



# Hello & Welcome!

Taking this program is a strong affirmation that you are committed to creating the life you truly desire.

This program will guide you step-by-step through a powerful series of exercises. It will help you clarify what's most important to you and define success on your own terms. It will also help illuminate your strengths and what you want your life to look and feel like. From there, you will receive support in taking action to connect with and follow your Life Compass towards the life you are called to live.

The modules are a culmination of many years of work, exploration and personal study. The practices and design of this course are carefully crafted to aid your development and the fulfillment of your potential.

Throughout the course, you will have the opportunity to engage in a variety of exercises and tools, such as the Daily Action Planner. I encourage you to follow through with the exercises and practices to the best of your ability. These tools will help you strengthen your self awareness, which is essential for your growth and fulfillment during and beyond the program.

## How much time should I spend on the course?

In addition to the coaching sessions, I encourage you to spend a minimum of 10-20 per day engaging in the content and practices of the course. The more you put into this, the more you get out of it. That being said, the amount of time it takes shouldn't be your focus; the quality of the time you invest in this process is what matters most. If you only have 2 minutes available, use that time wisely! If you've got more time, use your time wisely still.

## How can I get the most out of this program?

- ***Make a commitment*** to yourself to do the work and get the most out of this course. If you only put in 20% effort, you can expect to see 20% of the potential results.
- ***Be engaged.*** Engage the materials as fully as possible. Attend every coaching session on time and ready to dive in. Engage with the practices. Respond to the reflection questions. Twenty minutes a day will help you make significant change in your life.
- ***Value progress over perfection.*** Show up, do your best, and be patient with yourself. No one here is judging you. Scott is here to support your growth and development. If you slip up one day, get back on the horse right away.



- ***Expect to see changes.*** When you show up and do the work, you can expect to see positive changes in your life. You should also expect resistance and challenge. When we disrupt our habits and ways of doing things, we can expect that our ego will provide resistance to this change. When you experience doubt or resistance, lean into your edge, get curious about why the resistance is there, and use the supports available to you in the course and beyond.
- ***Use the tools available to you.*** The Daily Action Planner and the other tools are there to provide structure and support for you to process your experience, glean the learning available, and to help transform your reflection into meaningful action.
- ***Get curious and have fun with the process.*** Take pleasure in the process of self-exploration and personal development.

If you have any questions, you can bring them to our coaching sessions. You are also always welcome to send me an email to [scott@scottcaspell.com](mailto:scott@scottcaspell.com)

To your joy, success and fulfillment,

*Scott*