



Welcome!

Thank you for enrolling in this micro-course ... and congratulations on taking action to change your life for the better!

The entire contents of a "micro" course can be completed in as little as one hour. But you can take as long as you want. You have Lifetime Access to this material.

Please go at your own pace.

But don't be fooled by its' compact size ... the information presented here is powerful and will be life-changing if you act on it!

What You'll Find Inside This Micro-Course

Each lesson contains:

- An mp3 recording which you can download to your own device to take anywhere
- A written pdf transcript of the mp3 recording, so you can print it out and follow along
- A "Personal Reflection Exercise" pdf. Please be sure to read these, as they are essential to personalizing each lesson specifically to you. By exploring the 3 Self-Reflection Questions and carefully reading the affirmation-style exercise, you'll achieve your desired results much faster.
- Section 3 contains all of your Bonuses

If you have trouble opening any of the pdf documents or if they appear to be blank ... try opening them with Adobe Acrobat, instead of Microsoft Edge or Reader.

You might notice right away that the mp3 recordings are not done by me.

If you've been to any of my live workshops, you know that my Rhode Island accent is comical in person, but it can be fairly annoying to listen to over and over in a recording! So I've enlisted the services of a voice-over professional.

You're welcome! 😊

How to Get the Most Out of This Course

This micro-course is designed to be completed in about one hour, so you can begin implementing the steps and seeing results immediately.

But I encourage you to go at your own pace. You have Lifetime Access to the course, so feel free to take it in small bites and refer back to it as often as you want. And you

may certainly download the material to your own computer, tablet, phone, etc. for future reference.

First, A Note About You

Did you know that you're in the elite 10% of people?

Most people "hope" for change, but don't actually take real steps to make the changes they want happen.

By enrolling in this course, you're taking positive, actionable steps towards the changes you want. Before you know it, you'll be living the life you've always wanted! Congratulations ... You're Awesome!

Now, A Note About Me

Hi there! I hope you will enjoyed the information presented in this micro-course, and will put it to use so you can actually benefit from it!

If I can be of any help to you, please feel free to [contact me](#) or connect with me on my new Facebook page [Mindset Makeovers](#)

I'd love to hear your thoughts and suggestions for topics that would make your life easier, better or more fun!

All the Best,

Donna



Brief Bio

Donna Bainton has been an author, speaker and naturopathic consultant since 1990.

She lives in northwest Arizona with her husband and dog.

Donna is known for her natural health books and courses, personal transformation workshops, online coaching programs and live events.