

The Edge of UTOPIA

IT IS TIME FOR YOU TO
FREEFALL INTO YOUR LIFE!



SELF LOVE
SELF REVIVAL
SENSORY STIMULATION
FOR WELLNESS



SCHEDULE A CALL
WWW.TIFFANYCARMOUCHE.COM/COACH

So often women give until their cup is empty.
It is time for you to take care of you.
You deserve to feel alive again.



EXPLORE AND REJUVENATE!



Self Love COVENANT

Schedule yourself first! Make sure you put time for you on your calendar .

Schedule a full body massage.. Enjoy the feeling of rejuvenating your body and completely relaxing.

Take a walk in nature, look to see what beauty you discover as you explore..

Love yourself first. You can better love others when you find peace within and celebrate who you are. .

Drink plenty water! Perhaps add a wedge of lime or cucumber. Hydrate your body and give it the fuel it needs..

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QUEST FOR KNOWLEDGE

Self discovery and the pursuit of knowledge stimulates our brain and helps change our paradigm.



LEARN AND GROW!



Self Love COVENANT

Learn something new everyday. Be in a constant state of learning. Do not be afraid of failure. Learning and growing and expanding your skills everyday builds confidence.

Understand your worth. Strive to be the best version of yourself.

What are your dreams?
What are your passions?

What mark do you want to leave on the world?

Reflect. Be curious. Grow..

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Take time to surround yourself with people who
bring out the best in you.



CELEBRATE LOVE!



Self Love COVENANT

Make sure to take time to call or spend time with people who make you smile. Women supporting women is important. Make sure you have a sisterhood you can trust.

It is important to surround yourself with people who care. Toxic people are not healthy. Sometimes for our own wellbeing we have to close doors and guard our hearts.

Whether it is family or friends make sure to take time to nurture the relationships you love.

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It is important to savor your life not just rush through each day.
Find time to just be.



FIND BLISS!



Self Love COVENANT

Choose a theme song, a song that inspires you and makes you want to dance! Play it when you wake up each day! And blast it when you need a boost of confidence.

Pour yourself a luxury rose bath, put on your favorite playlist and surround yourself with candles. .

Take 5-10 minutes in the evening to reflect on what you are grateful for each day. Journaling has been proven to improve your wellbeing.

Drink a glass of bubbly, wine or your favorite beverage. Make a toast to you!

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Play! Live in the moment! Try something New!



LIVE UNAPOLOGETICALLY!



Self Love COVENANT

Savor a sunset. Take the time to watch the vibrant colors as they disappear into the horizon. Let it remind you of your own beauty. .

Meditate or take a yoga class to help release stress.

Dance with your muse! There is a healing power in art! Take a painting class or sing or dance.... color outside the lines. Have fun!

Do not feel selfish or self centered by putting yourself first. Know your worth and focus on your needs. Only then you can fully be there for family and friends.

Live unapologetically!

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I love my life!

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If you are ready to step into your power and would like to see how to truly live each day with passion...



Self Love COVENANT

I invite you to schedule a call. I have led retreats around the world for over a decade, touching thousands of people with my programing.

I have been a best selling author and have spoken on international stages about the power of perseverance, changing our paradigm, and stepping into our calling.

I coach women to find their voice in novels, on stage and in their lives as they become bold, blissful and brilliant.

"I see you. You are ready to live your purpose and freefall into your life!"

~Tiffany

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