



BALANCED LIFE

Maintaining a Peaceful, Fulfilling Life

1

You Choose the Frequency of Our Sessions

- We can meet once a month OR every third week.
- You know you best, and make the choice accordingly.
- By meeting regularly, not just when a crisis arises, you are holding yourself accountable to sustained growth and overall healthy living.

We Follow a Format for Each Session

- We will begin each session by clearing your mind to relax you into a positive coaching session.
- We will use the GROW model to progress through each session: **G**oal, **R**eality, **O**ptions, **W**ill do.
- This ensures we stay on track and you will be prepared to take action.

2

You Choose Your Path

- You may choose to continue to work on the goal you had from the STILLNESS IS AN ACTION Program or work on a different goal.
- This allows you to work in a supportive setting through whatever life brings.
- You will have tools available to have what you need to take action in your life.

3

Let's Do This!

- We will work together to achieve your goals, taking time to reflect on progress and revise as needed.
- You are always changing and will grow to be comfortable with tweaking your goals so that you are serving your needs.
- Moving forward, you will have tools to get still and know what to do next.

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