

So, you're itching for a new adventure?

Welcome, you're in just the right place to make a change.



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 a step to transform your life!

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

My name is Sheila and I'm a Certified Professional Coach who helps women to curate the life & career they love.

We do this by connecting mind and body, evaluating & working through roadblocks, and strategizing your ideal path.

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.

It wasn't until my mom passed that I got the strength and fire to quit my corporate job 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 Find Your Path



1. What do I love about what I'm currently doing?

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

2. What do I dread doing? What totally sucks the energy out of you and makes you wish you were somewhere else or doing something else?

3. What would I do if money didn't matter? If you could have any job, or do anything, what would you choose to do?

4. What skill/superpower do I hope to leverage more in my future path? Sometimes the job we're in doesn't allow us to flex all our muscles... perhaps you're looking to showcase your creativity, event management, entrepreneurial spirit, communication skills, etc.

5. What is my list of non-negotiables? What *truly* matters to you in your next step? Try making a list of "nice" and "necessary" things in your future. Be conscientious about where you place each piece.

6. Who is already following the path of my dreams?

Do you know anyone who has already walked the path you're looking down or has worked in the industry you desire? Open up your mind to all possibilities and make a list of names!

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7. 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 your next move? Be honest in considering this.

8. 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.

9. Who are 5 people that can help me get to my next step? Who already knows your work, 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. 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?

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!