

*grigoria*

**I AM  
SCHEDULE & CHECKLIST**

*grigoria*

# SCHEDULE.

## MONTH ONE

DATE & TIME

1 x 45 minute session

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DATE & TIME

1 x 45 minute session

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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

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DATE & TIME

1 x 2 hour intensive

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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

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DATE & TIME

1 x 45 minute session

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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!**