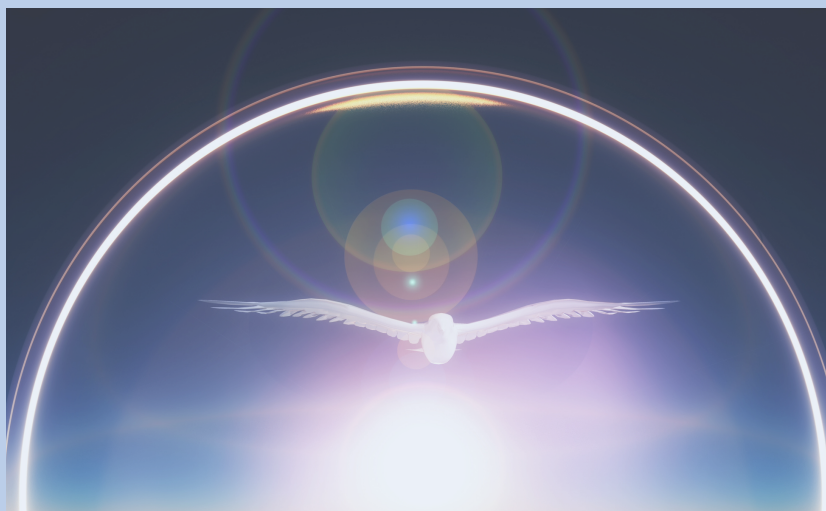


# MIND BODY SPIRIT E BOOK

Live your Highest and Best Self



Stand in Your Centre and Embrace Life

INSPIRE

ACHIEVE

CONNECT

# MIND BODY SPIRIT

**Balance your mind body spirit to achieve your optimum best life.**

**Turn your mind chatter into useful creative solutions that solve your issues and overcome obstacles.**

**We show you how to stay focused on what's important for you, getting your best results to manifest your intentions.**

**Achieve body wellness by revealing your best solutions for optimum health.**

**Learn how to stay in the flow of life feeling empowered and in charge.**

**Feel stronger emotionally with body alignment as your mind, body, spirit uplifts you to your next level.**

**Learn how to active your inner listening to know exactly what is being said.**

**Deepen your spiritual connection and consciousness to record heights.**

**Take back your best self and best life on your terms with the mind body spirit course**

# MIND BODY SPIRIT

The mind body and spirit workbook is designed to accelerate your life to your best level. It isn't always easy to see what stands in our way, in doing the workbook and answering the questions truthfully gives you a very clear picture of yourself and what is missing.

The workbook takes you back to the drawing board to re-examine your path and the connections that you made to arrive where you are now. I am sure you will see many peaks and many dips that is okay that is how we learn. Consciously everyone has the opportunity to make quantum leaps now, as the higher energies are available to support us now.

By reconnecting back to basics we can see where we held ourself back or felt we were being held back. Now we have available to us higher gentler energies that make it much easier to make quantum leaps in life by applying simplest of lessons. I call this the award winning workbook because you get results right away. If you are ready for a mind blowing journey using your mind, body spirit connection to amplify your life to optimum levels, contact me today:

[Hazel@hazelburton.com](mailto:Hazel@hazelburton.com)

The mind, body, spirit workbook reveals your hidden opportunities and greater fulfillment in life by restoring your trueself and gifts of insight and inner knowing. At the same time removing all wornout out of date programs that are still running un-noticed. By deep diving into your core you reveal your hidden opportunities for transformation and big changes.

# MIND BODY SPIRIT

As you navigate through your mind challenges and over thinking discarding old worn out patterns of thinking and being. Replacing them for high vibrational ones that allow for your continuing growth. Life starts to take on a whole new meaning, and you feel vibrationally lighter, having gained deeper and higher context of life.

Learn how to activate your highest potential by healing the stresses your body holds that prevents you from moving forward. Understanding how your stressors affect your mind body spirit is Key to your freedom of moving onward and upward to achieve your highest potential.

Build on your new found sense of self by healing the past for good and opening the flow to your internal guidance. Be in joy with emotional balance and inspired actions to realize your lost dreams and potential. Feeling relaxed and at peace with this person you always new was there but unsure how to let it unfold.

Create improved relationships with others as you heal the pain from your past feeling whole and confident to make these life changes permanently.

