


**Journaling re-ignites
your heart.**

**It reawakens you
and enables you to
live with greater
self-awareness,
mindfulness and
courage.**



Ant McDonald

Ant McDonald, businesswoman, speaker and journaling mentor takes you to the life-faith intersection in her course The UnBound Life. It shows you how to find new adventures and create the interactive map you need to walk in a new light and discovery every day.



Ant has worked in both radio and television in South Africa and internationally. She understands the power words have to transform your life, especially when they are your own words. She is a living testimony to the power of journaling. Her creativity has exploded. She has experienced this with The Unbound Life and her popular podcast The Beautiful Pursuit, as well as Rocking Chair Photography where she tells amazing and creative, visual stories for companies and individuals.

Journaling connects your faith and dreams, your heart and mind. It opens your soul to deep healing and new perspectives. Journaling is a powerful enabler to becoming a more passionate, more alive you. It is the path toward a richer, deeper and more meaningful life.



Let's Connect

4 HOUR WORKSHOP

Ant gives you the tools to make this happen. She opens your eyes to the incredible opportunities around you.

As a vibrant and passionate speaker and a journaling mentor, Ant McDonald will enrich you with the knowledge and the tools you need for an unbound life.

For more information visit:

www.thebeautifulpursuit.com
www.rockingchair.co.za

Email:

info@thebeautifulpursuit.com

