

# Journey Towards Growth

## Personal Coaching



### EXPLORATION CALL

What would you like your adventurous life to look like? Discuss your vision with an Adventurous Life coach and begin your journey towards **clarity**. Determine if we're a good match to help you accomplish your goals and move towards your vision.



### COACHING PACKAGE

Select the perfect coaching package to help you develop the mindset and behaviors you desire. Make a commitment towards your success. On average, it takes 66 days to instill new habits.



### ASSESS CORE VALUES

Complete the Intake Packet and utilize the Core Values Index assessment to help you down the path to self-awareness. Research shows that 95% of our decisions are made from the subconscious part of our brain. Awareness provides the opportunity to make more conscious decisions.



### PERSONALIZED COACHING

Overcome obstacles with courage as you dive deeper into your goals and explore the mindset that has given you your current results. Get the results you want more quickly than you can alone. Implement weekly action steps to accomplish your vision.



### LIVE YOUR ADVENTUROUS LIFE

Your adventurous life is unique to you. Live out who you are designed to be while accomplishing your goals and dreams!

