



THE VALLEY OF CHANGE™

The passage between who you were and who the next chapter requires.

OLD SELF

Known · Comfortable · Predictable

NEW SELF

Unfamiliar · Expanded · Embodied

THE VALLEY

*Between the old and the new,
where uncertainty, fear, doubt and resistance must be faced.*

01 RELEASE

Let go of the old.

02 REVEAL

See what the descent exposes.

03 REMAIN

Stay present in uncertainty.

04 REBUILD

Establish the new standard.

05 RISE

Live as your future self.

THE VALLEY IS NOT THE END. IT IS THE GATEWAY. WHAT YOU BECOME ON THE OTHER SIDE IS WORTH IT.