but by tangible achievements and genuine personal growth. Step into this journey with me, and let's turn the possibilities of today into the achievements of tomorrow. Your transformative journey begins here, with a commitment to your aspirations and a dedication to making them real.



Together, let's sculpt a year filled with triumphant milestones, radiant joy, and a profound sense of fulfillment. Embrace this opportunity to rewrite your story, shape your destiny, and become the person you've always aspired to be. The time for transformation is now—let's make 2024 your year of unparalleled achievement and fulfillment.