

grigoria

I AM SCHEDULE & CHECKLIST

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SCHEDULE.

MONTH ONE

DATE & TIME

1 x 45 minute session

DATE & TIME

1 x 45 minute session

DATE & TIME

1 x 45 minute session

WHAT TO BRING

Workbook
Completed Homework
Questions
Positive Energy
Revolutionary Attitude

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SCHEDULE.

MONTH TWO

DATE & TIME

1 x 45 minute session

DATE & TIME

1 x 2 hour intensive

DATE & TIME

1 x 45 minute session

WHAT TO BRING

Workbook
Completed Homework
Questions
Positive Energy
Revolutionary Attitude

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SCHEDULE.

MONTH THREE

DATE & TIME

1 x 45 minute session

DATE & TIME

1 x 45 minute session

DATE & TIME

1 x 45 minute session

WHAT TO BRING

Workbook
Completed Homework
Questions
Positive Energy
Revolutionary Attitude

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CHECKLIST.

RECEIVED

RETURNED

Welcome Letter
I AM Coaching Agreement
This Schedule & Checklist
Resources List
Your first I AM Workbook

YOU WILL BE PROVIDED WITH A
SERIES OF WORKBOOKS OVER THE
COURSE OF THE 90 DAY PACKAGE.
EACH WORKBOOK WILL CONSIST
OF HOMEWORK GOAL SETTING
ACTIVITIES, MAPS, MONTHLY
OVERVIEWS AND OTHER FUN AND
EFFECTIVE ACTIVITIES - ALL
DESIGNED FOR YOU TO TAKE
ACTION AND SEE RESULTS!