

# unRambling.mE

A JOURNEY OF SELF-DISCOVERY



hASHONDRA ✪ mE

unRambling.mE - A Journey of Self-discovery is a customized process designed to help individuals become a better version of themselves by utilizing the book unATTACHED - the Final Season.

unATTACHeD: The Final Season is my 20-year journey of discovering the authentic mE in the area of romantic love.

As I share my journey of self-discovery, one can also enhance, develop, and discover the authentic version of themselves by answering chapter questions, speaking affirmations, journaling, and implementing mindset changes.

unATTACHED -the Final Season has something to offer everyone!

12 lifechanging chapters away from "bEcoming" a better YOU!

## **unRambling.me Target Goals**

- Talk to yourself about yourself
- DONT OVER THINK YOURSELF OUT OF BEING YOURSELF - Everything we need we already have
- Do the self-work
- Embrace the journey
- Daily continue to unRamble yourself, jUST bE
- It's okay not to believe what you once believed
- Grace yourself - Growth takes time
- jUTS bE - You're the author of your story

## **"tHEwILL - Self-discovery Tool**

- \* REVISIT: Reflecting on the old
- \* RECREATE: Embracing the new
- \* RECORD: Journaling
- \* REDEFINE: Affirmation

UNRAMBLING.ME -  
A JOURNEY OF SELF-DISCOVERY

**KEY POINTS**

Chapter	Key Points	Question	Affirmations
Chapter 1 Introduction	Reflecting at 22 <ul style="list-style-type: none"> <li>• Teen Dating</li> </ul> Growing at 32 <ul style="list-style-type: none"> <li>• tHEwILL</li> </ul> unATTACHED at 36 <ul style="list-style-type: none"> <li>• tHEwILL</li> </ul>	Who are you?	I Am!
Chapter 2 The Hook-Up	unATTACHED at 36 Key Points 1 <ul style="list-style-type: none"> <li>• Spiritual Growth</li> </ul> Key Points 2 <ul style="list-style-type: none"> <li>• Marriage</li> <li>• Divorce</li> <li>• (Sex) Approaching sexual thoughts</li> <li>• Letting go of people, places, things, and ideas</li> <li>• Physical Attraction</li> <li>• Understanding your love language</li> <li>• Authentic Romantic Connections</li> <li>• Self Discovery (Self Honesty)</li> </ul> Key Points 3 <ul style="list-style-type: none"> <li>• Understanding relationship boundaries &amp; statics</li> <li>• Open communication</li> <li>• Asking and answering uncomfortable questions</li> <li>• Overthinking</li> </ul> Key Points 4 <ul style="list-style-type: none"> <li>• Utilizing the “sweet spot” of a relationship</li> <li>• Self-control Self-discipline</li> </ul> Key Points 5 <ul style="list-style-type: none"> <li>• History is history. Learn and grow</li> <li>• The beauty of sex</li> <li>• Self-love re-evaluation</li> <li>• Value &amp; making valuable self investments</li> </ul>	Have you ever had a crush?	I overstand myself more and more over time

