

Be your true self and design the life you love!



Session Details

We'll begin our work together prior to the deep dive session with pre-work and then meet to review your work and deepen those learnings with the following:

- Playbook
 - Pre-work (sent via email prior to session)
- Evaluation and refinement of strategies (3 Hours)
 - Creating focus and clarity (with 3 assessments)
 - Developing empowering and motivating perspectives (with 3 exercises)
 - Setting up a new framework for developing goals/desired outcomes (with 1 tool)

Session Format

After you sign up for your session, you'll receive a Playbook (prior to the session) to begin your assessments. Then, we'll meet for 3 hours to review the assessments and complete the exercises. After the session, you'll be prepared to make some decisions with a lot more confidence and ease. For more session details, see below.

- Identify your successful life strategies & values (Hour 1)
- Uncover what holds you back & create inspiration for moving forward (Hour 2)
- Develop a framework for goals you're excited to pursue & a real commitment to change (Hour 3)

Benefits & Take-Aways

Seeing Your Perfection

Connecting with Your Truth & Best Self

- Uncovering **NEW possibilities** for your life
- Being clear on **what is important to you** (not friends, family, or society)
- Knowing where you want to **focus** in your life
- Understanding what REALLY holds you back
- Moving past those blocks
- Feeling **motivated** for the future
- Learning a **new way to create results** (so you'll excitedly pursue them)

What Do You Get:

- Personalized Declarations - to help you move forward in life and dissolve what holds you back
- Identified Natural Talents - to easily leverage into YOUR strengths, minimizing the effort to get what you want
- Strategies for Success - to apply to ALL areas of your life
- Desired Outcomes (i.e., Adventures) - you want to go for, not boring "should do" have tos
- Inspiration - to keep moving forward and ways to connect with your intuition

Session Breakdown

Pre-work

- Questionnaire
- StrengthsFinder Assessment

Seeing Your Perfection

Connecting with Your Truth & Best Self

Hour 1

- Understanding your strategies for success
- Identifying what's important to you

Hour 2

- Dissolving conditioning from the past
- Making negative beliefs and self-talk easily recognizable

Hour 3

- Creating motivation for moving forward
- Developing new language for communicating who you are

Want to take this work to the next level? Check out the Be "Perfectly" You program. It builds upon your work in this 3 hour deep dive session for long-lasting transformation and even better results.