



# KaptivateMe 3-Month Life & Biz Coaching Cornerstone - Program Outline

*\*This program will be tailored based on where you are in key aspects of your biz:*  
**Defining/Enhancing Product | Service & Delivery Experience | Market Growth - Present, Engage, Penetrate or Innovate**

Many worksheets and resources available to take it one small step at a time through SatisfACTION Plans.

Unique Expertise & Your Biz | Ideal Client Market Research | Bringing the Biz Vision Together | My Programs/Services/Products  
 Biz Set Up & Plan | 5-Year Biz Roadmap | Business Support Structures | Budget & Projections/StartUp Costs  
 Branding, Marketing & Communications - Online & Off | Sales | Management Leadership | Sustainable Biz Management

Session	In-Session	Play Work
<b>0 - Before We Begin</b>		All life exercises are in the KaptivateMe Playbook and biz exercises in Google Docs unless otherwise noted. A. <b>On-boarding</b> document, contract & payment - Online B. <b>VIA Strengths Assessment</b> - Online (Free) C. <b>Understanding Your Strengths Worksheet</b> D. <b>Gather Envisioning Materials &amp; Recommended Books</b>
<b>MONTH 1 - ANCHORING IN AUTHENTICITY &amp; VISION</b>		
<b>1 - Kick-Off with Strengths</b> (Week 1) - 2hrs	A. <b>On-boarding, Agenda-Setting &amp; *Near-Term Goals</b> B. <b>VIA Strengths &amp; Virtues Discussion</b> C. <b>Pillars of Life Exercise</b> D. <b>Life &amp; Business Envisioning &amp; Planning Kick-Off</b>	A. <b>Living with Intention</b> - Related to your <i>strengths</i> B. <b>Identifying and Prioritizing Your Values: Part 1</b> C. <b>Inner Critic Recognition</b> D. <b>*SatisfACTION Plan #1</b> - Biz worksheets as needed E. <b>Dream Big! Get All of Your Ideas &amp; To-Dos Out of Your Head</b> +Sticky Notes → get to 300 in one month?!
<b>2 - Values &amp; Mindset</b> (Week 3) - 1hr	A. <b>Check In &amp; Coaching</b> on Inner Critic, SatisfACTION Plan, Future Envisioning, anything else B. <b>Identifying and Prioritizing Your Values: Part 1 &amp; 2</b> - Sticky Note Affinity Mapping C. <b>Identify Inner B* &amp; BFF Mindset</b> - Online	A. <b>Living with Intention</b> - Related to your <i>values</i> B. <b>Inner Critic Recognition</b> (ongoing) C. <b>Inner B to BFF: Translation w/ Values</b> D. <b>Start Your Authentic Self Profile</b> E. <b>Keep Dreaming!</b> Exercises & questions available to help
<b>MONTH 2 - MINDFUL, ENERGIZED ENTREPRENEURSHIP</b>		
<b>3 - Honoring Energy</b> (Week 5) - 1hr	A. <b>Check In &amp; Coaching</b> on SatisfACTION Plan #1, Future Envisioning, anything else B. <b>Grounding, Mindfulness, Reframing</b> - living with intention and mindset/inner critic check-in C. <b>Prioritization &amp; Energy Awareness</b> D. <b>SatisfACTION Plan #1</b>	A. <b>Living with Intention</b> (ongoing) B. <b>Inner Critic Recognition &amp; Translation</b> (ongoing) C. <b>Inner B to BFF: ASSumptions Test</b> D. <b>Slow Down, Be Aware</b> E. <b>Eisenhower Box for Prioritization</b> F. <b>How is Your Energy Flowing?</b> (ongoing reflection) G. <b>*SatisfACTION Plan #1</b> - Biz worksheets as needed H. <b>Keep Dreaming &amp; Start Reviewing</b> - Future Self Visualization, sticky notes "keep/toss/save" & grouping
<b>4 - Powering Up</b> (Week 7) - 1hr	A. <b>Check In &amp; Coaching</b> on SatisfACTION Plan #1 & 2, Future Envisioning Goal Themes, Inner Critic, anything else B. <b>Energy Management - Habits, Rituals &amp; Power Ups</b> C. <b>Energetic Block Scheduling</b>	A. <b>Living with Intention</b> (ongoing) B. <b>Power Ups</b> C. <b>Habits &amp; Rituals</b> - in support of SatisfACTION Plans D. <b>Energetic Block Scheduling</b> E. <b>SatisfACTION Plan #1</b> (ongoing) F. <b>ACT</b> - Getting Unstuck Faster G. <b>Making Sense of Goals and Time</b> - Themes & initial timelining, filling in gaps on biz & life goal roadmaps H. <b>Authentic Self Profile</b> additions

**MONTH 3 - BRINGING YOUR BIZ VISION TO LIFE**

<p><b>5 - Navigating the Future</b> (Week 9) - 1hr</p>	<p>A. <b>Check In &amp; Coaching</b> on SatisfACTION Plans, Roadmapping, Inner Critic, anything else          B. <b>The Art of Backwards Planning</b>          C. <b>Keeping Your Dreams Alive; Accountability</b>          D. <b>SatisfACTION Plan #2</b></p>	<p>A. <b>Living with Intention</b> (ongoing)          B. <b>Write It Down, Make it Happen</b>          C. <b>*SatisfACTION Plan #2</b> (#1 ongoing)          D. <b>Inner Critic Management</b> (ongoing)          E. <b>Timeline &amp; Backwards Plan to "One Pager"</b></p>
<p><b>6 - Future Self, Meet Today!</b> (Week 11) - 1hr</p>	<p>A. <b>Check In &amp; Coaching</b> on SatisfACTION Plans, Roadmapping, Inner Critic, anything else          B. <b>Bringing it All Together</b>          C. <b>Pillars of Life 3-Month Check-In</b>          D. <b>Learnings, Progress &amp; Big Dreams Celebration</b></p>	<p>A. <b>Living with Intention</b> (ongoing)          B. <b>Inner Critic Management</b> (ongoing)          C. <b>5 Year Plan Complete with Milestones &amp; Details</b>          D. <b>Authentic Self Profile complete and posted</b>          E. <b>Use tools learned</b> to start working on SatisfACTION Plans related to your biz, big dreams and pillars of life.</p>
<p><b>ONGOING SUPPORT</b></p>		
<p>Monthly, bi-weekly, weekly - <b>whatever pace suits you.</b></p>	<p>KaptivateMe offers <b>ongoing coaching at discount rates</b> for cornerstone graduates. Explore group coaching and masterminds!</p>	