



ERIN RAMSEY

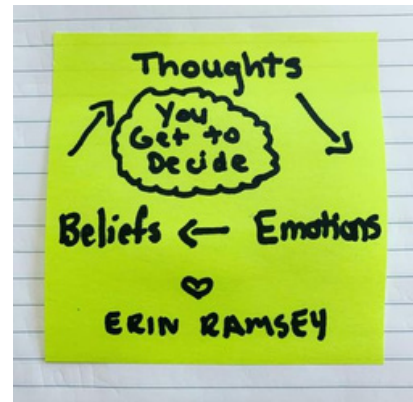
www.erinramsey.com

RECLAIM YOUR JOY

paving a positive path forward



Claim Your Power



How old will you be in 5 years?

Choosing a life of responding allows you to claim your power. You are not what happens to you; you are how you respond to what happens.

~Erin Ramsey~

Connect with Erin

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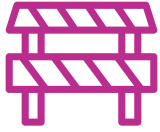


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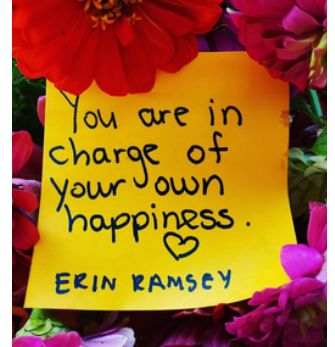


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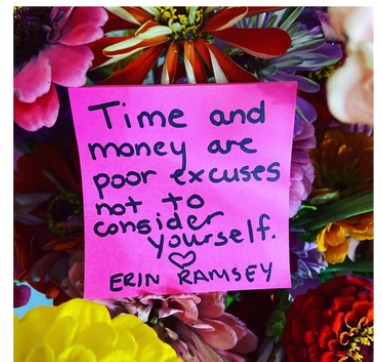
Roadblocks



♥ Embrace Self Consideration

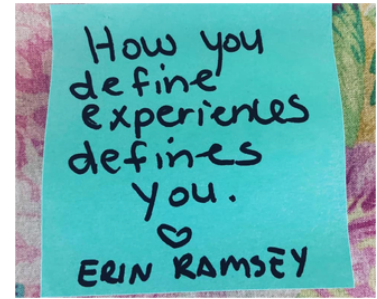


What do you enjoy?





Practicing Courage



Pick A Word

What does this word feel like?

What does this word look like during my days? What does my environment look like? What am I doing?

How will others describe me when I have more of this word in my life?

No Longer Serves You: Roadblocks & Word

It is with gratitude that I say good -bye to

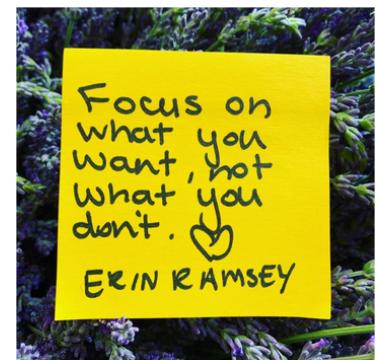
...

I no longer need this in my life because...

You have helped me...

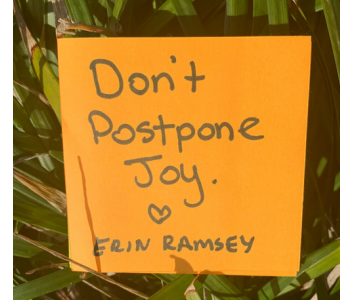
I am intending _____by releasing_____.

With love and gratitude,

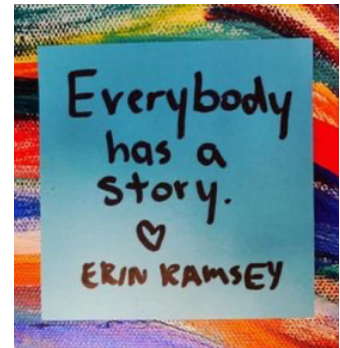




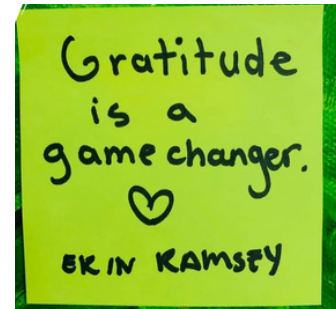
 **Creating Joy**



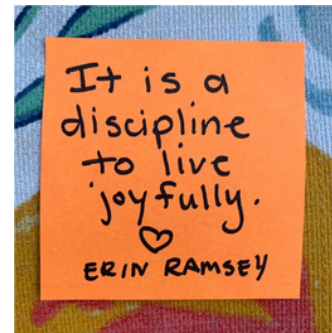
 **Being Compassionate**



 **Living in Gratitude**



 **Focusing on Presence**





KEYNOTES

Erin speaks all over the country and hosts retreats on her farm for rejuvenation and inspiration. She has tried and true tools, great humor and super engaging presentations and activities.

Inspired Work is a great resource for teams to go through a book study together to build the team and each other!

[Book Erin for your event.](#)

ONLINE COURSE

Boundless: A Course in Abundance

An online course with 6 recorded sessions to empower you to live a bolder and more fun life. Lifetime access and yearly upgrades.

[More info](#)

ERIN'S FARM

Come walk the magical Big Roots labyrinth, cut your own lavender in the summer and pick a pumpkin in the fall. Attend a retreat or order some of the homemade products, including CBD oil with plants grown by Erin's husband and sons.

[Visit Big Roots Farm](#)

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