

ChoosingMe26

Why Choose ChoosingMe26

Contact: choosingme26@gmail.com • www.choosingme26.com Effective: March 01, 2026

ChoosingMe26 is a premium, high-accountability coaching experience designed to help young adults build discipline, develop life skills, and create independence. We don't do fluff. We build systems — and we expect execution.

Our promise: Every week ends with a plan, measurable commitments, and accountability that produces real change.

What Makes ChoosingMe26 Different

- Structure-first coaching: We build routines and systems that work in real life.
- High accountability: Commitments are measurable — not vague goals.
- Life skills focus: Time management, communication, money basics, work readiness, and independence planning.
- Transformation mindset: We focus on identity and standards, not temporary motivation.
- Home alignment: Optional parent involvement to reduce conflict and create a supportive environment.

Who This Program Is For

ChoosingMe26 is built for young adults who are ready to stop drifting and start leading their life. This program is a fit if you want:

- Consistency and discipline
- Clear direction and confidence
- Better decision-making
- Stronger communication and boundaries
- Career or education progress
- A clear roadmap to independence

What You'll Walk Away With

Outcome	What it means
Daily Structure	A repeatable routine (morning/day/evening) that supports progress.
Execution System	Weekly planning, scorecards, and accountability to eliminate drifting.
Communication Tools	Simple scripts for boundaries, conflict, and maturity.
Independence Roadmap	A 6-12 month plan for money, work/school, and next milestones.

How It Works

Phase 1 (Weeks 1-2): Foundation & Structure — routines, expectations, and momentum.

Phase 2 (Weeks 3-6): Core Life Skills — time management, follow-through, communication, boundaries, healthy habits.

Phase 3 (Weeks 7-12): Independence & Planning — money basics, career direction, and an independence roadmap.

Sessions are offered virtually and in person. Optional parent alignment sessions are available when the client lives at home.

What ChoosingMe26 Is NOT

- Not therapy, counseling, medical care, or diagnosis
- Not a motivational talk with no follow-through
- Not a place to stay stuck in excuses
- Not a program where parents do the work for the client

Ready to Begin?

If you are ready for structure, accountability, and real progress, ChoosingMe26 is ready for you.

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