



GAIN CLARITY & SET INTENTIONS TO MANIFEST WHAT YOU REALLY WANT

Presented By: Carol Campos

A LITTLE BIT ABOUT ME...

- Worked in corporate over 20 years
- Started my own business in 2018
- Co-host a podcast w/best friend
- Mom to 29-year old daughter
- Love being in nature & traveling
- Fascinated by Quantum Science



CLARITY

Why is it so important?

Getting clear on your "why"

What lights you up?

Your unique energy signature



THE HEART-BRAIN CONNECTION

What science now tells us

Wisdom of the heart

Tapping into your inner
guidance

Benefits of heart coherence



REWIRING THE MIND

Playing the same old tune

Creating new grooves

Limiting beliefs



SETTING POWERFUL INTENTIONS

Define your chief desire

Being mindful of words & thoughts

The power of emotion

Hyper-visualization

Journaling your dreams into
existence





FUTURE SELF MEDITATION



CONTACT ME:

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Thanks for being here!