



Propel Yourself Now

Elizabeth Debol

Resume Writing and Career Coaching Services

www.PropelYourselfNow.com

Motivational Coaching

Learn how to get motivated and stay motivated.

- Get rid of negative thoughts and move forward with your career and future life goals.
- Stop procrastinating and learn how to take steps to consistently stay motivated.
- Focus on making schedules that lead to successful habits.
- Learn how to respond (not react) to things you have control over.
- And so much more...

****This course was designed completely by me and geared towards busy moms or working women.***

Session 1: Prioritizing Your Goals

- Finally, get rid of those negative thoughts and move forward.
- Complete with 2 worksheets.

Session 2: Procrastination

- Learn why you often postpone things and how to motivate yourself.
- Complete with 2 worksheets.

Session 3: Taking Action

- Learn what action steps you can take to stay motivated.
- Complete with 2 worksheets.

Session 4: Planning and Habits

- Start making schedules and daily plans to create successful habits.
- Complete with 2 worksheets and 3 schedule templates.

Session 5: Respond, Don't React

- Learn how to have control and respond instead of reacting and causing harm.
- Complete with 2 worksheets.

Session 6: Success & Goal Setting

- Understand your goals and learn how to unstick yourself so you can always move forward.
- Complete with 3 worksheets.

Bonuses

- Continue your motivational journey after taking this course.
- Complete with 2 special workbooks.

INVESTMENT: \$299

This program is completed entirely online and on your own time. *

You can send your payment through PayPal to this email: elizabeth@PropelYourselfNow.com

Once I have your payment, I will email you within 24 hours with next steps.

**Once you complete this motivational coaching program, and have a better grasp on your goals, feel free to contact me to rewrite your resume to match your new goals (optional).*

You can view my resume-writing services here: <https://www.propelyourselfnow.com/services>

Contact Me

Email me directly or text **810-295-1639** if you have any questions.