

My Methodology : The 4 Rs

Stage 1: Reveal - Remember Who You Are

“What do I actually want?”

This is the stage of reconnecting to a deep, authentic, whole self. Before the programming, conditioning, people pleasing, & external expectations came in.

Here we will discover:

- What actually lights you up?
- What gives energy vs. leaves you feeling drained?
- What are your values?
- What are your innermost dreams & desires?
- What choices would you have made if you weren't operating from fear or scarcity?
- What would your ideal workday look like?
- What do you deeply care about?
- What do you want more of in your life? What do you want less of?
- What do you want to feel like in your work?
- What is your heart calling you towards that you might have ignored?

This phase is about dreaming BIG. The client will leave this stage feeling like they know who they are on a deeper level, what genuinely brings them joy, & what they want.

“You see that glass ceiling? Here's a hammer.”

Stage 2: Recognize - Discover Your Unique Gifts

“What am I uniquely here to give?”

Now that you are remembering more of who you truly are, here we will uncover the ways that you are naturally gifted & what talents you can bring to the world.

We will explore:

- Natural talents
- Strengths
- Skills that have been developed
- What people come to you for
- What comes naturally to them
- What do they spend your time thinking about
- Life experiences that have created unique views of the world
- The intersection of what you love, what you're good at, & what you feel the world needs more of

Here we will begin to start articulating a purpose statement.

“My gifts aren't random & neither is my heart's desire. I was made to do something of value. I was made to be seen.”

Stage 3: Reclaim - Release the Blocks

“What limiting beliefs have been keeping me from actually doing this & being the most full version of myself?”

Here we really get into the nitty gritty of what parts of self are keeping you playing small & limiting your capacity to create the life you want. This is where the deep inner transformation happens. We have our arrow aimed on target, here is where we use strength to pull back the bow, & launch into the next best version of self.

I will help you identify:

- Limiting beliefs
- Fear of failure
- Fear of rejection
- Fear of financial instability
- Scarcity mindset
- People pleasing
- Perfectionism
- Imposter syndrome
- Fear of being seen
- Old identities
- Money story
- Self worth
- Where are you freezing or fawning?
- What things are you putting things on a pedestal?

“I am ready to reclaim the parts of myself that have been abandoned along the way. I believe in myself & the mission I feel deep in my soul.”

Stage 4: Realign - Rebuild Your New Path

“How do I actually create this life?”

In this stage, we bring the dream into reality by creating a tangible, realistic action plan.

Together we will develop:

- A new career/business direction
- A purpose driven offer or professional path
- Financial requirements
- A budget & plan of action to prepare for the transition
- Transition timeline
- A comprehensive list of what needs to happen before you can leave your current job
- Experiments/ pilots before making the leap
- Weekly action steps
- Networking & relationship building
- Skill development strategy
- Income building strategies
- Boundary setting around current job
- Sustainable rhythm for action plan to avoid burnout

“I don’t need to burn my life down in order to build a new one.”

Remember, taking intentional steps towards fulfilling your life’s mission serves not only you, but everyone around you as well.