

Email #1 -

Subject line: Would you like to continue?

How often do you reply to “How are you?” with “I’m tired.”

Between kids, pets, spouses, jobs, side hustles and volunteering, **self-care can start to seem like a myth**. Because it’s hard to find time for rest when you never stop moving.

But it doesn’t have to be that way.

Your life is full of possibilities. Possible **downtime**, possible **relaxation**, possible **soul care**.

In fact, you just participated in our “Simplify Your Life Challenge” and learned about how you can pare back and find some time for yourself. **Would you like to continue that work in a big way?**

Introducing the **Pursuit of Rest Retreat**. The Pursuit Of Rest is a 21-day online program with daily, actionable steps to transform your life in 3 weeks or less.

Now, before you jump in with, “I don’t have time for that!” hear me out. We’ve tried to make this as easy, actionable and habit-forming as possible.

It’s different than other self-care programs out there because you don’t have to figure out how to apply it on your own - **we guide you every step of the way**. You have enough on your mind already, we know you don’t have time to sit down and digest a course or read an ebook.

And that’s why we are giving you everything you need to find rest that works for your life, including:

- **21 Lessons WITH Audio files:** This is HUGE. Listen to each lesson when you’re multi-tasking or short on time, OR read them if you want to sit down and focus.
- **Mini Tasks:** Tiny tasks almost daily leading you to massive change
- **14 Worksheets:** 14 worksheets to make it easy to stay on track
- **Coloring Pages:** Use adult coloring sheets to relax and practice mindfulness in a fun way

Ready to find out more? Great, click here to grab your spot and make yourself a priority! [LINK]

- Alison and Melissa

P.S. In case you missed any of the free challenge, just click here to catch up! [LINK]

Email #2 -

Subject line: You're not alone

Have you ever felt like you're the only one who's constantly scrambling to get everything done? Like a child surrounded by adults who know exactly what to do when?

We want to let you in on a little secret... **we're all just winging it.**

Life can seem like a constant juggling act where you're just trying to do enough to keep all the balls in the air. The stress of constantly reacting instead of being proactive can take a **major toll on your body, mind, and soul.**

What if you could finally put a few of those balls down? What if you could feel caught up or (gasp!) ahead of the game?

That is what we are offering with the Pursuit of Rest Retreat.

We've set up this online program to help you find ways to rest, relax and restore in all parts of your life. From learning to stop before you burnout, to finding ways to replenish yourself when you've done too much.

It's time to take your life back. Time to make rest a habit.

You can finally be engaged with your life again. You can start doing what's most important to you instead of missing out because you're too tired. You can be fully present instead of just a warm body.

If you're ready to take back your life and find joy in every day, click here to grab your spot now!
[LINK]

We can't wait to see you inside!

- Alison and Melissa

Email #3 - FAQs

Subject line: You asked, we're answering!

We've gotten a ton of questions about the Pursuit of Rest Retreat! We figured it was easier to send the answers to everyone and save you all some time 😊

Where is this retreat held?

Online! That's right, you don't have to leave home to participate in the Pursuit of Rest. We are going to guide you through everything via emails, audio lessons, and worksheets.

My life already feels full, how much time will this take?

You can devote as little as 15 minutes per day. Some days you might want to devote more time in order to really experience the assigned tasks, but that will be up to you.

Do I need to have experience with meditation or intentional living?

Nope. We want you to come just as you are. This is about starting where you are and making small changes that will improve your life for years to come.

How do I access the materials after I pay?

Once you've signed up for the program you'll get a confirmation email. Then starting on [START DATE] you'll receive an email each day with the lesson and task to accomplish.

What if I want to go through the materials again?

[WILL THE MATERIALS BE HOUSED SOMEWHERE?]

How much does the program cost?

Only \$47. Seriously, we kept the price low because we know that investing in yourself can seem like a splurge. We want it to feel like a no-brainer to sign up for our program. And really, \$47 is lower than my coffee budget for the week!

What if I'm unhappy with the program?

[REFUND POLICY]

Did we miss anything? Hit reply and let us know if you still have questions.

We are so excited to get started with this program. It is going to help so many people feel rested and restored, body, mind, and soul. Please, join us and learn to feel energetic again! [LINK]

- Alison and Melissa

P.S. There are still a few more days to catch up on the Simplify Your Life Challenge! [LINK]

Email #4 -

Subject line: We almost forgot to tell you!

We've been so focused on the Pursuit of Rest program that we almost forgot to tell you about the upgrade!

We know that sometimes getting through a program requires support and accountability. So we decided to add in a Voxer chat support group to the program!

For \$50 you can add in 60 days of support through Voxer. This will allow you to connect with both of us AND with your fellow students!

This chat group will be only for program participants and only for 60 days. But the cost of the Pursuit of Rest Retreat AND the Voxer chat support group is still less than \$100! You can't beat that!

Let's make 2020 the year where you put yourself first and focus on what you want out of your life. We are here to help you find ways to take care of yourself each and every day.

Whether you're a busy mom, full-time career woman, super-volunteer or a bit of all three, you CAN find time to refill your own cup. Let us help you!

Click here to claim your spot in Pursuit of Rest [\[LINK\]](#) and make rest a habit!

- Alison and Melissa

Email #5 - LAST DAY

Subject line: This is it ☺

It's the last day that you can join us in Pursuit of Rest. After today, the cart closes and we'll be focusing on helping our students bring more rest into their lives.

Will you be joining us?

It's going to be an amazing 21 days of learning, resting, restoring, relaxing and focusing on ourselves. How often do you get to do that?

As busy women, it can be hard to put yourself first. We are nurturers by nature and we often come after everyone else in our lives.

But it's time to change that. Time to face the fact that without purposefully filling our own cup, it just won't get done. There is no magic solution, unfortunately, you need to learn how to make time for yourself in your busy life and we would love to help you do just that.

For only \$47, you can get three full weeks of emails, audio lessons, worksheets and coloring pages that will encourage you to slow down and make room for rest.

We are both women with full plates. Jobs, kids, dogs, spouses... we know what it's like to get pulled in a million directions. And that's why we've worked hard to figure out ways to sneak rest, self-care and intentional living into our everyday lives.

How much better would you feel if you woke up rested every morning? If you made time to read a book or color when you were stressed? If you knew the signs of burnout BEFORE you were too far gone to recover?

For the cost of one dinner out, one week's coffee budget, or a trip to the hairdresser, you could gain skills that will help you take care of yourself for years to come.

Click here to join now. [LINK]

- Alison and Melissa