



**BECKY L. JACKSON**  
**ENTERPRISES**

## *Using Spiritual Principles to Make Lifestyle Changes*

### 8 Week Self-Care Workshop ~

Whether making self-care changes,  
e.g. dietary, exercise, clutter, etc.,  
we will want to keep the eating addiction in remission,  
using Spiritual Principles to make those changes  
is the path to integrity, sanity and freedom!

*We will be covering:*

How to evaluate and clarify your individual needs/goals

How to utilize Spiritual Principles in moving forward

How to recognize and minimize any addiction chatter

Invite and help your *younger selves* to be part of the changes

***Dates and Time:***

*March 6, - April 24, 2024*

*Wed 5-6pm PST*

***Where:*** Zoom - Fee: \$275.00

## ***Limited to 6***

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Becky L. Jackson Enterprises

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