



**INNER.U LIFE**

## Learn to Human Better in Life

Inner.U LIFE is the owner's manual for your entire life. This online coaching course gives you the tools to get yourself honestly and deeply happy where it matters most to you: your relationships to your SELF, BODY, MONEY, TIME, and more.

### Here's an overview of Inner.U LIFE:

- Discover how to dream again.
- Get into the right actions to realize them.
- Find out what has been messing you up.
- Learn the secret sauce to happiness.
- Learn to keep a promise to yourself.
- Get out of your personal purgatory.
- Resolve the things that haunt you.
- Write your personal manifesto.
- And not just write it. Prove it.

### Here's what's included:

- 12 audio coaching sessions (and 3 bonus sessions with Lauren Zander.
- 14 assignments with with eye-opening tips, tools, and cheat sheets.
- 1 FREE private coaching call with a Certified HG coach.
- Inner.University: a six-week group class with an HG coach.
- The Promise Tracker — our integrity-boosting, digital butt kicker!
- Integrity Score: stats on your progress towards your dreams.
- The Buddy System — a community of people cheering you on!
- Digital Badges to give you the kudos for being awesome!
- Oh, and lifetime access to all of the above.

## You got this!

Brokering your badass dreams should not have you go broke!

**INNER.U LIFE \$650**  
LIFETIME ACCESS

**inneru.coach**