



MONTHLY *Ignite* SERIES



Judy Hehr powerfully shifts perspectives by inviting people to uncover and discover the “WHO” behind what they think, say, and do. Engaging with her sparks introspection and lasting change, leading to greater satisfaction and fulfillment.

Her unique ability to guide self-discovery helps bridge the gap between aspirations and reality. Through coaching, podcasting, speaking, and writing, Judy's experiences empower others to become their best selves.

Join Judy on the Monthly Ignite Series to become a better version of you!

NEW YEAR, NEW YOU

DISCOVER THE WHO YOU NEVER KNEW

- *Judgment-Free*
JANUARY
- *Feelings*
FEBRUARY
- *Manifest It*
MARCH
- *Awakening*
APRIL
- *Motivation*
MAY
- *Journey*
JUNE

- *Justify*
JULY
- *Acknowledgment*
AUGUST
- *Saboteur*
SEPTEMBER
- *Observation*
OCTOBER
- *Navigation*
NOVEMBER
- *Decisive*
DECEMBER



CONTACT ME:

 judyhehr@hotmail.com

 262.206.4040

Judgment-Free JANUARY

- **Definition of Judgment:** *Opinion decided by thought*
- To clearly see until you become **Judgment Free!**
- Go from **judging** to **valuing** in 3 steps!

Feelings FEBRUARY

- **Definition of Feelings:** *An emotional state or reaction*
- Thoughts, feelings and actions create results
- **Get more of the results you want & less of what you don't want!**

Manifest It MARCH

- **Definition of Manifest:** *Prove, develop and make*
- Show up with the best of us rather than the rest of us
- **Stop that inner critic that gets in the way!**

Awakening APRIL

- **Definition of Awakening:** *Become aware or alert*
- Uncover and discover the power of your words
- **Awaken your blessing with the power of your words!**

Motivation MAY

- **Definition of Motivation:** *Reason for acting*
- Move from a MOOD to a MINDSET
- **Discover sustainable changes in your life!**

Journey JUNE

- **Definition of Journey:** *Travel from one place to another*
- Take the journey to 7 levels of intimacy
- **Unlock the secrets of how intimate relationships shape your life!**

Justify JULY

- **Definition of Justify:** *Show or prove to be right or reasonable*
- Why do we need to prove we are right and live in a world of black and white?
- **Explore the role of justification in your world of created reality!**

Acknowledgment AUGUST

- **Definition of Acknowledgment:** *Accepting the truth*
- Perception vs. reality, what is true to you is not true to me
- **Unpack the truths you create and be more accepting of others realities!**

Saboteur SEPTEMBER

- **Definition of Saboteur:** *Destroy and damage*
- Recognize and realize that our worst enemy can be our own memory
- **Stop the saboteur from holding you back and getting you stuck so you can be the best version of yourself!**

Observation OCTOBER

- **Definition of Observation:** *Process of gaining information*
- Stay in the place of neutrality and observe what is most important to you
- **Prioritize what is most valued and important to you with a priority pyramid!**

Navigate NOVEMBER

- **Definition of Navigate:** *Planning a direct route*
- There are multiple ways to a decision and live your vision
- **Practice the commitment of decision the purpose it serves in your life!**

Decisive DECEMBER

- **Definition of Decision:** *A conclusion after consideration*
- Only takes 20% of the information to make the decision
- **Let go of the how and think of the what when making decisions!**

MONTHLY
Ignite
SERIES

