



90-Day “Launch Plan” —LifeSkillsCoachingOverview

A structured coaching program designed to help young adults build routines, strengthen responsibility, improve communication, and create a clear path toward independence — with sessions offered both virtually and in-person.

What you can expect by Day 90 • A consistent routine (sleep, hygiene, meals, movement, responsibilities) • Stronger time management and follow-through • Better communication and boundaries at home • Measurable job/education progress • Basic budgeting and an independence roadmap (6-12 months)

Who This Program Is For

Young adults who want to level up life skills and personal responsibility — especially those living with parents and needing structure, accountability, and a step-by-step plan to move forward

How Coaching Works

Sessions: Weekly coaching sessions focused on planning, skill-building, and accountability. Check-ins: Brief accountability check-ins between sessions to support follow-through. Tools: Templates and trackers to make progress visible and repeatable.

Program Schedule

Phase	Weeks	Focus	Rhythm
1) Foundation & Structure	Weeks 1-2	Daily routine, goal clarity, accountability system, home expectations	2 sessions/week + 1 check-in
2) Core Life Skills	Weeks 3-6	Time management, communication, discipline, healthy habits, follow-through	1 session/week + up to 2 check-ins
3) Independence & Future Planning	Weeks 7-12	Budgeting, work/education roadmap, adult responsibilities, independence milestones	1 session/week + 1 check-in

What We Do Each Week

Each session follows a simple structure so progress stays consistent:

- 1) Review wins + last week’s commitments
- 2) Identify what blocked progress (time, motivation, conflict, distractions)
- 3) Practice one life skill (planning, communication, discipline, budgeting, job readiness)

4) Build the next 7-day plan (calendar + task list) 5) Confirm accountability + check-in rhythm

Tools & Deliverables Included

- Weekly planning system (Sunday setup + daily checklists)
- Habit tracker (sleep, movement, responsibilities, screen time)
- Communication scripts (asking for what you need, saying no, conflict timeouts)
- Basic budget template + savings target
- “Adulting checklist” (documents, appointments, routines)
- 6-12 month independence plan with milestones

Parent Involvement (Optional)

When a client lives at home, parents can be a helpful support system. If the client agrees, we can schedule joint sessions to set expectations and keep the home environment consistent and respectful.

Suggested joint sessions:

- Week 1: Home Agreement (expectations, responsibilities, boundaries)
- Week 5: Progress check-in (adjustments + support plan)
- Week 12: Independence roadmap (next steps + milestones)

Important Notes

Life skills coaching is not therapy or medical treatment. If you need mental health counseling, clinical support, or emergency services, we will discuss appropriate professional resources. In an emergency, call 911.

Next Steps

To begin, complete the Coaching Agreement and schedule the first two weeks of sessions. Preferred session format: Virtual In-person Mixed (both)

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