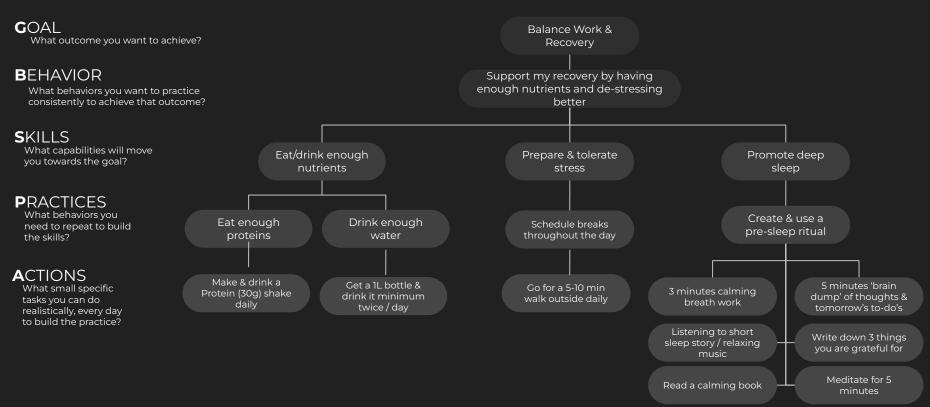
## **EXAMPLE OF A PERSONALIZED ACTION PLAN**

We are breaking down your big goal into small, simple & specified actions you can start with right away



Björn Eberhardt - Your Holistic Health Coach