

WELCOME!

YOUR LIFE, BEAUTIFIED AND SIMPLIFIED



MAKING WAY FOR THE NEW
FOUNDATIONS + GOALS
SETTING UP FOR SUCCESS

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What to expect

what you can expect from me

- Show up focused and ready to dive in
- Be there for all of you
- Complete confidentiality
- A safe space to share all of you
- Be a friend who genuinely wants you to succeed

what I expect from you

- Show up focused and ready to dive in
- Come ready to work
- Show up prepared
- Keep an open mind
- Be kind to yourself and allow space for your growth



YOU GET BACK
WHAT YOU
PUT IN

Coaching calls & policies

Missed Call and Late Policy

My time is valuable and so is yours. If you are late for your call, barring a documented medical or family emergency, you will lose that time.

If you are a no-show for our call, you will still be charged in full. When you book a call with me, I commit that time to you which affects how I am able to serve my other clients. I commit my time to you and expect you to do the same for me.

Refund Policy

When you buy a package with me, I commit to having enough time available to serve you which, in turn, affects how many clients I am able to take on. I consider your purchase of a coaching package with me your agreement to honor both your financial and time commitments. For these reasons, I do not provide refunds.

Scheduled Calls

You can schedule your time with me at any time:

<https://raquella-caoching.youcanbookme.com>



5 *tips* For getting the most out of our time together

Put your all into each session. With coaching, you generally get back the results and the energetic match for what you put into your coaching. To get the most out of our time together, show up ready to work.

1

2

Keep an open mind. You are here for growth. You must allow yourself space to grow. In order to grow, you have to clear space in your mind for new ideas and new ways of being and living.

Show up prepared. If I send a check-in sheet, please complete it prior to our session so I'm fully aware of your current state and what you'd like to focus on. Have a pen and paper ready to record any important insights or notes.

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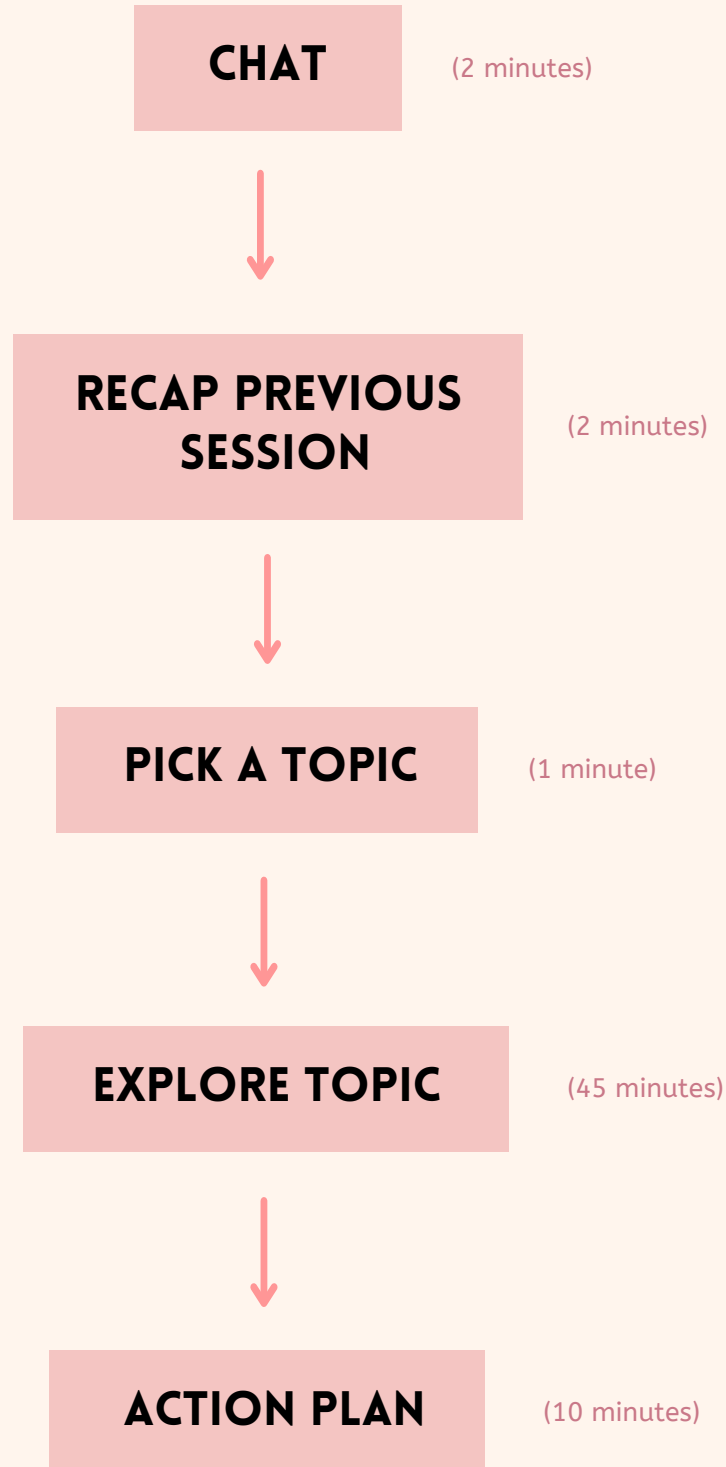
Do the work. If we talk about action steps for you to take between sessions, do your best to complete these action steps. I cannot step in and do the work for you. I am your guide, but you must do the heavy lifting.

