







# Website review focusingresources.com

Generated on September 22 2024 01:33 AM

The score is 54/100



## SEO Content

	<p>Title</p>	<p>Inner Relationship Focusing with Ann Weiser Cornell</p> <p><b>Length : 51</b></p> <p>Perfect, your title contains between 10 and 70 characters.</p>																		
	<p>Description</p>	<p>Focusing changes lives. Learn this powerful body-based practice of self-listening and emotional wisdom through phone courses, workshops, books and more.</p> <p><b>Length : 152</b></p> <p>Great, your meta description contains between 70 and 160 characters.</p>																		
	<p>Keywords</p>	<p>Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> to create keywords.</p>																		
	<p>Og Meta Properties</p>	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="539 1317 1481 2076"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>locale</td> <td>en_US</td> </tr> <tr> <td>type</td> <td>website</td> </tr> <tr> <td>title</td> <td>Focusing Resources - Inner Relationship Focusing</td> </tr> <tr> <td>description</td> <td>Focusing changes lives. Learn this powerful body-based practice of self-listening and emotional wisdom through phone courses, workshops, books and other online resources.</td> </tr> <tr> <td>url</td> <td>https://focusingresources.com/</td> </tr> <tr> <td>site_name</td> <td>Focusing Resources</td> </tr> <tr> <td>image</td> <td>https://focusingresources.com/wp-content/uploads/2017/09/FR-Facebook-logo-Jul-2017.png</td> </tr> <tr> <td>image:width</td> <td>701</td> </tr> </tbody> </table>	Property	Content	locale	en_US	type	website	title	Focusing Resources - Inner Relationship Focusing	description	Focusing changes lives. Learn this powerful body-based practice of self-listening and emotional wisdom through phone courses, workshops, books and other online resources.	url	https://focusingresources.com/	site_name	Focusing Resources	image	https://focusingresources.com/wp-content/uploads/2017/09/FR-Facebook-logo-Jul-2017.png	image:width	701
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image:width	701																			

# SEO Content

image:height 701





image:type image/png

## Headings





H1	H2	H3	H4	H5	H6
1	26	7	0	11	3

- [H1] Love all of you,even the anxious, sad, stressed parts!
- [H2] Love all of you,even the anxious, sad, stressed parts!
- [H2] Online courses to get free from self-judgment, feel good enough as you are, and live a happier life.
- [H2] Change the way you experience your emotions.
- [H2] Change your life.
- [H2] Your Path to Lasting ChangeLive, Online Inner Relationship Focusing Training Program
- [H2] Support for Stressful Times is Back
- [H2] What is Inner Relationship Focusing?
- [H2] 50
- [H2] 1985
- [H2] 11,452
- [H2] How Inner Relationship Focusing Helps You Love Yourself More
- [H2] Experience More Self-Acceptance
- [H2] From Anxious, Sad, or Overwhelmed to Calm
- [H2] Shift Your Experience with Inner Critics
- [H2] Start to Heal Emotional Trauma
- [H2] Improve Your Relationships (with Yourself and Others)
- [H2] Create + Maintain Healthy Boundaries
- [H2] We know life is harder when you get taken over by your emotions. We want more than that for you...
- [H2] If you experience emotional stress, you can benefit from Inner Relationship Focusing.
- [H2] Our students agree!
- [H2] Picture This:
- [H2] Here's how you can get started:
- [H2] Which kind of Focuser are you?
- [H2] I'm here for you!
- [H2] Diversity Policy
- [H2] Disability Access
- [H3] Online courses to get free from self-judgment, feel good enough as you are, and live a happier life.
- [H3] Learn a skill to change the way you treat yourself.
- [H3] Join Ann Weiser Cornell for a free, 30-minute, live webinar series
- [H3] Inner Relationship Focusing is a body-oriented process of self-awareness and emotional healing. It's as simple as noticing how you feel-and then having a conversation with your feelings in which you do most of the listening.
- [H3] A Beginner
- [H3] Experienced
- [H3] Healing Professional
- [H5] Getting Started
- [H5] Course Calendar
- [H5] Your Path to Lasting Change
- [H5] Experienced Focusers

## SEO Content

		<ul style="list-style-type: none"><li>• [H5] Healing Professionals</li><li>• [H5] Certification &amp; Teaching</li><li>• [H5] FAQ</li><li>• [H5] Request Affiliate Info</li><li>• [H5] Teacher Directory</li><li>• [H5] About Us</li><li>• [H5] Disclaimer</li><li>• [H6] MORE THAN</li><li>• [H6] FOUNDED IN</li><li>• [H6] WE SUPPORT OVER</li></ul>
	Images	We found 19 images on this web page.  5 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.
	Text/HTML Ratio	Ratio : <b>3%</b>  This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Too Bad, you have Iframes on the web pages, this mean that content in an Iframe cannot be indexed.

