



*PRIVATE
SESSION
BONUS BOOKLET*

**SET YOUR INTENTIONS
THROUGH INSPIRED
ACTIONS**

HOW TO PREPARE FOR OUR SESSION

Aloha and Welcome!

I am so happy that you are taking this step towards a transformational journey. The purpose of this booklet is to help you get the most out of our time together. Please read a long and take note of any questions you may have. The more prepared you are, the more you will receive from our session I invite you to really carve some time out to read through this and complete the step before our session. Thank you for allowing me to join you on this journey.

How to Prepare for Our Session

- **Listen to the Guided Meditation**

Find a quiet space to listen to the Guided Meditation undistracted.

- **Complete the Transformation Workbook**

Take the time to really presence yourself after listening to the meditation and answer the questions truthfully and fully.

- **Create Sacred Space during your appointment time**

I'd say the most important thing is to just relax and allow yourself to feel a sense of comfort and ease. Trust that you are exactly where you need to be and that you're about to have an extraordinary experience that will open doors for you. If you find yourself feeling nervous, know that you're in good company. It's totally normal! [Read the How to Prep for our session.](#)

- **Optional: Begin reading through your 4 Day Jumpstart to Health and Zen Meditation Guide**

You to get an some ideas of the core values in reducing stress and cultivating health habits. Remember these are guides, no expectation or perfectionism expected. This is about your personal healing journal towards optimal health and wellbeing.

COMFORT TIPS BEFORE OUR SESSION:

- Eat something. Make sure you have a comfortably full belly. Hunger or uncomfortably full can make it challenging to be full present.
- Grab Your Transformation Booklet and keep it close by.
- Grab a glass of water, or cup of tea.

Be in a physical space that allows you to feel safe

- Make sure you're in a physical location that's quite, distraction free, comfortable, and above, feels very safe. (Not Driving) This allows your experience to fully set into your body and begin manifesting change.

CREATE AN INTENTION

I invite and highly recommend creating an intention for our time together. Maybe you choose to meditate and just allow an intention to come up for you. Maybe you create an intention from your personal goals. It doesn't have to be anything fancy, complicated, or even deep. But it does help for you to come with a clear idea of what you'd like to receive. Your intention can be simple or very direct and clear. There is no right or wrong. Creating an intention alone, is a very powerful and foundational step in creating change in your life.

I invite you to sit quietly and ask yourself . . .

“What do I most need and want out right now in my life? What do I need help with? What do I truly wish I could let go of? What do I need to start or stop doing to feel the way I want to feel?”

Biz Formalities

- All times are in Eastern Standard Time Zone
- All sessions are promptly and virtually held in on Zoom. You can download a free zoom account before our call. Once you are on Zoom, click Join Meeting and type in our meeting ID number **904-885-2152**. You can also access the link to our meeting on zoom through your appointment confirmation email. In the event that zoom is not available to you, you can call 904-885-2152.
- All cancellations must occur 24 hours prior to your scheduled appointment time or you forfeit your appointment without a refund.
- All reschedules must occur within 24 hours prior to you scheduled appointment time. I understands that things come up and that there are extenuating circumstances, so if you need to reschedule, please let me know asap and I will work with you to find another appointment time.
- Our business hours are Monday-Friday from 9:00am-4:00 PM EST. Please expect all correspondence to occur during these business hours only.

I am deeply honored and filled with gratitude to do this work with you. It is such a blessing and a gift and I look forward to walking this journey with you.

I deeply thank and honor you for your courage in openly sharing your experiences with me and allowing me an opportunity to step into your world and serve.



With Love, Gratitude, and Aloha!

Jen Mons

NOTES FOR SESSION: