



Alignment Program

Gain Insight and Facts
To Gain the Alignment on a daily basis



CAL PROGRAM OVERVIEW

PROGRAM: 52 ways Steps to Alignment

PROGRAM SUMMARY

The 52-step program helps individuals to find out who you really are, what is most important in your life and how you manage to life coach yourself every day to achieve the outcome you want. 52 steps work through a list of words and together with you coach and members you give words meaning. Every week, has a new assignment and word to work through. You discover how words like love, strength, ability, wealth, healthy all have different meanings to us.

- 52 words, 52 weeks, 12 lessons.
- It is a baseline builder, you find out who you really are
- It is an establisher of friendship and foundation.
- You will know what you want, you will discover your true dreams, you will find friends to keep shaping your life with.
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OUTCOMES

This program includes experiential adventures to strengthen yourself, ask yourself what the word love means to you, the word love is a verb and the word love takes meaning when you add your action and doings to the word. Week-by-Week we add a new word and together we build up and establish a foundation a solid ground to keep building on.

Your outcome will be a strong foundation of how-to life coach yourself and your way. Understanding how you keep your outcome in mind and keep fulfilling your way.

- ☒ **Onboarding: Quick Start Session and Impact Assessment**
Coaching Strategy Sessions (First time 2 hours – hereafter 1 hour every month)
 - 1-0-1 Your discovery of your mind and understanding.
 - Forum to tell share and shape your way.
 - Finding out that you are not alone, finding people who like you are seeking the guidance and support. Helping each other



☐ Catch up for Mission and Alignment

Coaching –

- 15 min every weeks to alignment and fulfillment.
- Forums and ask and answers.
- Forums you are never alone.
- Weekly Webinar with words alignment
- Why – Reaching your goals exponentially faster.

☐ Commitment to Conquer your Challenge your accountability.

Agreement between you and Coachingandlife.

- Your Commitment is a must
- Your Consequence
- Your way forward

PROGRAM INCLUDES

- 52 words walk through.
- Start Strategy Session
- 1-0-1 Coaching
- Group Coaching
- Webinars
- Forums to Tell, share and Shape.
- Quick-meetup on the road
- Day-by-Day support
- Kick-start progress
- Community

During the program you will redefine, re-fresh, yourself and you will define who you are and what you want to be.

You will discover your dreams and your will find new area of life that you never even dreamed of.

This is your chance to change it to what you want it to be.
Join me and make it happen.



It all starts with One!

List of words to work in Coaching – First Step!

WHY? is it important to understand the value?

What does it mean to be? How do I show for myself? How do I show it to people around me?

Why, What, How, If Not

	<i>Value</i>	<i>What does it mean to you today</i>	<i>What do you want it to mean now</i>
1	Kindness		
2	Balance		
3	Strength		
4	Mindfulness		
5	Thankfulness		
6	Love		
7	Ambition		
8	Gratitude		
9	Purpose		
10	Freedom		
11	Intuitive		
12	Energy		
13	Clear		
14	Devotion		
15	Communication		
16	Satisfaction		
17	Support		
18	Discipline		
19	Efficiency		
20	Sincerity		
21	Candor		



22	Brilliance		
23	Growth		
24	Challenge		
25	Strength		
26	Power		
27	Self-reliance		
28	Spirituality		
29	Creativity		
30	Order		
31	Calm		
32	Maturity		
33	Loyalty		
34	Control		
35	Enthusiasm		
36	Harmony		
37	Success		
38	Trust		
39	Doubt		
40	Alertness		
41	Simplicity		
42	Tolerance		
43	Integrity		
44	Responsibility		
45	Skillfulness		
46	Unity		
47	Service		
48	Achievement		
49	Intelligence		
50	Generosity		
51	Passion		
52	Excellence		