



REBECCA
GHANADAN
COACHING

Personal Coaching Plan for L. James

December, 201x

Purpose:

You step into your beauty as a woman of wisdom and love

Outcomes:

- You learn to receive gifts throughout your day
- You fill your pitcher to overflowing with self-care practices, and find abundance in your body.
- You release your emotions.
- You discover a remembered place in yourself and in the world.



**“And then the day came, when the risk to remain tight in a bud
was more painful than the risk it took to Blossom.”
~Anaïs Nin**

Development Activities For L. James

Part I

1. Read Sacred Pampering Principles, by Debrena Jackson Gandy
2. Buy flowers for your house
3. Daily inspiring quote
4. Begin Self-Reflection on abundance

Self-Reflection: on Abundance
for L. James

Duration: