

# So, you're itching for a change?

Welcome, you're in just the right place to make it happen.



PATHFINDER  
will help you  
to take the leap...  
in the right direction!

But first, let me properly introduce myself...

Hi there!



I'm so happy you're reading this, because it means that you're taking big a step to level up your life!

Before we dive in, I'll introduce myself 🙌 so we aren't strangers.

My name is Sheila and I'm a Whole Person Certified Coach who helps women to build vital confidence, so they can curate the life they love.

We do this by deepening self awareness, evaluating & working through roadblocks, and strategizing aligned action. This is my chosen job, but it's also my passion!

Why? Because I've been in your shoes. I'm a recovering overachiever and life-long free spirit. My past is a split between adventurous wandering and nose-to-the-grindstone workstyle. I've had a history of trying to "do things right" instead of listening to my intuition, and lost myself a few times along the way.

It wasn't until my mom passed that I gained the courage and fire to breakup with my lifestyle & job, reimagine what was possible, and follow my heart.

I won't lie — it wasn't easy. It required devoted inner work, goal setting, and aligned action.

Now, I am devoted to helping people like you to do the same, so you can stop doubting your path and start curating it!

Things I love: dogs, mountain air, sunrises, dancing to a throwback.

Things I believe in: the power of breath, daily movement, unapologetic rest, real relationships (especially with oneself), and YOU.

We'll dive in on the next page...

# 10 Questions to Help You Level Up



## 1. What do I love about myself & my current life?

What lights you up and keeps you going throughout the day?

## 2. What do I wish I could change about how I spend my time & energy?

What makes you wish you were somewhere else or doing something else?

## 3. What would I do if money didn't matter?

If you could follow any path you wanted, what would you choose to do?

## 4. What skill/superpower do I hope to leverage more in my future path?

Sometimes the job, relationship, or we're in doesn't allow us to flex all our muscles... perhaps you're looking to showcase your creativity, entrepreneurial spirit, communication skills, love language, holistic perspective, etc.

## 5. What is keeping me stuck where I am?

Real talk — in what ways are you letting yourself stay where you are? Is there a pattern in the story or "but" that keeps you from making a change? Be honest in considering this.

# 10 Questions To Help You Level Up



## 6. What excites me most about making a change?

Sure, making a change might sound good overall but take a moment to consider why you are making a change and what might happen because of it.

**7. What's my ideal? Pick 1: Relationship, lifestyle, career.** Then be as descriptive as possible describing the most ideal "day in the life" if you could have things your way.

**8. What are 3 changes that I can make on the day-to-day to get me closer to my goal?** Change doesn't happen overnight, it's an evolution and an unfolding. What can you commit to daily that is aligned with your path?

**9. Who are 5 people that can help me get to my next step?** Who already knows your light, your superpowers, and wants to see you bloom and succeed? Make a list of the players that can help move you forward or offer counsel.

**10. How committed am I to making change?** You've spent countless hours considering what might be missing in your life, what your next steps are, and how you will get there... so are you ready to invest in a program that will help you make it happen?

The path continues...

# A Note To Pathfinders



Downloading this guide and completing the questions is a great first step! Make sure you don't just blast through these questions. Reflect, write, and come back to your answers later to expand and and edit.

**So, what's next?** How are you going to show up for yourself and commit to making change and curating the life you deserve?

Let me introduce you to the [\*\*Ground to Grow Accelerator!\*\*](#)  
This is a 45 minute *personalized workshop* where we will:

- Dive into a specific area of your life and assess where you are and where you want to be.
- Identify roadblocks that are inhibiting your growth and success.
- Create 3 clear action steps toward the future you!

This is more than a conversation. This is a program designed *specifically for you*, that will launch you down the path that you are always daydreaming about.

Don't miss out!

[\*\*SIGN UP\*\*](#) for your Ground to Grow Accelerator session today!