



# Mother Gaia's Wellness

Your Guide through Change

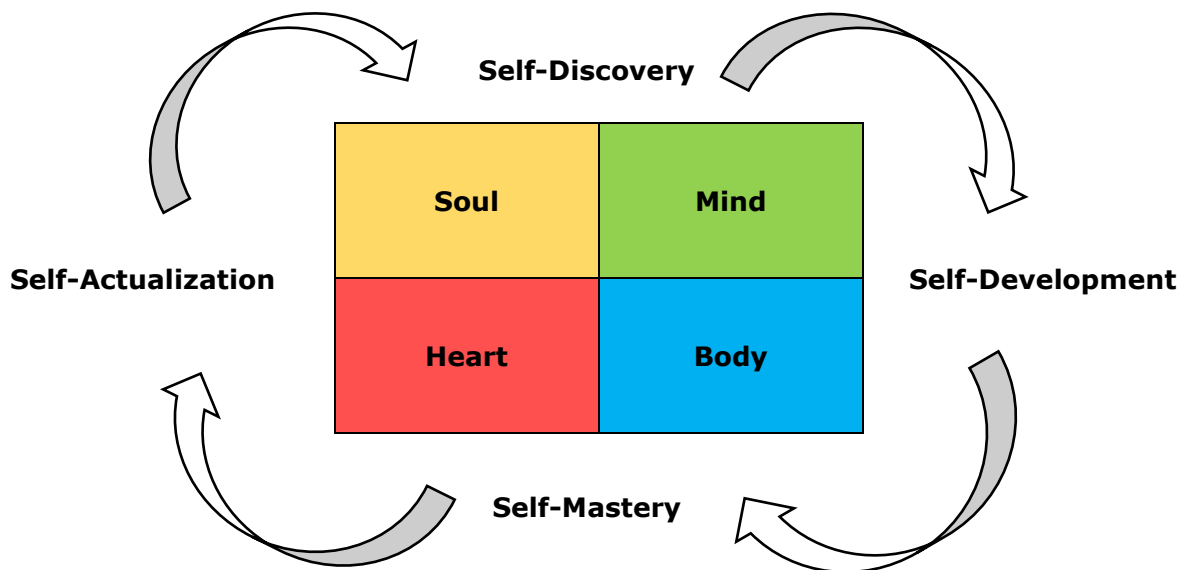
[www.mohtergaias.com](http://www.mohtergaias.com)

[Wellness@MotherGaias.com](mailto:Wellness@MotherGaias.com)

720-939-2531

## PERSONAL DEVELOPMENT

A structured process of developing your skills and competencies by creating a plan with long and short term goals. The process begins with self-discovery, works through self-development and self-mastery, and finishes in self-actualization. Self-discovery begins with personal reflection and a deep examination of the soul. This process helps you understand who you are and what you want to be. Once you have discovered yourself and your goals you can take the next step to improve your mind and body to be able to develop your plan and accomplish your goals.



### Through continuous personal development with tools, techniques, and assessments you can:

- Increase your self-awareness
- Improve your self-knowledge
- Identify your potential
- Improve your skills and talents
- Build self-confidence
- Develop your strengths and talents
- Improve your health
- Fulfill your aspirations
- Improve relationships
- Deepen your spiritual development
- Enhance your quality of life