

Stronger Together

Empowerment tips from your favourite Resilience Coach



WORKSHOPS

NEW: Stronger Together Challenge



MOVEMENT

30-min virtual classes
- HIIT/CORE/KIDS -
linktr.ee/jessicacorvo



FUEL

Have you ever thought about food as fuel? How does food affect your mood? How does food affect your mind? Is it actual food or is it the nutrients?

Keep it consistent. Keep it fun.

The truth about being a goal crusher...

High achievers know how to keep things FUN! Personally, when I'm in goal crushing mode, I tap into a deep level of Self. Mind-Body connection. Life is a canvas & I get to create magic! Have you ever been in this state? What does it feel like? Taste like? Who is around you? Can you hear the sun? See the wind or feel with your soul? Focus can be fierce AND it can be fun! I've shared hundreds of tips & tricks for wellness! Ways to inspire others on their journey. It's time to level up! I'm inviting YOU to join the TRIBE! Activate your inner Warrior with my favourite people!!! Who's IN? #BeYourOwnHero

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FLOW

How do you define "flow"?

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CIRCLE

Does your circle of influence inspire you?

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SELF

What is the FIRST thing you say to yourself in the morning? Is it kind?

Words from wise people

to make you think (& feed your soul)

- to do anything less than your best is to sacrifice THE GIFT.
- The greatest gift you can give someone is your is your time, your attention, your love, your concern.
- Be open to it being BETTER than you imagined.
- Be fearless in the pursuit of what sets your SOUL on fire.
- A SMILE is a curve that sets everything straight.
- Believe YOUR LIFE can be changed in a matter of hours by people who don't even know you.
- Believe HEROES are the people who do what has to be done, when it needs to be done, regardless of consequences.
- Be the ENERGY you want to attract.
- Do it with PASSION or not at all.
- People are capable at any time in their lives, of doing what they DREAM of.
- Find 3 hobbies you LOVE; one to make you money, one to keep you in shape & one to be creative.
- Anger is like carrying a bag of bricks. Let go.
- Detach with love. Connect to Self.

Mantra: Embracing perfectionism. Today I love myself. Tomorrow I love myself. And the next day I will continue to love myself. At all costs. I love ME.



Dear Warrior,

During a time where it is understandable to jump on the bandwagon of FEAR, I'm so incredibly PROUD of your focus to SPREAD LOVE. I truly believe the best way to change the world is to love ourselves. I think you are magical and the brightest lights in the world! As the collective continues to heal, your light is needed! Take special care to charge your spiritual batteries. You have been sparking change within your communities (& MY world). Remember to invest in YOU! I have been experimenting with recipes so stay tuned! I cannot wait to share what I have been cooking! hahahaha Literally! YAY! We continue to be #StrongerTogether and I'm blessed to journey with you! With love, xo Jess

(PS: Am I in your circle of influence?)

STRONGER TOGETHER CHALLENGE

Our coaching panel is incredible!! We are going to guide (& teach) you how to hold yourself accountable! Give us 100% and we will give you 150%! Showing up is half the battle... are you ready to go ALL IN?!

11 zoom sessions * Private FB group support * Nutritional Guidance * Daily (on demand) workouts * 2 LIVE workouts * Mindset Coaching * Guaranteed Results * Free Ebook Gift

Best TRIBE ever!!!

CALL JESS CORVO at +1 331 302 3756 TO CLAIM YOUR SPOT!