



# *Daybreak Solutions*

*Personal Life Coaching*

*Accomplish goals and realize dreams*

## *Options & Fee Schedule:*

### *Life Coaching:*

*The principles of the Law of Attraction are the guidelines for this type of coaching, helping you to achieve your heart's desires. This is usually, but not limited to, "The Big Four:" Career, relationships, finances, or health and fitness. These sessions can be done in-person or over the phone, weekly, or on a more flexible, individualized schedule. Cost is \$45 an hour, or \$200 for 5 one-hour sessions. Pay \$45 for the first 4 sessions and the fifth one is just \$20.*

### *Writing Coach:*

*Short stories, first chapters, plays, novel outlines, query letters, submissions, self-publishing options, all facets of the writing process. The goal is to improve your writing, whether or not you seek publication. Only \$30 an hour for line-editing and/or consultation.*

### *Law of Attraction Workshops:*

*"The science of getting more of what you want and less of what you don't," based on Michael Losier's 3-step process. Hands-on at-home activities provided to speed the attainment of your dreams. (Think of it as "homework!") Individual sessions at life coaching rate, groups of 6 or more at just \$95 each for five 2-hour weekly sessions. A group of 6 or more can also do a one-day, 6-hour workshop (with a half-hour time out for a brown-bag lunch) for just \$55.*

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