



# Hello 2024

Allow me to introduce myself!



*In the space below, introduce yourself to 2024...  
What do you want the New Year to know about you?*

*Hello 2024, My name is \_\_\_\_\_ . I want you to know that  
this year, I am \_\_\_\_\_ , \_\_\_\_\_ and  
\_\_\_\_\_ .*

*Sometimes I can be \_\_\_\_\_ and \_\_\_\_\_ .  
You can count on me to \_\_\_\_\_ .*

*I would like support in 2024 in the areas of...*

*My hopes and wishes in 2024 are....*

*As we begin our time together, the challenges I am facing are...*

*Right now, my soul is craving more...*

Your dreams are the compass points leading to your destiny. Dare to dream, for in those dreams, you'll discover the roadmap to the extraordinary life you were meant to live.

Ralph Waldo Emerson



Most of all, I am really looking forward to...

When we are looking at the last days of 2024 together, I would like to say to you...

And to set the tone for our year ahead, my word-of-the-year for 2024 is:

*My Oracle Card message for 2024 is:*

*I look foreword to manifesting our best year ever!*

*With Love,*

---

I am a firm believer that every few years one needs to shake one's life through the sieve, like a minor in the Yukon. The gold nuggets remain. The rest falls through like the soft earth that it is.

Amy Poehler

## MORE THAN A COACH



*“I have a deep passion for coaching and mentoring clients. My goal is to have their inner values align with their outer world. I work with clients who are open-minded and are seeking personal development and a deeper understanding of their challenges in ways that allow change, integration, and growth. Through listening and supporting each client with compassion and insights, I create a safe environment that allows them to embrace the deep work that comes with transformative growth.”*

*With Love, Jenny*

## PRAISES

*I have been working with Jenny as my life coach for over 4 years, and I have attended 2 of her retreats with major healing breakthroughs both times. I can't say enough about how much she has changed my life!*

Kristin G.

*In a few short years, Jenny has helped me identify subconscious behavioral patterns I've used to self-sabotage and remain stuck. She's helped me make sense of why I am the way that I am. I understand myself better because of our work together. I have a sense of clarity about my future that I didn't have a few years ago. If you feel stuck, just give her a call, and go from there. You won't regret it!*

Justin P.

*I have been in therapy my entire life, while I was functioning dealing with all the trauma I have went through I was never free of it. A lot of unfortunate circumstances came to a head and sent me whirl winding into my past, that is where I found Jenny. My mind and body were literally shutting down and I was drowning in depression. I went to her weekend retreat, and I cannot even begin to put into words what she did for me, she literally saved me.*

Geena S.