

WHAT DO YOU WANT?



what do you want? stop waffling & get clear on what you want. drop the limiting beliefs that hold you back from living your full potential. what do you want? stop waffling & get clear on what you want. drop the limiting beliefs that hold you back from living your full potential. what do you want? stop waffling & get clear on what you want. drop the limiting beliefs that hold you back from living your full potential. what do you want? stop waffling & get clear on what you want. drop the limiting beliefs that hold you back from living your full potential. what do you want? stop waffling & get clear on what you want. drop the limiting beliefs that hold you back from living your full potential.

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Welcome!

This Amy K Coaching Booster is about getting clear on what you want. I'm a big advocate of clarity, so this Booster is a personal favorite. We all have times when we can't quite see what we want. Life can be filled with activity, noise and distraction. I want you to use this Booster again and again whenever you need to stop and get a burst of clarity.

I included a worksheet to use with the coaching audio and our wonderful clarity cards that you can cut out to remind you of what you DO know about what you want. Play and enjoy!

Your coach,

Amy K

DISCLAIMER: This product was created to provide information of a general nature and is designed for educational purposes only.

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Using Your Booster

When to Use: This Booster is great whenever you need a burst of clarity. Use it to figure out what you want for any aspect of your life – whether it's what you want ... for your career, relationship or family, an upcoming vacation, or even what to do tonight.

Printing the Workbook: Before you listen to the Booster, you should print the workbook or just the main worksheets on page 4 & 5. You can skip printing the cover or print the workbook in draft mode/black & white so as to not use up your color cartridge. Feel free to print extra copies of the worksheets and clarity cards!

Playing the Audio: The Booster audio is about 10 minutes long. All you need to do is to click on the PLAY AUDIO link on the Booster page online. It will tell you what to do next. You can always hit pause as necessary or replay any part of the Booster. Take it at your own pace.

Booster on the Go: You can always access the Booster audio online, but you can also download it to your hard drive so that you can load it to your iPod, MP3 player or even burn a CD to listen in the car or on your stereo.

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MY AREA FOR CLARITY IS _____

Let's see what you know about what you want....

If I could have _____ just the way I want it, it would be _____.

I definitely do NOT want _____.

The most important thing about _____ is _____.

what do you want?





Clarity Card

What I DO know about _____ is

_____.



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Clarity Card

What I DO know about _____ is

_____.



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Clarity Card

What I DO know about _____ is

_____.



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Clarity Card

What I DO know about _____ is

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I'm Here To Help You!

As your coach, I am always available to answer your questions, take your suggestions, and support, inspire and challenge you across your life.

Contact me for more info on the following private coaching packages:

Snapshot

one 30-minute mini-session

You want to try a coaching session, just to see what's it all about. This mini-session is designed to give you a taste of the power, energy and excitement of personal coaching.

Kick-Start

one 60-minute session, plus one 30-minute follow up

You are determined to make the most of your life and want to create a vision and plan that will have relevance and juice going forward. You get a great start and the accountability to follow through.

Focus

five 45-minute sessions

You have a specific goal to achieve, an obstacle to get past or a challenge to take on and see through to the end. We use five sessions dedicated to discovering what it is you would like to accomplish, what's in your way and what you need to do to get there. You move from talking about it to doing it.

Big Picture

one 90-minute session, plus 12 weekly 45-minute sessions

Working on one issue isn't enough and you want to tackle the big picture. We clarify your values, assess your life, and nail down your aspirations. Together we make the plans, systematically discarding behaviors and attitudes that don't serve you. Move boldly into the life you want.

Elite

on-going monthly sessions, personalized tools and laser coaching

You believe in coaching and are looking for the coach who will push you into the extraordinary. You want continual challenge and exponential results. You know who you are and what you are capable of. Only for those ready to live your full potential.

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