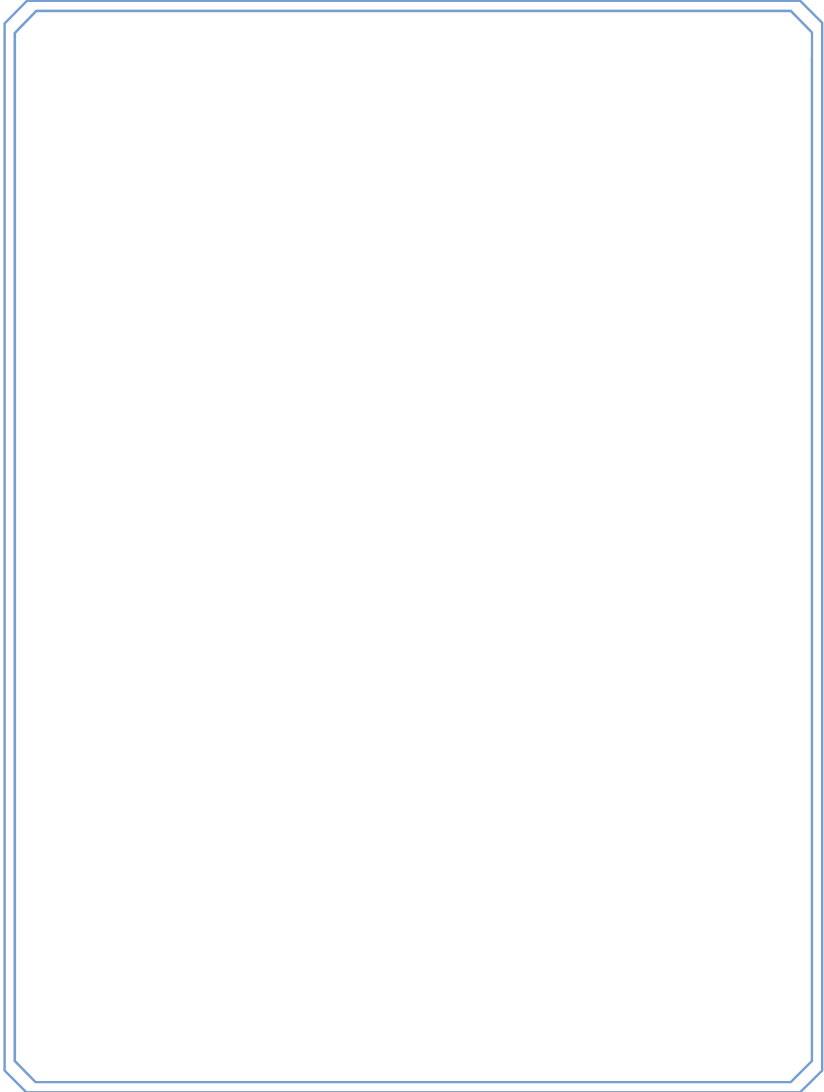
As you make these improved conditions of yourself and life your highest potential is activated for you to continue to take inspired choices and actions creating your dream life.

Mind Body Spirit workbook holds the building blocks for your unique self to heal past patterns and update the latest version of you to continue creating a happier healthier, fulfilling life for you now and in your future.

How would you like your life to look when you are finished your workbook?

Give as much detail as possible.

Start by saying ' I set my intention '







## ON YOUR JOURNEY

8. What have been your biggest achievements this year?  
( connect with your feelings )

9. What do you like about yourself?  
( list all the things you like about yourself no holding back )

10. What are you most proud of?  
( dig in and see what comes up )



## ON YOUR JOURNEY

11. For your life to be perfect, what would you have to change?

( get in touch with all the changes )

12. Can you give me a near future goal in one sentence?

( bring to the surface that all important goal. )

13. How will you know when you reach your goal?

( connect with those feelings )

## END YOUR JOURNEY

14. Would you say you are intuitive?  
( make a note of how you know. )

15. How much difference does being intuitive make to you? ( let your heart answer )

16. If you could deepen your intuition what difference would that make to your life? ( be as clear as you can )

How do you feel after answering your questions?

How ready are you for more change?

How determined are you to achieve the  
best results?

The Mind Body Spirit Workbook will  
keep you on target and the right path.  
Guiding you through unseen barriers  
to claim your best results  
over and over again.

