



Daybreak Solutions

Personal Life Coaching
Accomplish goals and realize dreams

Dear Client,

You have already taken the first powerful step in accomplishing your goals and realizing your dreams! Welcome, and Congratulations!

Enclosed in this packet, you will find almost everything you need to speedily facilitate the attainment of your maximum potential. An improved living experience is yours for the asking. All you need now is the commitment to follow through on the plan we will create together. And you only need to focus on one small step at a time to achieve a life beyond compare.

Sound simple? It is. And I will be right there to coach you to your best life, every single step of the way.

So let's get started! Don't let the number of pages in this packet overwhelm you; the worksheets are just guidelines to help us focus. Skim through them now, and we will explore them in depth one piece of paper at a time. Can you handle that? Of course you can!

I am looking forward to watching you grow and flourish during the next few short weeks. Life is an incredible adventure. My goal is to inspire you to get as much out of it as it has to offer!

Sincerely,

Jan Bono
Personal Life Coach