

“Stray From The Norm” Personal Transformation

6 - 9 months | Weekly 1hr. Calls - texts, and phone calls as necessary

Ideal Person(s):

This person(s) is ready to go all in! They're committed to creating a massive transformative change in all areas of their life. They are excited to really break out of their comfort zone to maximize their highest human potential.

- This person is ready for massive shifts and changes in their life. They are ready to take the full leap.
- An overstressed, imbalanced, and uninspired healer, parent, and or leader of an organization or business.

Process

Here, the highest standards of accountability and communication to maximize the breakthroughs and outcomes for the coaching client.

What we work on:

- **Personal Story** - What is the current state of your life? What's working and not working?
- **Beliefs** - We explore any limiting beliefs that may be creating blocks. What is serving you and what isn't?
- **Values** - What is meaningful and matters to you? Where do you spend time, energy, and money?
- **Environments** - What common day-to-day environments are you in? How are you impacted by them mentally, socially, emotionally, and spiritually?
- **Individual Standards** - What ideas, habits, and or lifestyle practices are you holding yourself accountable to?
- **Intimate Relationship Standards** - What intimate relationship practices can be applied to increase trust, authenticity, courage, and fulfillment in your core relationships?
- **Onboarding onto YDBG Balance Chart and Coaching** - An accountability application designed to help you in creating and sustaining you with healthy lifestyle habits.
- **Mission Statement** - A personal mission statement that aligns with your values, beliefs, and principles. This will act as your North Star for your life.

\$15,000 investment

Alternative Coaching Options:

Mission Statement Process - 1 month plus = \$1500

A comprehensive process of creating a empowering personal mission statement

Begin With The End In Mind - Personal Life Standards - 1 month plus =\$1,000

Identify personal standards around your life: mental, emotional, physical, spiritual and social centers.

First Things First - Values, Goals, Roles - 1 month - \$500

Get clarity around what's important - Where do you spend your time, energy, and resources?