

Stop Thinking About Drinking and get on with your life!

What are you up to?

How are you doing?

What are you doing these days to take care of yourself?

I spent the weekend in my first group-like setting since the pandemic. The drum-making workshop was held outdoors, and we were socially distanced. I appreciated the facilitator's special care that enabled us to focus on what we were there for, make our own hand drums, and experience a guided drum intention setting ritual and transformation.

It was so interesting, and I am eagerly awaiting my hide to dry to drum my own beat.

Be sure to check out this week's blog article on the Pink Cloud Coaching website. It's about what led me to the drum workshop and other **signs** I've found comfort in since my mother's unexpected passing and as confirmation of the many changes I've made in my life this year.

This is my third e-correspondence since relaunching Pink Cloud Coaching on August 8th, 2021. We had a little hiccup with email lists and such, but we are getting dialed in, and I'm so happy to have a team in place helping me expand my reach.

It's my goal to connect with you no less than every other week to update you with all the exciting new offerings, tips on how to experience Sober Freedom, and tools to support your journey.

[Click here](#) to check out the new website! I've been posting a new article every week for months on the blog. Learn about Sober Freedom, Possibilities, Intentions, the origin of the Pink Cloud, and more.

Much love, Teresa



Love

"SLOWLY BUT SURELY THE DRUMS THAT ARE
PLAYING IN YOUR SOUL WILL TREMBLE
LOOSE EVERYTHING THAT NO LONGER
HONOURS YOUR HIGHEST TRUTH."

This Week's Video Highlight

Uncover, Recover, & Discover Playlist



"Create a life you don't want to miss."

THINK ON THIS

"And one day she discovered that she was fierce, and strong and full of fire, and that not even she could hold herself back because her passion burned brighter than her fears."

Membership

Membership is on its way! #SoberFreedomSisterhood

I have always been a bit averse to memberships because I've found most memberships are focused on a common goal of abstinence.

Instead, I think it would be much more valuable to focus on creating a life you don't want to miss!

But Teresa, I have a good life. Yes, I know you do. But what if life became so amazing that you couldn't wait to get out of bed in the morning and start your day? How do you think you would handle drinking then?

I plan to launch a membership very soon and wanted to share a little of what you could expect.

Meeting in person via zoom twice a month. You expose yourself as in profile picture, real name, and location, as much or little as you feel comfortable with.

Meeting online private chatroom on the weeks, we don't meet on zoom but connect and chat with other members.

Weekly assignments to help train your focus on what matters most.

Guest speakers (professionals on self-healing/self-care).

Book of the month study (books about personal development and strategies for success).

Challenges building courage, confidence, and conviction in creating a life you don't want to miss and becoming the woman of your dreams.

What we won't do is measure your success by whether you drink or not. That's managing the problem, not creating a solution.

Oh, and the space will be limited so I can spend time with each of you.

[Contact me](#) and let me know if you're interested.

