

YOU'RE DOING IT!

KEEP THE MOMENTUM GOING

01

Keep doing the work

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 continuing to choose yourself by 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 30 min session now!](#)

03

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.

04

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!

Kait

life made good

Live your truth. Make it good.