**“ENDING SELF-SABOTAGE ~ SETTING YOURSELF FREE”** 

**Do you set plans and goals in health or career and seldom seem to achieve them?**

**Do you fear commitment, change or rejection, and as a result do you settle?**

**Do you indulge, procrastinate, avoid or deny… losing sight of your vision and dreams?**

**Unconscious, limiting thoughts and behaviors have been running, ruining and sabotaging your life and it’s time to reclaim your power!**

**In this weekly class, you will:**

* **Explore self-defeating thoughts, beliefs, behaviors and patterns.**
* **Identify inner conflicts created by self-sabotage.**
* **Create healthier behaviors and strategies which will allow you to live more powerfully and authentically.**

**“Ending Self-Sabotage ~ Setting Yourself Free” meets:**

**Monday Mornings 10-11:30**

**Spirit Healing and Wellness**

**50 Main Street (top floor), Chester, NJ**

**$25 class fee**

**Join us weekly or as your schedule allows!**

**Contact Lynn Pridmore at lynn@spirithealingandwellness.com or 201-572-7771 for more info.**

**Only you hold the key to setting yourself free.**

 **Commit to your personal happiness and fulfillment … Put an end to self-sabotage.**