

WHAT TO EXPECT

THE 90-DAY VISIONARY REVAMP PROCESS

This offering is an experience that is intended to energetically bridge the gap between our physical home and our inner home—our bodies. This 90-day journey will bring clarity & transformation

- ✓ **MONTH ONE: INTRO // VISION**
We'll begin by getting clear on where you are right now & where you desire to go. On the way, we'll uncover blocks and work to create new supportive mindsets/ perspectives.
- ✓ **MONTH TWO: EXPLORATION**
Through various explorative exercises, we'll begin to unpack any blocks that need to be addressed & shed light on them. Also, we'll get attuned to our soul's needs.
- ✓ **MONTH THREE: GROUNDING**
We'll begin integrating and planning your new direction. We'll brainstorm ideas and create goals that bring you closer to your vision of a fulfilling life
- ✓ **POST-COACHING SUPPORT**
After our 12 weeks, there will be additional support including two (2) 30-minute Zoom calls to follow up & share any updates.



WHAT TO EXPECT

Month One: Mind

TASK	START DATE	END DATE
WEEK 01: AJNA/SACRAL GAINING CLARITY & SETTING INTENTIONS (WRITE TO PAST SELF)	NOVEMBER 11	NOVEMBER 18
WEEK 02: SACRAL RECLAIMING YOUR POWER & REDEFINING YOUR PRODUCTIVITY, YOGA, WRITE TO PRESENT SELF	NOVEMBER 18	NOVEMBER 25
WEEK 03: SACRAL RITUALS FOR FOLLOW THROUGH & HEALTHY BOUNDARIES, SELF-ESTEEM, WRITE TO FUTURE SELF	NOVEMBER 25	DECEMBER 2
WEEK 04: SACRAL/ HEART SELF-WORTH & LIMITING BELIEFS, YONI STEAM, MEDITATION	DECEMBER 2	DECEMBER 9

sagittarius scorpio

Month One: Mind

TASK

START DATE

END DATE

WEEK 01: INTAKE

NOVEMBER 11

NOVEMBER 18

INTAKE WEEK:

- TAKING STOCK, GAINING CLARITY & SETTING INTENTIONS/ GOALS

ACTIVITIES:

- DISCUSS THE CLIENT'S GOALS FOR THE COACHING PROGRAM
- SHARED EXPECTATIONS (GO OVER AGREEMENT)
- REVIEW THE CLIENT'S BIRTH CHART ANALYSIS

TOOLS/RESOURCES:

- ASTROLOGICAL BIRTH CHART
- HUMAN DESIGN CHART (ENERGY TYPE/STRATEGY/AUTHORITY)
- GOALS QUESTIONNAIRE

CLIENT HOMEWORK:

- REFLECTION QUESTIONS

TASK

START DATE

END DATE

WEEK 02: SACRAL

NOVEMBER 18

NOVEMBER 25

DISCUSSING YOUR "POWER" & RESOURCES:

RECLAIMING YOUR POWER & REDEFINING YOUR PRODUCTIVITY

ACTIVITIES:

- DISCUSS THE CLIENT'S GOALS FOR THE COACHING PROGRAM
- SHARED EXPECTATIONS (GO OVER AGREEMENT)
- REVIEW THE CLIENT'S BIRTH CHART ANALYSIS

TOOLS/RESOURCES:

- ASTROLOGICAL BIRTH CHART
- HUMAN DESIGN CHART (ENERGY TYPE/STRATEGY/AUTHORITY)
- GOALS QUESTIONNAIRE

CLIENT HOMEWORK:

- WRITE TO PRESENT SELF
- NIKE TRAINING: YOGA