My Elevator Pitch

Have you ever wanted to work on you physical and/ or mental health? I know I am always working on improving myself. That is why I developed a website that provides simple steps to improve yourself little by little in each area of life.

Feedback:

Jeffrey (husband) said that he feels like that is a great idea. He said I will have a lot of information to work with which helps but that it is a lot and is also a very common topic which means there is a lot of competition.

Kara (friend) said that that sounds like an awesome idea. She said you could focus on two topics instead of mental, physical, spiritual, emotional health.

Josie (sister-in-law) said something similar to Jeffrey. She also asked me what I am going to do differently to make my website stand out. Josie is a professional nutrition counselor and know a lot about mental and physical health.