## SEO Links

	URL Rewrite	Good. Your links looks friendly!
	Underscores in the URLs	We have detected underscores in your URLs. You should rather use hyphens to optimize your SEO.
	In-page links	We found a total of 26 links including 0 link(s) to files
	Statistics	External Links : noFollow 0%  External Links : Passing Juice 0%  Internal Links 100%

## In-page links

Anchor	Type	Juice
<a href="#">Skip to content</a>	Internal	Passing Juice
<a href="#">New Here?</a>	Internal	Passing Juice
<a href="#">Live, Online Courses</a>	Internal	Passing Juice
<a href="#">Retreats</a>	Internal	Passing Juice
<a href="#">Books + Manuals</a>	Internal	Passing Juice
<a href="#">Sessions</a>	Internal	Passing Juice
<a href="#">Boost Self-Acceptance</a>	Internal	Passing Juice
<a href="#">Heal Emotional Trauma</a>	Internal	Passing Juice
<a href="#">Help with Inner Critics</a>	Internal	Passing Juice
<a href="#">Support for Anxiety, Stress, and Overwhelming Emotions</a>	Internal	Passing Juice
<a href="#">Improve Relationships</a>	Internal	Passing Juice
<a href="#">Create Healthy Boundaries</a>	Internal	Passing Juice
<a href="#">Free Intro Course</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">click here</a>	Internal	Passing Juice
<a href="#">Go Further with Focusing Here</a>	Internal	Passing Juice
<a href="#">Course Calendar</a>	Internal	Passing Juice
<a href="#">Healing Professionals</a>	Internal	Passing Juice
<a href="#">Certification &amp; Teaching</a>	Internal	Passing Juice
<a href="#">FAQ</a>	Internal	Passing Juice
<a href="#">Diversity Policy</a>	Internal	Passing Juice
<a href="#">Teacher Directory</a>	Internal	Passing Juice
<a href="#">About Us</a>	Internal	Passing Juice
<a href="#">Disclaimer</a>	Internal	Passing Juice
<a href="#">Ways to Learn</a>	Internal	Passing Juice
<a href="#">Self-Love Resources</a>	Internal	Passing Juice

## SEO Keywords



Keywords Cloud

how help relationship more life change  
**focusing** resources inner free

### Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
focusing	30	✓	✗	✓	✓
inner	19	✓	✗	✗	✓
resources	18	✗	✗	✗	✗
help	16	✗	✗	✗	✓
relationship	15	✓	✗	✗	✓










### Usability

	Url	Domain : focusingresources.com Length : 21
	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	Good. Your declared language is en.
	Dublin Core	This page does not take advantage of Dublin Core.





### Document

	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.




## Document

	W3C Validity	Errors : 0 Warnings : 0
	Email Privacy	Warning! At least one email address has been found in the plain text. Use <a href="#">free antispam protector</a> to hide email from spammers.
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<ul style="list-style-type: none"><li> Excellent, your website doesn't use nested tables.</li><li> Too bad, your website is using inline styles.</li><li> Too bad, your website has too many CSS files (more than 4).</li><li> Perfect, your website has few JavaScript files.</li><li> Perfect, your website takes advantage of gzip.</li></ul>

## Mobile

	Mobile Optimization	<ul style="list-style-type: none"><li> Apple Icon</li><li> Meta Viewport Tag</li><li> Flash content</li></ul>
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## Optimization

	XML Sitemap	Great, your website has an XML sitemap. <code>https://focusingresources.com/sitemap_index.xml</code>
	Robots.txt	<code>http://focusingresources.com/robots.txt</code> Great, your website has a robots.txt file.
	Analytics	Missing We didn't detect an analytics tool installed on this website. Web analytics let you measure visitor activity on your website. You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.

# Optimization