Chapter	Key Points	Question	Affirmations
<p>Chapter 3 Those Three Words</p>	<p>Reflecting at 22</p> <ul style="list-style-type: none"> <li>• Dealing with feelings about their Ex partner</li> <li>• Living a life beyond the relationship</li> </ul> <p>unATTACHED at 36</p> <p>Key Points 1</p> <ul style="list-style-type: none"> <li>• Knowing what to ask God for</li> <li>• Patients</li> <li>• Dealing with Anxiety</li> <li>• Approaching uncertainty</li> </ul> <p>Key Points 2</p> <ul style="list-style-type: none"> <li>• Self-value &amp; worth</li> </ul> <p>Key Points 3</p> <ul style="list-style-type: none"> <li>• Ignoring an issue is an issue</li> <li>• Self Correcting</li> </ul> <p>Key Points 4</p> <ul style="list-style-type: none"> <li>• Normal &amp; unnecessary stress</li> <li>• Meditation</li> <li>• Spiritual enhancement</li> <li>• Creating &amp; maintaining a peaceful environment</li> </ul> <p>Key Points 5</p> <ul style="list-style-type: none"> <li>• The value of zero</li> </ul> <p>Key Points 6</p> <ul style="list-style-type: none"> <li>• The importance of counseling</li> <li>• Identifying the core of hurt</li> <li>• Steps to rebuilding from past hurt</li> </ul> <p>Key Points 7</p> <ul style="list-style-type: none"> <li>• Understanding the reasonable acceptability limits of a person</li> <li>• Management</li> <li>• Understanding vs. being understood</li> </ul> <p>Key Points 8</p> <ul style="list-style-type: none"> <li>• When to say I love you romantically</li> </ul> <p>Key Points 9</p> <ul style="list-style-type: none"> <li>• The power of sound</li> </ul> <p>Key Points 10</p> <ul style="list-style-type: none"> <li>• Custom definition of love and self-love</li> </ul>	<p>When is the right time to say I Love You in a relationship?</p>	<p>I AM focused on my now and looking forward to the rest of my life</p>

Chapter	Key Points	Question	Affirmations
<p>Chapter 3 Those Three Words</p>	<p>Key Points 11</p> <ul style="list-style-type: none"> <li>Utilizing your support system</li> <li>Identifying pride that's blocking your support</li> </ul> <p>Key Points 12</p> <ul style="list-style-type: none"> <li>Learning from the mistakes of others</li> <li>Generational wisdom</li> </ul>	<p>When is the right time to say I Love You in a relationship?</p>	<p>I AM focused on my now and looking forward to the rest of my life</p>
<p>Chapter 4 Thoughts of Exiting the Virginity Ship</p>	<p>Reflecting at 22 Teen sex</p> <p>unATTACHED at 36</p> <p>Key Points 1</p> <ul style="list-style-type: none"> <li>Understanding your spiritual beliefs</li> </ul> <p>Key Points 2</p> <ul style="list-style-type: none"> <li>Emotional decisionConsequences walking waking up wisdom</li> <li>Power over materialistic gestures</li> </ul> <p>Key Points 3</p> <ul style="list-style-type: none"> <li>Safe sex hacks</li> <li>Hesitant sex mental rape physical consent</li> <li>Preventive methods to physical and mental unwanted sex</li> <li>Self-love over romantic love</li> </ul> <p>Key Points 4</p> <ul style="list-style-type: none"> <li>Relationship transitions</li> <li>Healing Time from a breakup - 3 days, 30 days, 3 months</li> <li>Soul ties imprinted on the soul human kryptonite</li> <li>The power of asking and knowing what to ask</li> <li>Praying (preying) on the will of others</li> </ul> <p>Key Points 5</p> <ul style="list-style-type: none"> <li>Identifying and processing unknown reality and false reality</li> <li>Never say never when you might</li> <li>Light bulb moments</li> <li>JUST bE</li> <li>Life takes time</li> </ul>	<p>Are you still a virgin? Why or Why not?</p>	<p>I Am, and because I am I can, and because I can I will!</p>

Chapter	Key Points	Question	Affirmations
<p>Chapter 4 Thoughts of Exiting the Virginity Ship</p>	<p>Key Points 6</p> <ul style="list-style-type: none"> <li>• Releasing relaxing, receiving and restarting</li> <li>• Sex Life -The connection between sex life and spiritual life</li> </ul>	<p>Are you still a virgin? Why or Why not?</p>	<p>I Am, and because I am I can, and because I can I will!</p>
<p>Chapter 5 Big Girls Do Cry</p>	<p>Reflecting at 22</p> <ul style="list-style-type: none"> <li>• Finding the root of teen sex addictions</li> </ul> <p>unATTACHED at 36</p> <p>Key Points 1</p> <ul style="list-style-type: none"> <li>• Bouncing back righteous and not proudly</li> <li>• Understand self-perfection virtuous</li> <li>• Surviving an emotional fall</li> </ul> <p>Key Points 2</p> <ul style="list-style-type: none"> <li>• Self-glorifying - Self-correction</li> </ul> <p>Key Points 3</p> <ul style="list-style-type: none"> <li>• Utilizing wisdom and not just possessing it</li> </ul> <p>Key Points 4</p> <ul style="list-style-type: none"> <li>• Sex addictions</li> </ul> <p>Key Points 5</p> <ul style="list-style-type: none"> <li>• Understanding soul ties, transfers of energy and demonic forces</li> </ul> <p>Key Points 6</p> <ul style="list-style-type: none"> <li>• Breaking spiritual connections</li> </ul> <p>Key Points 7</p> <ul style="list-style-type: none"> <li>• Genuinely giving and receiving</li> <li>• Strengths can be downfalls</li> </ul> <p>Key Points 8</p> <ul style="list-style-type: none"> <li>• Overcoming expressed unexpressed hurt</li> <li>• Dealing with triggers while healing from hurt</li> <li>• Vindictive usage of knowledge regarding your story</li> </ul>	<p>Do you have an addiction?</p>	<p>I AM patient with myself</p>

Chapter	Key Points	Question	Affirmations
Chapter 6 No Title	<p>Reflecting at 22</p> <ul style="list-style-type: none"> <li>• Teen Dating</li> <li>• Openly Dating</li> </ul> <p>unATTACHED at 36</p> <p>Key Points 1</p> <ul style="list-style-type: none"> <li>• Surrendering to the transformation of mindset regarding spiritual growth (focusing on core issues of the spirit rather than actions of the flesh)</li> </ul> <p>Key Points 2</p> <ul style="list-style-type: none"> <li>• The requirements God - Prioritizing spiritual growth (What does God really require for me?)</li> </ul> <p>Key Points 3</p> <p>The BEAUTY of anger</p> <p>Key Points 4</p> <ul style="list-style-type: none"> <li>• Manifesting the authentic you - Understanding your identity (personality traits, beliefs, values, physical attributes, abilities, aspirations, and other identifiers)</li> <li>• You are the author of your story</li> <li>• The importance of history - Revisit the past to understand the now</li> <li>• Identifying and placing old myths and folktales</li> <li>• Generational traditions - Unhealthy &amp; Healthy</li> </ul> <p>Key Points 5</p> <ul style="list-style-type: none"> <li>• Saying yes to self and saying no to others - self-love</li> <li>• Safety hacks regarding sexual assault</li> </ul> <p>Key Points 6</p> <ul style="list-style-type: none"> <li>• Being “humbly” replaced</li> </ul> <p>Key Points 7</p> <ul style="list-style-type: none"> <li>• 4 reasons for healing AFTER a romantic relationship</li> <li>• With me BUT loving them - the residue of their ex</li> </ul>	What would you compromise for Love?	I AM worthy of love.

Chapter	Key Points	Question	Affirmations
Chapter 6 No Title	<p>Key Points 8</p> <ul style="list-style-type: none"> <li>• Love vs. Lust</li> </ul> <p>Key Points 9</p> <ul style="list-style-type: none"> <li>• Breaking stubborn mindsets &amp; adopting new ideology</li> </ul> <p>Key Points 10</p> <ul style="list-style-type: none"> <li>• Allowing Gods help &amp; healing - Personal Relationship</li> <li>• Revelation through people, movies, music, memories, etc.</li> </ul>	What would you compromise for Love?	I AM worthy of love.
Chapter 7 Nine Months of Mistakes	<p>Reflecting at 22</p> <ul style="list-style-type: none"> <li>• The NOW understanding of church</li> <li>• Understanding "The covenant" - Religion (church covenant, organizational covenants, group covenant, etc.)</li> </ul> <p>unATTACHED at 36</p> <p>Key Points 1</p> <ul style="list-style-type: none"> <li>• Understanding my assignment</li> <li>• The power of knowing "I KNOW"</li> </ul> <p>Key Points 2</p> <ul style="list-style-type: none"> <li>• Pinpointing low self-esteem due to "feeling" lonely</li> <li>• God is ALWAYS present</li> </ul> <p>Key Points 3</p> <ul style="list-style-type: none"> <li>• Negative seeds that grow up</li> <li>• Childhood memories to adult miseries</li> <li>• Gracing yourself for growth</li> </ul> <p>Key Points 4</p> <ul style="list-style-type: none"> <li>• The danger of normal - Comfort zones</li> <li>• The mental start over</li> </ul> <p>Key Points 5</p> <ul style="list-style-type: none"> <li>• Hidden truths</li> <li>• Being okay with not knowing</li> <li>• Setbacks due to disobedience - Self-inflicted hurt</li> <li>• MADlife - Manifest A Deliverance Foundation INC</li> </ul>	What do you think about teen pregnancy?	I AM able to forgive myself and others

Chapter	Key Points	Question	Affirmations
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Chapter 7  
Nine Months  
of Mistakes

- Key Points 6
- The root of Love
- Key Points 7
- Overcoming the fairy tale of family
  - Baby daddy baby mama
  - Being a statistic - Data changer
- Key Points 8
- Removing focus from the unnecessary and to the purposeful
  - Reshifting focus and accepting the reality regarding people
- Key Points 9
- Respecting the beliefs of others
  - Spiritual unity in a romantic relationship
- Key Points 10
- Suicide
  - Suicidal thoughts - Normal people with abnormal moments
  - The connection between sleeping, healthy, eating, exercising and its effect on decision making
  - JUST bE nATURALS Products

What do you think about teen pregnancy?

I AM able to forgive myself and others

Chapter 8  
Amod Went Home

- unATTACHED at 36
- Key Points 1
- The power within to heal brokenness
- Key Points 2
- Unintentional hurt of loved ones due to loving the unapproved
  - Being okay with everyone not being OK
  - Unity within a blended family
- Key Points 3
- Identfing false & true guilt
- Key Points 4
- Exposing self to self
  - Talk therapy
  - Premature request
  - Knowing when to ask for help