Know this is a safe space for you to speak openly and honestly in confidentiality. No area is off limits. I understand that life is multi-faceted and what happens in one area of our life can easily effect multiple areas. I am here for all of you!

5

coaching call outline

What to expect at each of our coaching sessions:



Client Checklist:

What to expect throughout our our coaching sessions:

TOPICS WE CAN TALK ABOUT:

- Personal Growth & Direction
- Gratitude
- Values Alignment
- Passion Rediscovery
- Confidence
- Decision Making
- Motivation
- Personal Branding
- Establishing Priorities
- Successes & Accomplishments
- Goal Setting
- Personal Overwhelm
- Expectations
- Time Management & Focus
- Skills Acquisition
- Relationships
- Creating Healthy Boundaries
- Self Awareness
- Healthy Lifestyle Choices
- Communication Skills
- Problem Solving
- Overcoming Challenges



**CHANGE.
IT CAN BE RISKY.
IT CAN BE DIFFICULT.
IT CAN ALSO BE
BEAUTIFUL.
AND IT WILL ALWAYS
SHOW YOU MORE OF
YOURSELF.**

Client Call Notes

WHAT ARE YOU HOPING TO GET OUT OF THIS CALL:



QUESTIONS FOR COACH:



WHAT I'M GOING TO WORK ON BETWEEN NOW AND OUR NEXT SESSION



Resources

**WHEN YOUR COACHING
SESSIONS WILL BE:**

**WEDNESDAY'S @ 4:00
P.M.**

**COACHING SESSION TIMELINES:
SEPTEMBER 2021-SEPTEMBER 2022**

Your check-ins will be when I feel they are needed. You are more than welcome to reach out to me if you need a check-in before I take action. Shoot me a text and I will respond to you as soon as I can.

WHERE WE MEET FOR SESSIONS:

Or We will have a scheduled Phone
Call: (206) 941-7096
I will email zoom call information
on those sessions

**WHERE TO LOG IN FOR
COACHING EXERCISES:**

www.quezia.com
Sign up for App: iPhone:
Android:



ANSWERS TO THE MOST COMMONLY ASKED QUESTIONS

WHAT KIND OF TRANSFORMATION CAN I EXPECT FROM DOING THIS PROGRAM?

Honestly, that depends on you. The possibilities are endless! This is why we begin with a thorough assessment of your current situation and create a plan of action together.

Think of it like this: you're in the driver's seat, and I'm in the passenger's seat holding the map to lead you back to the desired route, and your BFFs are in the back seat singing. But ultimately, you're in charge. We're here to make sure that you get to your destination without running out of gas in the middle of nowhere – and that you aren't ever stranded alone.

