



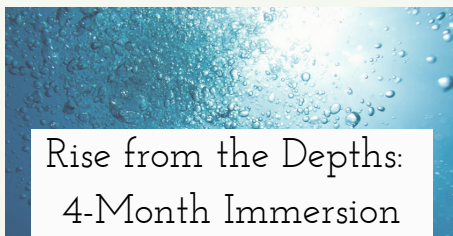
# BLISSFUL SOL

Life Coaching with Ali Dombek Handel



## Transform Your World

### Three Premier Immersion Programs



Rise from the Depths:  
4-Month Immersion

You feel like you're lost, drowning and stuck. Your life is in chaos and you don't know the way out.

Rise from the Depths helps you to:

- Transform from bleh to blissful.
- Get to the root cause of your suffering once and for all.
- Stabilize the chaos by integrating new beliefs and behaviors.
- Learn skills to take you through the most difficult challenges.
- Establish a clear understanding of who you are.
- Develop trust and confidence in your authentic self.
- Design a vision for your new life.
- Activate your plan and achieve real progress.



Refresh Your Zest:  
2-Month Immersion

Your life is relatively stable, but feels lack-luster. You've lost touch with your passions and want to find joy and meaning in your life.

Refresh Your Zest helps you to:

- Dissolve limiting thought patterns.
- Identify your passions.
- Tackle your fears and build resilience.
- Build new practices to ignite and sustain your inner mojo.
- Live your passions your way.
- Create a plan that aligns with your deepest desires.
- Activate your plan and achieve real progress.



Back to Harmony:  
1-Month Immersion

Your life is filled with passion, but you have too much going on, often feel overloaded, and crave balance in your life, career, hobbies, and relationships.

Back to Harmony helps you to:

- Make confident adjustments to your life and optimize your energy.
- Take the big visions you've been dreaming and scheming into fruition.
- Establish clear boundaries.
- Make decisions aligned with your authentic self.
- Communicate decisions with confidence.
- Feel authentic in all areas of life.
- Live your passions your way.

### FREE 30-minute Consultation

Find out which program is right for you.  
Create your blissful life today!

*Follow your bliss and doors will open where there were only walls. - Joseph Campbell*

303-817-3027

[www.BlissfulSol.com](http://www.BlissfulSol.com)

### Over 25 years of experience in the artforms of:

life transformation and self-mastery  
coaching  
relationships and team building  
writing and communications  
personal and business strategy



photo by Just Dream