

CBF Growth Co.

BY ANNIE MUDIN

HELPING YOU BUILD A LIFE YOU
DON'T NEED WINE (OR A
PERSONALITY TRANSPLANT) TO ENJOY.

(Even if you really Can't Be F... Bothered)

*Want to feel like you are winning
at life a little more?*

Check out my content and sign up for my newsletter!
It's a monthly mix of advice, love, stories, questionable
metaphors, and real talk to help you tweak your life for
the better, one tiny (and totally doable) tweak at a
time.

Check out the details here:



anniemudin.com/MBS

Special festival offers:

I've also got some special offers for MindBodySpirit Festival goers, including a free journal to help you dial up meaning and fulfillment in your life—without a full personality overhaul. Plus, discounts and a chance to win free journal bundles and coaching sessions.



*We've spent our lives trying to do
the right thing - but why does it
still feel a bit meh?*

You've followed the rules, ticked the boxes, and done what you were supposed to do... so why does life still feel a little underwhelming? If you're stuck in the cycle of fine-but-not-great, wondering if this is really all there is, you're not alone.

I've been there, too. Living a life that looked good on paper, but feeling blah on the inside. I had no idea what I needed to do—just that something had to change. Oh, and I should mention... I really just couldn't be bothered. That's why everything I share isn't just a bunch of ideas; they're the actual tools and shifts that helped me break free from the 'meh' and start building a life that actually feels... delightful.

I help you turn the lens on your life in a fresh way so you can find the path to a life you love. No BS, no pressure, no impossible self-improvement plans—just small, meaningful shifts that fit into your real, messy, busy life.

If you're ready to start figuring out what you really want (even if spare time feels like a luxury you can't afford), let's chat!



Everything I do is about helping you dial up the meaning and happiness in your life—without overloading your already busy days or expecting more effort than you've got (even if that's basically none).

If you're up for taking some meaningful baby steps toward a life that feels more fulfilling (and way more delicious), check out my **books, journals, programs, retreats, and coaching**. There'll be something for you—no matter what stage of feeling over it you are at.

*Just cos we are
tired-ass women -
doesn't mean we can't
love our lives*



Tiny
meaningful
shifts - cos
we're busy &
tired



Books,
Journals,
coaching &
retreats

Adulting
without the
'meh'



For woman
who are over
it & are ready
for more



Your dream
life
(or at least one that
sucks less)
is calling you



Start with a
free journal



ANNIEMUDIN.COM/MBS