WHY 20 SESSIONS?

Because fundamental transformation takes time, even though it can be tempting to take shortcuts, the truth is: that there are no shortcuts.

If you are looking for the "6-figures in 6 days" blueprint or the "lose 50 pounds overnight" program, you are in the wrong place.

This program is for people who know that the secret to success is focus, persistence, intention, and action.

I will personally support you to ensure you get what you came for. I know what it's like to get overwhelmed or discouraged when trying to make progress in your life. When those inevitable roadblocks come up, we celebrate and obliterate them because that's exactly where the gold is. I'm here to turn those 'growing pains' are 'growing gains' instead.

You know those days where self-doubt creeps in, and you think, "Maybe I'm not ready for this. Maybe I'm not good enough yet. Why can't I ever follow through on my goals? No one will know or care if I _____, so I'll do it another day."? Well, now you have a team of people who do care and always have your back so that you can kiss those paralyzing thoughts goodbye.

There are many ways to access me personally throughout the program, so you don't have to worry about dealing with a crisis alone. I'm always available to help you through these.



ANSWERS TO THE MOST COMMONLY ASKED QUESTIONS

IVE TRIED SO MANY THINGS BUT THEY NEVER SEEM TO WORK. I FEEL LIKE THIS IS JUST GOING TO BE ANOTHER DIGITAL THING COLLECTING DUST.

I know this feeling well. This is exactly why I created this course. After spending a lot of time, energy, and spinning my wheels and not gaining traction, I knew that something was wrong. The pivotal moment happened when I took an honest look within myself. This is where the healing began and things finally clicked into place.

What I learned in this process is exactly what I'm guiding you through in this personalized program. Each person has their own set of goals and things they would like to change. The cookie-cutter coaching programs seemed too cold and mechanical.

Because I was willing to prioritize this transformation, all those things that I was struggling to make happen before were now coming together so easily. It was almost comical, the stark difference this made – and I owe so much of it to my innermost circle of trusted confidants.

WHAT IF I CANNOT AFFORD IT?

I hear you. I know what it's like to have to turn down programs that you know will help you bring in more money, and it's frustrating. I don't want that for you.

Speaking from personal experience, I know I've used money as an excuse to stay small and comfortable because I was scared. Instead of dealing with the fear underneath, I just kept myself stuck.

Here's an excellent way to check in with yourself: would you sign up if finances were not in the way? If you answered "no," or "maybe," there's a different reason for your hesitation.

Remember, the whole point of this program is to help you create more time and energy for the things you desire most. Productivity and focus without struggle. I know that you can do it. I help make it easy.

We can also make other arrangements. Please email me directly: r.williams@llfcoaching.org or call: (206) 941-7096.

Session Breakdown



Session A

• 7 Sessions On Positive Mindset Strategies & Techniques/Stress Management

Topics:

- How to declutter your mind
- Creating a Present Mindset
- Defining Limiting Beliefs
- Overcome the Fear of Change

Stress Management Topics:

- What are you tolerating?
- Trusting Your Decisions
- The Value of Self Care

Session B

6 Sessions on Relationships

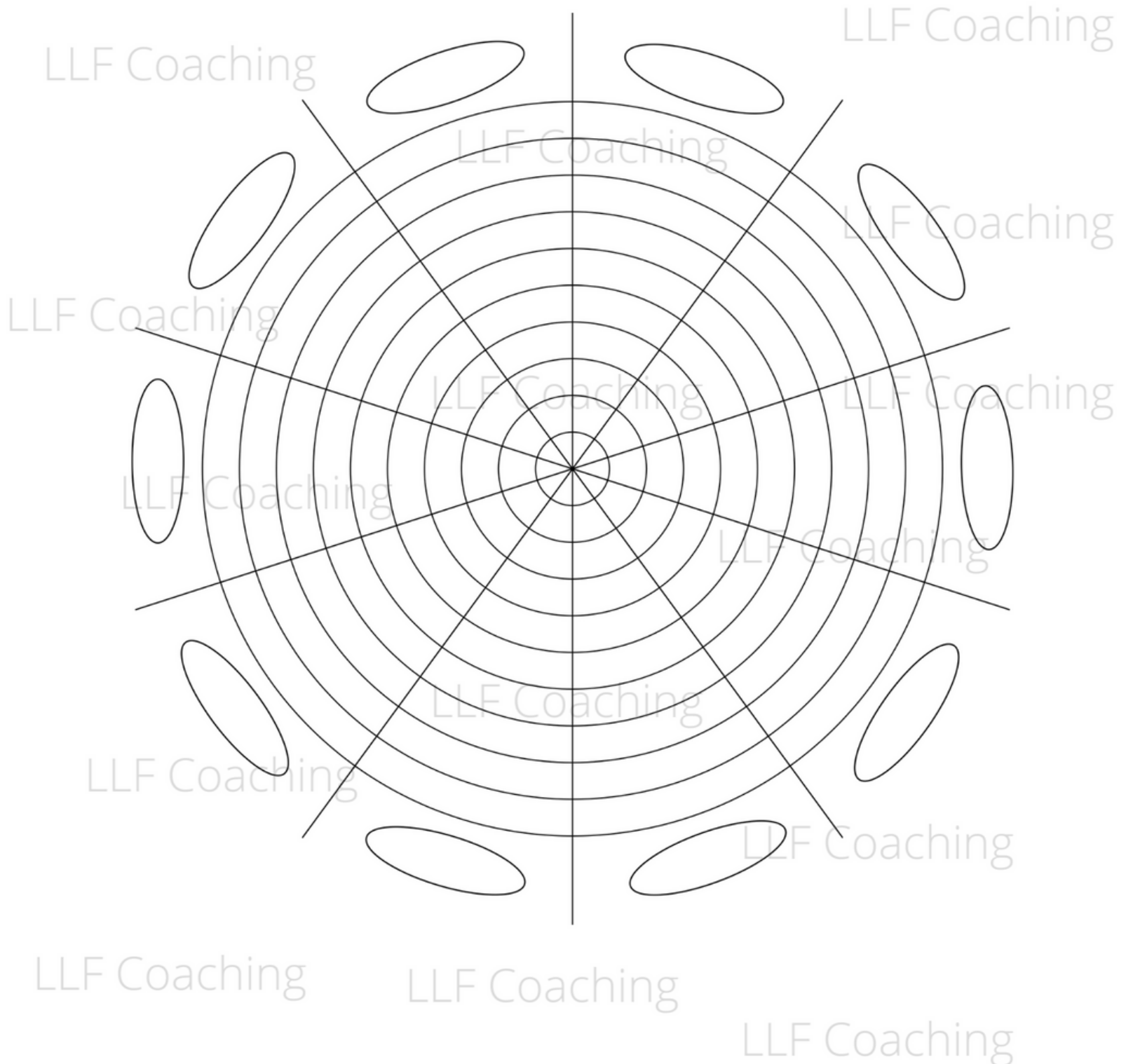
Topics:

- Dealing with Toxic Relationships
- Creating Healthy Boundaries
- The Art of Letting Go
- Balancing your Head and Heart
- Healing inner self: Stopping self-defeating behaviors

All of these topics are just examples

Life Wheel

TODAY'S DATE: _____



HOW TO USE THE LIFE WHEEL

The Level 10 Life, or Life Wheel, is a simple, but powerful tool for self assessment and self reflection. It can also aid in goal setting and allow you to track your progress in the major areas of your life. In essence, it's a visual representation of how balanced your life is.

SETTING UP YOUR WHEEL

Label each section with a life area. This is totally particular to your life and whatever facets are most important to you or take up a good amount of your time and focus. Do what feels best for you. These sections/categories may change as your life unfolds and that is totally fine! Change is inevitable so feel free to change these areas as often as needed to reflect your life now.

