

Thank you for the opportunity to write copy in the form of product descriptions for your business.

In today's online web of shopping, comparing, reading reviews, and making choices on the best possible products and services, it can be difficult to call people's attention to your products and services. My hope is that these product descriptions will help assist you in growing your audience, targeting your perfect customer, educating them, making sales, and further building your business.

I believe your mark in this world has value and many people can (and will) benefit from what you are doing.

Below you will find your product descriptions, along with some suggestions to help increase SEO for this webpage. If you have any questions, or would like to request revision, please email me at...

**Keywords:** mom life, mom life is the best life, holistic, motherhood, being a mom

**Possible Meta Descriptions:**

1. Holistically Fueled Motherhood Method...holistically focused to target all the components of your wellness together...
2. ...holistic lifestyle habits that fuel your mind, nourish your body, realign your mind-body-soul connection...rediscover purpose and joy.

**Possible Slugs:**

1. holistically-fueled-motherhood

**Additional Suggestions for Overall Copy:**

- Adding at least one internal link (such as a link to another course) will increase SEO rankings.
- Adding at least one image, and even better, 2-3 with Alt Text will increase SEO rankings. You can add an image to the heading of the product page. Depending on your theme, you may be able to add relevant images for each of the modules that are on the sidebar. This will make the product and each of the course module more enticing.
- In speaking about the modules, you have listed in the sidebar, I suggest writing brief (one sentence) descriptions of each of them. And as you do this, consider using your keywords in the sentence descriptions. If you want, I can help you through this too, but I will need more detail on what info you cover for each course.
- Using a minimum an 18 pt font size will make this copy easier to read and skim through

**Additional Notes Regarding the Copy:**

- The copy highlighted in gray should be a button on the description page where prospects can click to add the button to their cart.
- The section titled *That's Not All* (at the bottom of the copy) can be moved above the modules list to go under the benefits section. Or it can stay at the bottom. Either way. I envision it as a side-by-side list (column) where on the left side are bulleted benefits of the program, and on the right side, the bulleted support and resources (from the *That's Not All* section) are listed. However, depending on your theme, you may or may not be able to create columns like that. It might be worth playing around with though.

**Where's My Copy?** See below

**\$888.00**

## **Holistically Fueled Motherhood Method**

The one and only approach to regaining your health which is holistically focused to target all the components of your wellness together. The *Holistically Fueled Motherhood Method* focuses on the health and wellness of your heart, relationships, emotions, self, home life, health and nutrition, physical activity, and social life altogether.

- ✓ Are you running on auto-pilot?
- ✓ Do you feel overwhelmed and over-burdened?
- ✓ Do you find yourself tired or exhausted more often than energized?
- ✓ Is *Mom Guilt* beating you down?
- ✓ Are you lonely? Isolated? Ashamed? Stressed?
- ✓ Have you stepped off kilter a bit? Feeling unbalanced?
- ✓ Do you desire something more?

If you answered yes to any of these questions, it's time to make a change?

Fuel your mind...Nourish your body...Realign your mind-body-soul connection...Rediscover your purpose and your joy. It's time to discover and rediscover a purpose that is completely and wholly your own. Find out exactly what you need and desire to move forward into total health and complete confidence (mentally, physically, and emotionally).

### **Give me the Bundle**

- A complete holistic approach to mental/emotional wellness.
- Perspective shift on how to approach nutrition and health using sustainable methods.
- Making physical activity a lifestyle and not an obligation.
- Set and accomplish goals that keep you motivated and hopeful.
- Mindset, and lifestyle shifts necessary to establish healthier relationships.

- Understand, embrace, and gain control of your emotions.
- Breakthrough roadblocks that hinder your growth.
- Prioritizing self-care as a lifestyle habit.
- Reduce your stress and increase your joy.
- Gain the mental strength to show up as the best version of yourself.
- Find the balance to be more present with your family and loved ones.

The *Holistically Fueled Motherhood Method* is complete with 15 modules:

Get started with twelve weeks of modules that allow you to work at your own pace. Finish with holistic lifestyle habits that fuel your mind, nourish your body, realign your mind-body-soul connection, and enable you to rediscover your purpose and your joy.

1. Getting Started in Holistically Fueled Motherhood
2. Setting your Intention
3. Why Dieting Doesn't Work
4. Fixed vs. Growth Mindset
5. A Complete Guide to Marisa's signature Mom Life Essential 8™
6. Introduction and Complete Guide to Exercises on Limiting Beliefs
7. Fuel your Body on the Plate
8. Overcoming Mom Burnout and Overwhelm
9. Learning How to Elicit Your Values
10. Setting your Non-Negotiables
11. What are Macros and Why they're Important?
12. A Complete Guide to Marisa's signature ABC-123 Technique™
13. How to Read Food Labels
14. Everything you need to know about EFT Tapping and How to Implement it
15. Implementing and Prioritizing Non-Negotiables

## Give me the Bundle

### *That's not all!*

The *Holistically Fueled Motherhood Method* has all the support you need to keep you balanced and moving forward in your holistic wellness journey.

- Self-paced training modules with lifetime access.
- A custom game plan to get you back on track
- Nutritional Guidance and Support
- Downloadable Cookbooks
- 31-Day Journal for Moms
- Guided Meditations
- Techniques to overcome stress, overwhelm, & mom guilt
- Unlimited access to the creator, Marissa, (during the 16-week program) via the Voxer app (free walkie-talkie on your phone)
- Support, guidance, and unconditional love
- Monthly 45 minutes 1:1 Zoom call