

# MARCH 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27 GROUP COACHING KICK OFF CALL- 3PM CST	28	29	30 NURTURE YOUR BODY WITH JIMENA 12PM CST	31	1

FACILITATORS & ACTIVITIES	TIME ZONES:
<p><b>MERCEDES:</b> GROUP COACHING. DURATION: 1HR</p> <p>MERCEDES WILL DO ONE 15-30 MINUTE EXTRA IMPROMPTU COACHING SESSION ON THE FACEBOOK GROUP EACH WEEK, ON THE FIRST 3 WEEKS OF EACH MONTH.</p> <p><b>JIMENA:</b> LIVE WORKOUT- "MOVE YOUR BODY".DURATION: 30 MINUTES</p> <p><b>JIMENA:</b> NUTRITIONAL TALK- "NURTURE YOUR BODY".DURAION: 30 MINUTES</p> <p><b>KELSIE:</b> SPIRITUAL COUNSELING- "ALIGNING TO YOUR HIGHEST POTENTIAL". DURATION: 1HR</p> <p><b>KELSIE:</b> GUIDED MEDITATION. DURATION 45 MINUTES</p>	<p><u>REFER TO THIS WEBSITE.</u></p> <p>CALENDAR: CHECK YOUR WELCOME EMAIL WHERE AN INVITATION TO ADD THIS CALENDAR TO YOUR CALENDAR HAS BEEN SENT.</p>

# APRIL 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3 GROUP COACHING WITH MERCEDES 3 PM CST	4 MOVE YOUR BODY WITH JIMENA 8AM CST	5	6	7 ALIGNING WITH YOUR HIGHEST POTENTIAL WITH KELSIE 1 PM CST	8
9	10 GROUP COACHING WITH MERCEDES 3 PM CST	11		13 NURTURE YOUR BODY WITH JIMENA 12PM CST	14	15
16	17 GROUP COACHING WITH MERCEDES 3 PM CST	18 MOVE YOUR BODY WITH JIMENA 8AM CST	19	20	21	22
23	24	25	26	27 NURTURE YOUR BODY WITH JIMENA 12PM CST	28 MEDITATION WITH KELSIE 1 PM CST	29
30	1	2	3	4	5	6

NOTES	TO DO
<ul style="list-style-type: none"> <li>• Please find a quiet space to do Kelsie's sessions.</li> <li>• Please keep your video on to do Mercedes's &amp; Kelsie's sessions, so we feel close and present with each other.</li> <li>• Make sure that other people around you cannot watch or listen so we keep everybody's privacy throughout the program.</li> <li>• Bring a pen and paper to take notes.</li> </ul>	<ul style="list-style-type: none"> <li>• Do the 4 pillars daily.</li> <li>• Do the 8-week Imperfect &amp; Abundant course at your own pace.</li> </ul>

# MAY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1 GROUP COACHING WITH MERCEDES 3 PM CST	2 MOVE YOUR BODY WITH JIMENA 8AM CST	3	4	5 ALIGNING WITH YOUR HIGHEST POTENTIAL WITH KELSIE 1 PM CST	6
7	8 GROUP COACHING WITH MERCEDES 3 PM CST	9	10	11 NURTURE YOUR BODY WITH JIMENA 12PM CST	12	13
14	15 GROUP COACHING WITH MERCEDES 3 PM CST	16 MOVE YOUR BODY WITH JIMENA 8AM CST	17	18	19	20
21	22	23	24	25 NURTURE YOUR BODY WITH JIMENA 12PM CST	26 MEDITATION WITH KELSIE 1 PM CST	27
28	29	30 MOVE YOUR BODY WITH JIMENA 8AM CST	31	1	2	3

NOTES	TO DO
<ul style="list-style-type: none"> <li>• Please find a quiet space to do Kelsie's sessions.</li> <li>• Please keep your video on to do Mercedes &amp; Kelsie's sessions.</li> <li>• Make sure that other people around you cannot watch or listen so we keep everybody's privacy throughout the program.</li> <li>• Bring a pen and paper to take notes.</li> </ul>	<ul style="list-style-type: none"> <li>• Do the 4 pillars daily.</li> <li>• Do the 8-week Imperfect &amp; Abundant course at your own pace.</li> </ul>

# JUNE 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2 ALIGNING WITH YOUR HIGHEST POTENTIAL WITH KELSIE 1PM CST	3
4	5 GROUP COACHING WITH MERCEDES 3 PM CST	6	7	8 NURTURE YOUR BODY WITH JIMENA 12PM CST	9	10
11	12 GROUP COACHING WITH MERCEDES 3 PM CST	13 MOVE YOUR BODY WITH JIMENA 8AM CST	14	15	16	17
18	19 GROUP COACHING WITH MERCEDES 3 PM CST	20	21	22 NURTURE YOUR BODY WITH JIMENA 12PM CST	23	24
25	26	27 MOVE YOUR BODY WITH JIMENA 8AM CST	28	29	30 MEDITATION WITH KELSIE 1 PM CST	1

NOTES	TO DO
<ul style="list-style-type: none"> <li>• Please find a quiet space to do Kelsie's sessions.</li> <li>• Please keep your video on to do Mercedes &amp; Kelsie's sessions.</li> <li>• Make sure that other people around you cannot watch or listen so we keep everybody's privacy throughout the program.</li> <li>• Bring a pen and paper to take notes.</li> </ul>	<ul style="list-style-type: none"> <li>• Do the 4 pillars daily.</li> <li>• Do the 8-week Imperfect &amp; Abundant course at your own pace.</li> </ul>

# JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1
2	3 GROUP COACHING WITH MERCEDES 3 PM CST	4	5	6 NURTURE YOUR BODY WITH JIMENA 12PM CST	7 ALIGNING WITH YOUR HIGHEST POTENTIAL WITH KELSIE 1 PM CST	8
9	10 GROUP COACHING WITH MERCEDES 3 PM CST	11 MOVE YOUR BODY WITH JIMENA 8AM CST	12	13	14	15
16	17 GROUP COACHING WITH MERCEDES 3 PM CST	18	19	20 NURTURE YOUR BODY WITH JIMENA 12PM CST	21 MEDITATION WITH KELSIE 1 PM CST	22
23	24 CLOSING DATE OF MASTERMIND ROUND 1 3 PM CST	25	26	27	28	29
30	31	1	2	3	4	5

NOTES	TO DO
<ul style="list-style-type: none"> <li>• Please find a quiet space to do Kelsie's sessions.</li> <li>• Please keep your video on to do Mercedes &amp; Kelsie's sessions.</li> <li>• Make sure that other people around you cannot watch or listen so we keep everybody's privacy throughout the program.</li> <li>• Bring a pen and paper to take notes.</li> </ul>	<ul style="list-style-type: none"> <li>• Do the 4 pillars daily.</li> <li>• Do the 8-week Imperfect &amp; Abundant course at your own pace.</li> </ul>