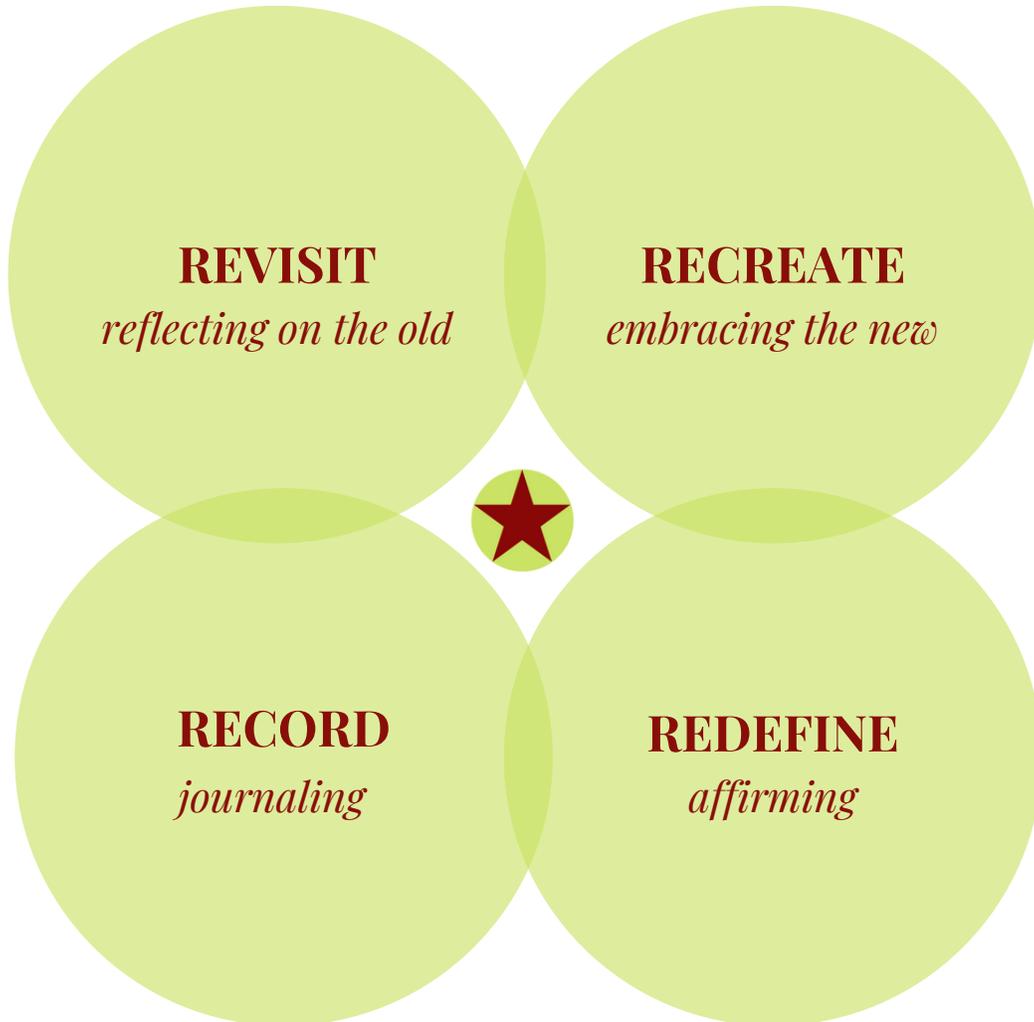
How do you handle death?

I AM honest with myself.

Chapter	Key Points	Question	Affirmations
<p>Chapter 8 Amod Went Home</p>	<p>Key Points 5</p> <ul style="list-style-type: none"> <li>Emotional attachments to people places, things, and ideas</li> <li>Medium - Supernatural experiences</li> </ul> <p>Key Points 6</p> <ul style="list-style-type: none"> <li>Understanding God is God</li> <li>Becoming “mistake-free”</li> </ul>	<p>How do you handle death?</p>	<p>I AM honest with myself.</p>
<p>Chapter 9 A Wise Fool</p>	<p>unATTACHED at 36</p> <p>Key Points 1</p> <ul style="list-style-type: none"> <li>Using the arts to heal               <ol style="list-style-type: none"> <li>visual arts (architecture, ceramics, drawing, filmmaking, painting, photography, and sculpting),</li> <li>literary arts (fiction, drama, poetry, and prose),</li> <li>performing arts (dance, music, and theatre)</li> <li>culinary arts (cooking, chocolate making, and winemaking).</li> </ol> </li> </ul> <p>Key Points 2</p> <ul style="list-style-type: none"> <li>Manifesting unnecessary romantic connections</li> <li>Prayer of safety from self</li> <li>True singlehood</li> </ul> <p>Key Points 3</p> <ul style="list-style-type: none"> <li>Accepting without regret</li> <li>Unfair judgment of others</li> </ul> <p>Key Points 4</p> <ul style="list-style-type: none"> <li>Utilizing self-love regarding the expression of hurt (pre-hurt)</li> </ul> <p>Key Points 5</p> <ul style="list-style-type: none"> <li>The importance of breaks</li> <li>Allowing love to manifest</li> <li>Submissive equality</li> </ul> <p>Key Points 6</p> <ul style="list-style-type: none"> <li>Trusting the process of love</li> </ul> <p>Key Points 7</p> <ul style="list-style-type: none"> <li>Living in my OK!</li> <li>Being okay with not believing what you once believed</li> </ul>	<p>If you were in my shoes what would you do?</p>	<p>I AM able to give love and receive love.</p>

