



Elisabeth with an S

LIVING INTENTIONALLY BY SEEKING TOTAL
WELLNESS IN MIND, BODY, AND SPIRIT

ELISABETHWITHANS.COM
@ELISABETHWITHAN.S

Living Intentionally Podcast

Join me on my journey to live with intention by exploring total wellness of the mind, body, and spirit. We take things one day at a time and without judgement. Each episode focuses on a specific practice, idea, or tactic - and I always provide my listeners with a call to action and an easy way to take action today.

Elisabeth with an S Blog and Instagram

This Instagram page is an extension of the podcast, and includes motivational quotes, clips from the podcast, and tidbits of information from me. The blog houses written versions of some podcast episodes, links to digital resources, and more.



Ways to Work With Me

A

Be A Guest On My Podcast

Are you in the health, wellness, or spiritual community? Do you want to share your story, or tips about finding wellness in mind, body, and/or spirit? If so, I'd love to talk about having you as a guest!

B

Have Me As A Guest On Your Podcast

I love to share the things I learn with others - and would be happy to be featured as a guest on your podcast. I can talk all things living intentionally, gratitude, journaling, shadow work, self-therapy, and am also interested in manifestation, spirituality, marketing, self-love, and more.

C

Writing a Guest Post on My Blog

If you are a writer in the health, wellness, or spiritual community, I would love to talk about having you write a guest post on my blog, elisabethwithans.com.

HAVE ANOTHER IDEA FOR HOW WE CAN COLLABORATE? I'M ALL EARS!

@elisabethwith.s | elisabethwithans.com