Email: [hazel@hazelburton.com](mailto:hazel@hazelburton.com)  
for more info,

[www.hazelburton.com](http://www.hazelburton.com) 2023

# Mind Body Spirit Course

\*Workbook

\*Group Coaching

\*Exclusive

Which ever way you choose to do the course, it's your opportunity to discover the key to unlocking your potential to influence and manifest the person you know deep down inside you are.

It will show you how to reconnect your mind body spirit influencing your natural rhythm and flow to live a rewarding passionate life.

Using my proven system step by step, eliminates all those old, disempowering, limiting programs and beliefs. Transforming them into new perceptions that change your life permanently. Finally pulling everything together to remodel your life into living a joyful, happy, fulfilling one.

We figure out what your future self looks like for you so we can be 100% clear on what that feeling means to you.

We make sure you are allowing the space and time needed to do your work on building that reconnection of mind body spirit by reviewing your weekly schedule. This is the roadmap for how we will work together, building on my proven system to make sure you achieve your goal and get the results you are looking for and more.

Investing in this great offer means prioritizing your time and effort into using this proven system that produces results and continues to motivate you into accepting all your accomplishments and gifts with a natural flair of being all that you are and more.

There is an opportunity to work with me exclusively, one on one, so together we can make sure what your ideal outcomes is and exceed that to the next level.

Here is the deal for the next while until the seats are gone. I am offering you a great price \$2,270.00 for 18 weeks online support zoom classes where your questions will be answered. Together we go to the core and leave no stone unturned to get you only the best outcome .

Interested? We need to talk so you know what I am offering is right for you. To book your discovery call email: [hazel@hazelburton.com](mailto:hazel@hazelburton.com) to secure your place.

There are only 4 places available.

Did I tell you I am adding 4 bonuses to give you extra support in making sure you claim back your Intuitive Self and your Potential?

*check the page below!*

*Book early and claim your seat now.*

## Claim Your Bonuses for your Exclusive Coaching

- Book early to secure your seat.
- Here are your bonuses

Bonus 1. Interruptions Workbook to keep you on track and build your life with the least interruptions.....\$125.00

Bonus 2. Self-Care Worksheets to keep up your personal self-care needs keeping your vibes high.....\$75.00

Bonus 3. Intuitive Soul Reading..... \$150.00

Bonus 4. Mind Body Spirit Journal to record your discoveries.....\$ 15.00

For support and confirmation you are on the right path.

# Group Coaching

Group Coaching is another option if you like to share your ideas and have the support of other people.

If you are interested in reserving your seat for the next available Group session please let me know by emailing me at [Hazel@hazelburton.com](mailto:Hazel@hazelburton.com).

You are welcome to download the FREE ebook and let yourself get acquainted with the exercises to help open your mind to your best answers.

Here is the deal I am offering you a great price \$560.00 for 18 weeks group zoom classes where your questions will be answered. Every week you have the opportunity to share your experiences with your colleagues through a group page. Giving each other support along the way broadens your experiences.

As a group we go to the core and leave no stone unturned to get all of you only the best outcome .

Interested?

email: [hazel@hazelburton.com](mailto:hazel@hazelburton.com)

Look forward to connecting with you through the  
EBook.....Workbook  
Group or One on One Coaching.

## Claim Your Bonuses for your Group Coaching

Book early to secure your seat.  
Here are your bonuses

Bonus 1. Interruptions Workbook to keep you on track and build your life with the least interruptions.....\$125.00

Bonus 2. Self-Care Worksheets to keep up your personal self-care needs keeping your vibes high..... \$75.00

Bonus 3.. Free Mind Body Spirit Journal to record your discoveries.....\$ 15.00

For support and guidance

If you have any questions about the Online Course or to get registered for the next class, please email me:

[Hazel@hazelburton.com](mailto:Hazel@hazelburton.com)

To register for Exclusive or Group Coaching: [Hazel@hazelburton.com](mailto:Hazel@hazelburton.com)



## Your Options to join others in your Coaching Experience

MIND BODY SPIRIT EBOOK .....FREE  
HARD COPY.....\$11.00

WORKBOOK ..... \$34.00  
JOIN M. B. S. ONLINE GROUP PAGE..... FREE  
INTERRUPTIONS WORKBOOK (\$125.) .....FREE

JOIN GROUP COACHING GROUP.....\$560.00  
iNTERRUPTIONS WORKBOOK (\$125.).....FREE  
SELF-CARE WORKSHEETS (\$75.).....FREE  
MIND BODY SPIRIT JOURNAL..... FREE

