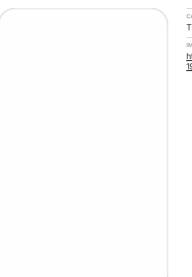
A Word From Kate



CARD TYPE

Title card

IMAGE LINK

https://cdn1.7taps.com/Production/37159/9 19caa30-4b7a-4cac-9037-f9e12e75ad41



CARD TYPE

Video

VIDEO LINK

https://cdn.7taps.com/Production/29199/57 e52d6d-1360-4937-82e3-155645a1ff5d.mp4

Look at you, you're awesome.

You're Here. Start Strong. Where is Your Attention Going? Rewire Your Story Focus = Superpower Reclaim Your Rest NEXT A Word From Kate Before Week 2 Begins... Social Media + You Less Stress, More Calm. Move It or Lose It Boost (IRL) Connection Let's Celebrate!

Nice work.

CARD TYPE

Basic card

IMAGE LINK

https://cdn1.7taps.com/Production/37159/3b512a87-2320-41c4-9295-9bbad990bd61

CONTENT

Image Only