

FAQ

How much time does this actually take? About 5-8 minutes a day for your video, breathing, and journaling — plus two 30-45 minute live calls per week if you choose to join them live (replays available if you can't make it).

What if I miss a day? Life happens. Every video and prompt stays yours to revisit — there's no falling behind.

Do I need any special app? No. Everything is sent directly to your phone. No login, no portal, nothing to remember. We do have an app for additional knowledge if you want to dive deeper into any subject.

What if I can't make the live Sunday or Wednesday calls? Replays will be available, but we'd love to have you live when you can — that's where a lot of the magic happens.

What if this doesn't work for me? *If you do the work, it will work. If you sign up and don't show up, it won't. Commit to yourself. You can do this!*