



Monthly Guide To Growth

New Year, New Us!



Welcome to the first Theta Momentum Monthly Newsletter! Each month we will let you know of any upcoming events, programs, or changes... as well as give you something to focus your commands on for the month!

We hope this newsletter will help you grow and find guidance throughout the year. We're looking forward to this exciting new journey that is 2024!

In this newsletter you will find:

Ideas of change, fresh new commands, and the opportunity of a lifetime!



What are your goals for this new year?

VISIT ANY OF OUR SOCIALS AND LET US KNOW WHAT YOUR GOALS ARE!

Setting clear and achievable goals provides a sense of direction, turning abstract aspirations into tangible, actionable steps. Goals act as motivational beacons, inspiring individuals to push beyond their comfort zones, embrace challenges, and strive for continuous improvement. They offer a framework for prioritization, helping individuals focus their time and energy on activities that align with their values and aspirations. Through the process of goal setting, individuals gain a deeper understanding of their strengths, weaknesses, and passions, fostering self-awareness and personal insight.

Don't limit yourself

PERSONAL OR BUSINESS

Ultimately, goal setting fuels a sense of purpose, instilling a proactive mindset that empowers individuals to take control of their lives, overcome obstacles, and chart a course towards personal fulfillment and success.

I don't know how I create the energy to achieve all of my goals, I only know I do so now and I am fulfilled

I don't know how I become the healthiest me, I only know I do so now and I am fulfilled

Free Resource

LEARN HOW TO DO IT YOURSELF

Commands are easy, if you haven't done the free 7 day challenge in a while, a refresher wouldn't hurt!

<u>TELL US YOUR GOALS HERE</u>

7 DAY REFRESHER HERE

What's New In 2024?!

EMBARK ON A TOTAL TRANSFORMATION JOURNEY!

Join us for an exclusive three-day experience to transform your business from the bottom up! This transformation will include personal and entrepreneurial growth with the help of both Asara AND Eden Lovejoy!

If you don't know, Asara is the renowned author of "The One Command" and brings over 40 years of life-changing wisdom. Eden, a successful General Manager and entrepreneur, shares insights from her 25 year journey of management and business ownership. Together, they'll guide you through personal and business growth strategies that transcend boundaries and unlock your fullest potential.

This incredible experience will take place at the end of January, for the low price of \$3,000!

CLICK HERE TO LEARN MORE & RESERVE YOUR SPOT TODAY!







Follow us on social media

WE ARE IN LOVE. COME BY AND SAY HI.

We would love to hear from you this year! Stop by any of our socials for daily commands, words of motivation, wisdom and fun facts. Tell us what your goals are, or what you'd like to see from us in the future!

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