



ALEXIA HARRIGAN

MIND/BODY HEALTH COACH

MINDFUL AWARENESS

Being fully aware of and in the present moment. What is going on right now? What distractions can I eliminate so that I can fully tune in to this current moment?

EMBRACE YOUR FUTURE.
RECLAIM YOUR HEALTH.

FRUSTRATED?
EXHAUSTED?
OVERWEIGHT?

I help
postpartum/postnatal
moms become
EMPOWERED to **THRIVE**
and **EMBRACE** the
TRUTH that they **CAN**
be a good mom **AND**
take care of yourself.

Ready to get started?

LET'S CHAT!

contactme@alexiaharrigan.com
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GOOD/BETTER/BEST OUTCOMES

What challenge are you facing right now?

Write out a current challenge that you are facing.

How would you like to face this challenge? What kind of outcome do you desire?

Best Outcome:

Better Outcome:

Good Outcome:

What would it take to achieve your desired outcome?

What are the obstacles to achieving your desired outcome?

How can you best address these obstacles to achieve your desired outcome?

"Caring for your family by caring for yourself."

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