



Lighter Life Coaching Pricing Schedule 2022

Clarity Strategy Action session (Initial Consultation)	No Charge
Insight Session (20 minutes)	\$ 39.00
Private Coaching Session (90 min w/ summary)	\$ 180.00
Primary Aim Process - Get clear on your life mission	\$ 300.00

Best Results Coaching Package (4 month focus) \$ 2,000.00

Continuous, focused support is what makes the difference
Weekly: One-on-One Coaching session or Accountability Check In
Customized Strategies & Email Summaries to refer to

Choose 1 Best Results focus:

Personal Freedom & Intuition

- Understanding: Who am I? What is my purpose?
- Insights on your strengths and challenges
- Replace old negative family patterns
- Evolve beyond holding back

Clear Your Path to Success

- Uncover & clear your specific blocks to money
- Learn how to break through your inner brick walls
- Clear the triggers of past experiences

Weight Release Energetix

- Out of crisis mode & freedom from judgement
- Honoring & releasing old stories
- Transform relationship with food
- Reconnecting without losing yourself

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