Chapter	Key Points	Question	Affirmations
Chapter 9 A Wise Fool	Key Points 8 <ul style="list-style-type: none"> <li>• tHEwILL - Moving forward</li> </ul>	How do you handle death?	I AM honest with myself.
Chapter 10	<ul style="list-style-type: none"> <li>• Release in the form of the arts - Music &amp; Poetry</li> </ul>	Interactive usage of the arts	I AM creative
Chapter 11	<ul style="list-style-type: none"> <li>• Respecting wisdom</li> <li>• The absence of elders in today's society</li> </ul>	Family Tree - Present, Past & - or Future	I AM here
Chapter 12	<ul style="list-style-type: none"> <li>• DONT OVER ME LLC - The vision moving forward</li> <li>• Who is Hashondra?</li> </ul>	Build a customized plan to "bEcome" better  Research & define name meaning.  Create personalized .mE emblem	I AM mE!

# tHEwILL



hASHONDRA★mE

[www.hashondra.me](http://www.hashondra.me)  
[contact@hashondra.me](mailto:contact@hashondra.me)

# MATERIALS FOR THE JOURNEY

- Book (Highly Recommended)
- Notebook - Bag - Pen (Optional)

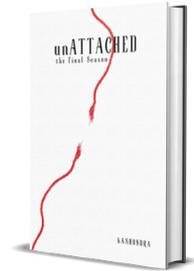
## UNATTACHED THE FINAL SEASON BOOK

Hardcover Full Color \$45

Paperback Full Color \$30

Paper back Black & White \$20

- **4 books in one** (ATTACHED, Journal, Affirmations, unAttached the Final Season)
- shipping & sales taxes include



## UNATTACHED NOTEBOOK

Custom Notebook with Personalized .mE Emblem \$25

.mE Notebook \$20

Basic Notebook \$10

- Key Point Outline
- General Notes Journaling Pages
- 3 weeks shipping for Personalized notebooks



## .ME BAG

Custom Bag with Personalized .mE Emblem \$25

.mE Bag \$20

Basic Bag \$15

- Drawstring Backpack
- Sold Color
- Unisex



## .ME INK PEN

.mE Ballpoint Pen \$3

- Black Ink



# PRICING FOR THE JOURNEY

- In-person / Virtual
- One - On -One / Group

## SERVICE FEE

One-On-One \$100 an hour

Small Group (2-12 individuals) \$300 an hour

Group (13+ individuals) \$25 per individual per hour

- 1-12 individuals Open Discussion
- 13+ individuals Interactive Lecturing

## VENUE FEE

provided by the client \$0

provided by DONT OVER THINK ME LLC fee requirements + service fee

- Fee requirements
- Service fee is a flat rate of \$100 - non-refundable
- Venues must accommodate a healthy & safe environment
- Include Set up - Breakdown time

## TRAVEL & ACCOMMODATIONS

Round Trip Driving fee per 300 miles \$30

Round Trip Ticket fee + bag fee + ground transportation fee

3 Star Hotel or Housing \$150 per night

- All travel & accommodations are negotiable
- Free travel within 20 miles of departure location

# THE PROCESS FOR THE JOURNEY

- Book (Highly Recommended)
- Notebook - Bag - Pen (Optional)

## IMPORTANT FACT TO REMEMBER

**The process of the journey is customized to the needs of the client. Service Agreements will be written accordingly.**

- Service agreements are project base only
- Service Agreements must be updated quarterly (4-month cycle)

## ESTABLISHING SERVICE

Establish a service

Complete materials purchase order (if applicable)

Sign agreement forms

- Confidentiality Agreement
- Photo & Video release form, if applicable



# WHO IS HASHONDRA

- [www.hashondra.me](http://www.hashondra.me)
- [contact@hashondra.me](mailto:contact@hashondra.me)

Over the last 20 years, the voice of Hashondra has been heard by millions worldwide. As co-owner of thePinkGroup, a branding, and marketing team, Hashondra, was able to self-publish her first book, "ATTACHED," in 2017, which focuses on the emotional drama of losing her virginity as a teenager.