Here's some category ideas to get you started:

- Relationships
- Physical
- Health
- Spirituality
- Career/Business
- Finances
- Home Life & Family
- Education
- Mental Health
- Creativity
- Personal Development
- Learning
- Self Development
- Self Care
- Emotional Well-being
- Overall Life Vision
- Marriage/Romantic Relationship
- Parenting

DRAW YOUR WHEEL

You can assign a different color for each category if you choose. After you've labeled each area, think about how fulfilled you are in each life area. Draw a dot between the center of the circle and the outer edge of the wheel to indicate how fulfilled you feel in each life area. The center of the wheel represents 0% and the outer edge represents 100%, or Level 10. After you place all of your dots, color in the areas in between the middle and the outside of the circle, or draw lines from one dot to the next to connect them all together.

REFLECT AND SET MEANINGFUL GOALS

Reflect on the shape of your completed wheel. How can you create a more evenly shaped wheel? Which life areas need more of your focus right now? You can start with the lowest points of your wheel or focus on the high points first and work your way to the lower points - whichever way feels best to you. After some reflection, set goals for each area of your life. There's always room for growth so make sure to set goals for every life area even if you rated yourself highly in that category.

You can complete your life wheel as often as you'd like to track your progress and measure your overall feeling of balance in your life. It's also a good tool to use when something just feels 'off' in your life, but you're not exactly sure why you're feeling that way.

Life Wheel Key

one

CATEGORY _____	COLOR: <input type="radio"/> CURRENT LEVEL: _____	DESIRED LEVEL: _____
GOALS	ACTION TO TAKE	REFLECTIONS
_____	_____	_____
_____	_____	_____
_____	_____	_____

two

CATEGORY _____	COLOR: <input type="radio"/> CURRENT LEVEL: _____	DESIRED LEVEL: _____
GOALS	ACTION TO TAKE	REFLECTIONS
_____	_____	_____
_____	_____	_____
_____	_____	_____

three

CATEGORY _____	COLOR: <input type="radio"/> CURRENT LEVEL: _____	DESIRED LEVEL: _____
GOALS	ACTION TO TAKE	REFLECTIONS
_____	_____	_____
_____	_____	_____
_____	_____	_____

four

CATEGORY _____	COLOR: <input type="radio"/> CURRENT LEVEL: _____	DESIRED LEVEL: _____
GOALS	ACTION TO TAKE	REFLECTIONS
_____	_____	_____
_____	_____	_____
_____	_____	_____

five

CATEGORY _____	COLOR: <input type="radio"/> CURRENT LEVEL: _____	DESIRED LEVEL: _____
GOALS	ACTION TO TAKE	REFLECTIONS
_____	_____	_____
_____	_____	_____
_____	_____	_____

One Year Timeline

create a path to your goals

12 MONTH GOAL:

BREAK IT DOWN INTO STEPS:

9 MONTH GOAL:

BREAK IT DOWN INTO STEPS:

6 MONTH GOAL:

BREAK IT DOWN INTO STEPS:

3 MONTH GOAL:

BREAK IT DOWN INTO STEPS:

Timeline

Session 1

- Gratitude Journal
- A Promise to self contract (signed)
- The use of Lavender (video)
- Introduction to mediation (video)
- MP3 (stress meditation)
- The self-care booklet

Session 1



Session 2

- Eating Healthy
- What are you tolerating (HW)
- How to Declutter your min

Session 2



Session 3

- The Human Circle
- Developing a positive mindset

Session 3



Session 4

- Having healthy boundaries
- The downside of not having healthy boundaries

Session 4



Timeline

Session 5

- Treat yourself!
- What you're not doing today!
- Creating peace in a Stress Storm

Session 5



Session 6

- The Value of Affirmations
- Self Improvement

Session 6



Session 7

Get outside!

- TBA
- TBA

Session 7



Session 8

- Learning something new
- Toxic Relationships

Session 8





*If you believe you can change.
You will change*

JUGEESHA MUDULI