

## How Would It Feel If ...

- You had more clarity & peace?
- You felt empowered & motivated?
- You could make decisions easier?
- You trusted yourself & your abilities?
- You felt strong & resilient?

## You Beautiful Life

Life Coaching by *Monica M. Medina*

### Who Am I?

My name is Monica. I am a Life Coach in the profession of helping women transform their lives by transforming themselves first. Coaching women to transcend into fearless, confident, go getters who trust, love & rely on themselves is what I do best.

### Why Do I Care?

Growing up in a domestically violent household & losing my mother to an abuser when she was 45 y/o changed the course of my life. What is at stake when you are not living the life you deserve? A lot. Feeling empowered, assured & loved is your formula for lasting change.

### What Do I Believe?

It's simple; Finding beauty in life again, helping you discover your inner strength & live a life you are happy to say is yours.

“When you start taking care of yourself, you start feeling better, you start looking better & you start to attract better. It all starts within you.” – *ChakraHealing.*

*You Are a Beautiful Life.*

## Ready for a change?

Schedule your 30 min complimentary consultation at [YouBeautifulLife.com](http://YouBeautifulLife.com) or Contact Monica at 708.382.1548

First 60 minute session is FREE