In 2022 Hashondra released the sequel "unATTACHED - the Final Season," which is an INCREDIBLE book focusing on her 20-year journey of discovering the authentic version of herself in the area of romantic love.

Hashondra is an experienced writer and motivational speaker who shares significant parts of her journey rooted in her authentic mindset changes.

Through books, events, and music Hashondra approaches uncomfortable & relatable topics in an unbiased manner, capturing the hearts and minds of her audience, leaving each individual with life-changing tools on how to jUST bE while "unRAMBLING" themselves gracefully.

Hashondra is the owner of DONT OVER THINK ME LLC and the Founder and President of the Manifest A Deliverance Foundation INC.

.mE ( DONT OVER THINK ME) is a reminder to don't overthink yourself out of being yourself, jUST bE.

DONT OVER THINK ME LLC (.mE) has the mission to develop awareness, thinking, and abilities to assist the client in identifying and achieving life goals.

Hashondra is a certified life coach who openly shares how overthinking has been one of her biggest obstacles. Now that she understands how to handle overthinking, she assists others in developing personalized methods to become the authentic version of themselves by establishing healthy thinking patterns.

Within MAD (Manifest A Deliverance Foundation INC), a Georgia 501c3, President Hashondra encourages ALL people to "Get MAD the Right Way" through the healthy cycles of releasing, relaxing, and receiving. MAD members are encouraged to live a MADlife, which is living a life of clarity in the mind that indicates (shows) personal freedoms that benefit oneself and others.

Hashondra and the board members of MAD are on a mission to connect people from different backgrounds with different beliefs who desire the personal goal of becoming successful.

MAD designs a personal plan for success in a relaxed, healthy environment that releases information necessary to receive the manifestations of personal goals.

MAD's mission is to manifest people, strengthen families, build better businesses (small + corporate), encourage higher education, connect with spiritual organizations, and assist higher level authorities.

Hashondra is adamant regarding the standards of MAD. Which are: Different Backgrounds - Diversity - To create a respectful, inclusive environment that is inviting to those of diverse backgrounds that include various ethnicities, ages, genders, sexual orientations, and socioeconomic statuses.

Different Beliefs - Freedom - Everyone will have the liberty to profess one's belief as we work together for the common goal

Same Goal - Success - Everyone will set clear goals that will influence, motivate and increase one's performance to manifest successful individuals and a successful foundation.

As she continues to become a "better hASHONDRA for herself, she also continues to become a better hASHONDRA for the world.

When asked, Who is Hashondra? She replied:

"I am a God-lover, a believer, a mother, an abrosexual woman, a small business owner, a non-profit founder, an author, a motivational speaker, an artist, and so much more. BUT more importantly, I am a spark. That person who comes into the lives of others to start or ignite the fire that lies within. I,'m hASHONDRA, a better hASHONDRA "

Featured guest appearances include public schools, youth development groups, private organizations, religious organizations, podcasts, radio, television, and group therapy.

## Publications & Appearances

- The Poetry Corner Podcast with Matt Foster 2023
- Phantom Electric Ghost & Josephine Electric 2023
- MADhealth - The Well Woman Expo 2022 200+ Guest
- HrtWarming Stories Videos & Media 2022 Over 11k views
- Love What Matters February 2022 Over 3000 share
- Voyage Magazine December 2021 Popular Story
- Paisley Magazine July 2020 Local Story

Education:

Pierce County High

Middle Georgia College - Business Administration

Lincoln College - Medical Coding & Billing

Ashford University - Organizational Management

Special Skills:

Public Speaking

Organizational Management

Business Management

Event Planning

Office Management

Team Building

Life Consulting

Life Coaching

Life Management

Life Organizer

Certifications:

Certified Georgia Notary

Certified Food Handler

Certified Life Coach

An 85% average completion rate of achieving life goals within a client base capacity of 50 active individuals over a 12-month time frame by utilizing active goal planning strategies.

