

YOU DID IT!

WELCOME TO YOUR JOURNEY

01 You're taking a Brave Step Forward
First, take a moment to acknowledge this powerful decision. By investing in yourself, you are choosing growth, clarity, and confidence. I am so proud of you for saying yes to your journey.

02 Schedule your coaching session
Use the link below to book your session at a time that works best for you:
[Book your 1:1 Session Now!](#)

03 Complete the 'Get to know you' form
Before our session, please take a few minutes to fill out this short form. It helps me understand your goals and how I can best support you:
[Get to Know You Questionnaire](#)

04 Prepare for you call
Find a quiet, comfortable space where you can speak freely. Bring a notebook or journal if you would like to jot down insights or action steps. Come with an open heart and mind.

05 Get cozy and be present
This is your time. Grab a warm drink, wrap yourself in a cozy blanket, and settle in. You have created this space for yourself - now let us make the most of it.

If you need any assistance please [contact me](#) at any point!

Chat soon! 

life made good

Live your truth. Make it good.