EXCLUSIVE 1 on 1 COACHING.....\$2270.00  
INTERRUPTIONS WORKBOOK (\$125.) .....FREE  
SELF-CARE WORKSHEETS (\$75.).....FREE  
INTUITIVE SOUL READING (\$125.).....FREE  
MIND BODY SPIRIT JOURNAL (\$12.).....FREE

email: [Hazel@hazelburton.com](mailto:Hazel@hazelburton.com)  
if you need more information  
or for the next  
available dates for group  
and exclusive

# mind body spirit affirmations

*Add more affirmations*

I believe in unlimited opportunities!

I deserve the best and accept it now!

I have the power to change myself and my life!



# mind body spirit journal

Imagine you have reached the top of where you want to be,  
what does that look like, and how do you feel??



# mind body spirit journal

How different could your life be if you made all the changes needed?? describe using all your senses.

A large, empty rectangular frame with decorative, rounded corners, intended for writing a journal entry. The frame is outlined in a dark blue color and is set against a light blue background with a subtle, abstract pattern.

# mind body spirit journal

What are you grateful for?    Read everyday  
add more until page is full .....



# mind body spirit journal

What do you appreciate? Fill The page  
Read everyday



# mind body spirit journal

Whom do you appreciate? and Why? Fill the page

Read everyday ....



**When you doubt yourself**

**What I need to do instead**

**What I need to do**

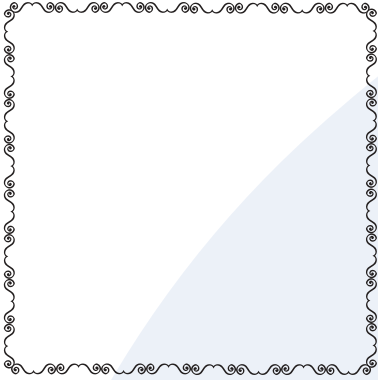
**To get what I want**

**Write down 1 or 2 beliefs.**

**Are they really yours?**



**What makes you feel guilty?**



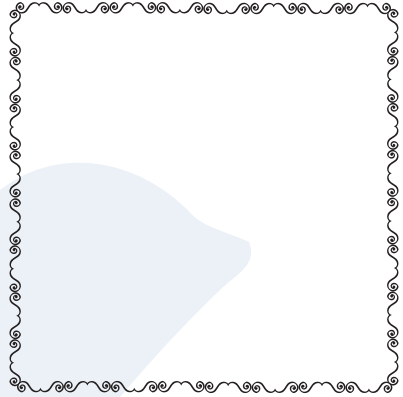
**What I need to do instead**



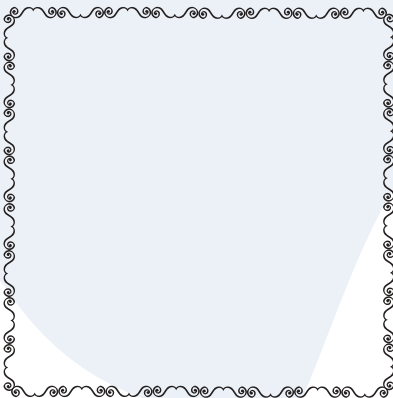
**Where do you judge yourself?**



**What I need to do instead**



**What makes you angry?**



**What to do instead**



# mind body spirit journal

## INTUITIVE ANSWERS

ask yourself a question, close your eyes put your hand on  
your heart, write down your answer.

A large, empty rectangular frame with decorative, rounded corners, intended for writing an intuitive answer. The frame is outlined in a dark blue color and is set against a light blue background with a subtle, abstract pattern.

# mind body spirit journal

## INTUITIVE ANSWERS

ask yourself a question, close your eyes put your hand on  
your heart, write down your answer.

A large, empty rectangular frame with a decorative, slightly rounded border, intended for writing an intuitive answer. The frame is outlined in a dark blue color and is centered on the page. The background of the page is white with a light blue abstract shape in the upper right corner.

# mind body spirit journal

## INTUITIVE HITS

**ask what do i need to know today, write what you receive.  
always say thank you for your answer.**



# mind body spirit journal

## INTUITIVE HITS

ask what do i need to do today, write what you receive.

**always say thank you for your answer**