Updates to bio can be found by going to [www.hashondra.me](http://www.hashondra.me)

# DONT OVER THINK ME LLC

- Georgia Certified LLC

The business mission of DONT OVER THINK ME LLC is to develop awareness, thinking, and abilities in order to assist the client in identifying and achieving life goals. DONT OVER THINK ME LLC is generally conducted via voice, video call, or in person. .mE is a partnership between itself and the client that is focused on developing the client's awareness, thinking, and abilities to help the client identify and achieve life goals. During .mE Life Consulting conversations, I will be direct and honest and will encourage the Client to do the same. The success of the engagement depends upon the Client's commitment and openness to the process. If the Client believes that .mE Life Consulting is not working as desired, the Client agrees to communicate this to the Coach. Please note that .mE Life Consulting should not be used as a substitute for counseling, psychotherapy, psychoanalysis, mental health care, or substance abuse treatment. I will not use consulting in place of any form of diagnosis, treatment, or therapy. HOWEVER .mE Life Consulting will assist the client by referring the client to the proper treatment needed.

In the United States, the life consulting services industry presently makes 1,000,000,000 dollars in sales. The market size, measured by revenue, is \$1 billion in 2023. The market size of the industry is expected to increase by 4.9% in 2023.

.mE Life Consulting is an affordable option that takes a one-on-one approach to complete life goals. Each client creates their plan of action. .mE Life Consulting is a judgment-free, resourceful, genuine space for everyone. .mE believes in a client who believes in themselves!

The Short-term Goal of DONT OVER THINK ME LLC consists of establishing/maintaining 50 active clients within 12 months. .mE aims to execute a strong marketing platform and maintain the vision and mission of .mE.

The Long Term goals of DONT OVER THINK ME LLC are to establish in-person workshops, online self-love workshops, design self-love workbook materials, and book and plan speaking engagements that will help develop awareness, thinking, and abilities in order to assist in identifying and achieving life goals. Also, to establish a health and wellness product line.

.mE aims to become nationally recognized yet establish a personal relationship with each client in a unique form. (their personalized .mE emblem)

DONT OVER THINK ME LLC's major target markets are as follows: Overthinkers between the ages of 21 and 45. "According to statistics, 73% of adults between the ages of 25 and 35 are overthinkers."

Individuals seeking assistants with developing awareness, thinking, and abilities to achieve life goals. "Survey Finds 54% of Americans are overwhelmed and desire help organizing their life".

DONT OVER THINK ME LLC has decided on the following pricing strategy for basic service:

One on One audio or video booking is \$100 per hour

One on One In-Person booking \$200 per hour + travel if applicable

6 hours of consulting for \$500

- Twelve (12) 30-minute sessions over 90 days.
- Six (6) 6-hour sessions over 90 days
- Three (3) 2-hour sessions over 90 days

1 FREE hour of consulting and coaching services to active MAD members up to 25 members per month. ([www.mymadlife.org](http://www.mymadlife.org) for active members requirements)

"Each service will provide an additional hour for back-office maintenance."

DONT OVER THINK ME LLC will promote sales using the following methods: .mE marketing plan will consist of email marketing, online advertising, community outreach event marketing, media advertising, printed materials, and client referrals. First-rate service is intended to be the focus and a cornerstone of the brand's success. All clients will receive conscientious, one-on-one, timely service in all capacities, be they transactions, conflicts, or complaints. This is expected to create a loyal brand with a trusted name. hAHONDRA.mE



