



Testimonial about my Transformation Journey.

When I reached out to Natasha, I was at a rock bottom." I lacked direction with many aspects of my life. I had been unemployed and between jobs for several months. I had deep seeded beliefs about lack and scarcity. I had recently gone through a breakup with my fiancé. I had severe anger outbursts and overwhelming guilt about my life and situation. I felt hopeless and helpless. I would spend hours in my bed and could not get out. I had put on weight. I struggled with self-belief and self-worth and had severe negative thoughts. I had a voice in my head telling me I could not do or be a lot of things. I also struggled with physical and mental health. I was demotivated and stuck. I had tried traditional talk therapy which reinforced and reiterated my negative thoughts and made me feel like a victim. I had read many books about manifestation and changing my life, but I struggled to put the principles into practice and found them to be overwhelming. I did not correctly use the steps in these books because I did not truly understand them and I waited for things to happen to me.

I decided to commit to the journey because I was at the lowest point in my life and something needed to change. I decided to get a coach because I did not know where to begin as I had felt bad for a long time and I needed some accountability and someone to assist me through the journey.

The process was tough but definitely worth it. It required a lot of internal work and commitment. At first, I was skeptical, but Natasha assisted me in trusting the process and she made me feel assured. There was a shift in all aspects of my life. I gained more control over my thoughts and had completely removed many of my deep beliefs and feeling gestalts. I have changed my outlook on life and am definitely a completely different person compared to when I first started this journey. I have definitely had many signs come to me and I believe that I am on the right path after this journey.

I am aware of my negative thoughts, and I flip the script as best as I can. I have healed relationships with so many people in my life including my family. I am in control of my life path and journey as well as my emotions. I have seen and experienced noticeable changes physically, mentally and spiritually. I look and feel like a different person. I have lost weight and have gained muscle. I take pride in my dressing and self-care. I show up with confidence and commitment to all aspects of my life. I am calmer and more focused. I have adopted an



abundance mindset and have an optimistic outlook on life. I am in the process of starting my own business. I truly believe that my life is meant to be filled with good and I deserve the good. I am open to people. It feels like I am back to my true self.

I would tell someone who is in the same position that I was in, to only commit to the journey if they are willing to do the work and work with their coach. There is a lot of hard work required, and the journey forces you to really get in touch with emotions and feelings you did not even know you had. The principles you learn on this journey will be of assistance for the rest of your life. Natasha is truly an exceptional coach, and she made this process and journey so enjoyable for me. She is kind and professional. I am grateful to have had her as my coach.