



Welcome to **The Wonderful Now** Life Coaching and Personal Development

Thank you for taking this opportunity to read more about The Wonderful Now Life Coaching and visiting my site.

This packet contains a wealth of information, designed to provide you with a greater understanding of the Life Coaching process, the financial investment of both the client and life coach, and the wonderful next steps in *achieving your Ideal Life*.

Remember, I'm available with you, every step of the way. If you have any questions, you may *choose to contact me* at your convenience. My mission is to always provide more in value than I receive in financial payment. You will see that once you read this wealth of information, it is content rich, easy to understand, and written in a manner that should create an unwavering, unshakeable call to action. Others have commented to me that after reading this information they began to say to themselves, "Right **NOW** is the time to *begin creating my Ideal Life*".

I hope that you also *begin now to create your Ideal Life*.

Thank you and I really appreciate you.

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What is Life Coaching?

Define Life Coaching - *Life coaching is a practice with the aim of helping clients determine and achieve personal goals. Life coaches use multiple methods that will help clients with the process of setting and reaching goals. Coaching is not targeted at psychological illness and coaches are neither therapists nor consultants – Wikipedia*

Life coaches are willing partners that help to stir inspired action, create accountability, offer NON-judgemental ears, are in your corner, and truly believe that you have the solutions inside.

Client's role – Your role as client is to be open to the life coaching experience, to participate fully in the sessions and exercises, to recognize those A-HA moments, and to paint the picture, hear the call, feel the touch, explore the possibility of creating your Ideal Life

Coaches role – As your Life Coach, I help you to imagine your ideal life, to feel empowered to make it a reality and provide an ongoing action plan that leads the journey to your wonderful life. My goal is to have clients feel inspired, successful, empowered, positive, assertive and in charge.

"You can not teach a man anything, you can only help him find it within himself."- Galileo

My Clients should:

1. Expect to be asked thought provoking questions
2. Expect to be asked questions that dig deep below the surface
3. Expect me to assist in helping you remember dreams, goals, and to uncover your ultimate vision
4. Expect me to help uncover bad habits, patterns
5. Expect me to help build confidence
6. Expect me to provide self –empowerment tools
7. Expect me to remind you that life is all about choices
8. Expect me to help create action plans – life blueprints
9. Expect me to Keep you moving toward your goals

Benefits of having a Life Coach

If there is a contrast between where you currently are and where you wish to be (Ideal Life), you will benefit by having a Life Coach

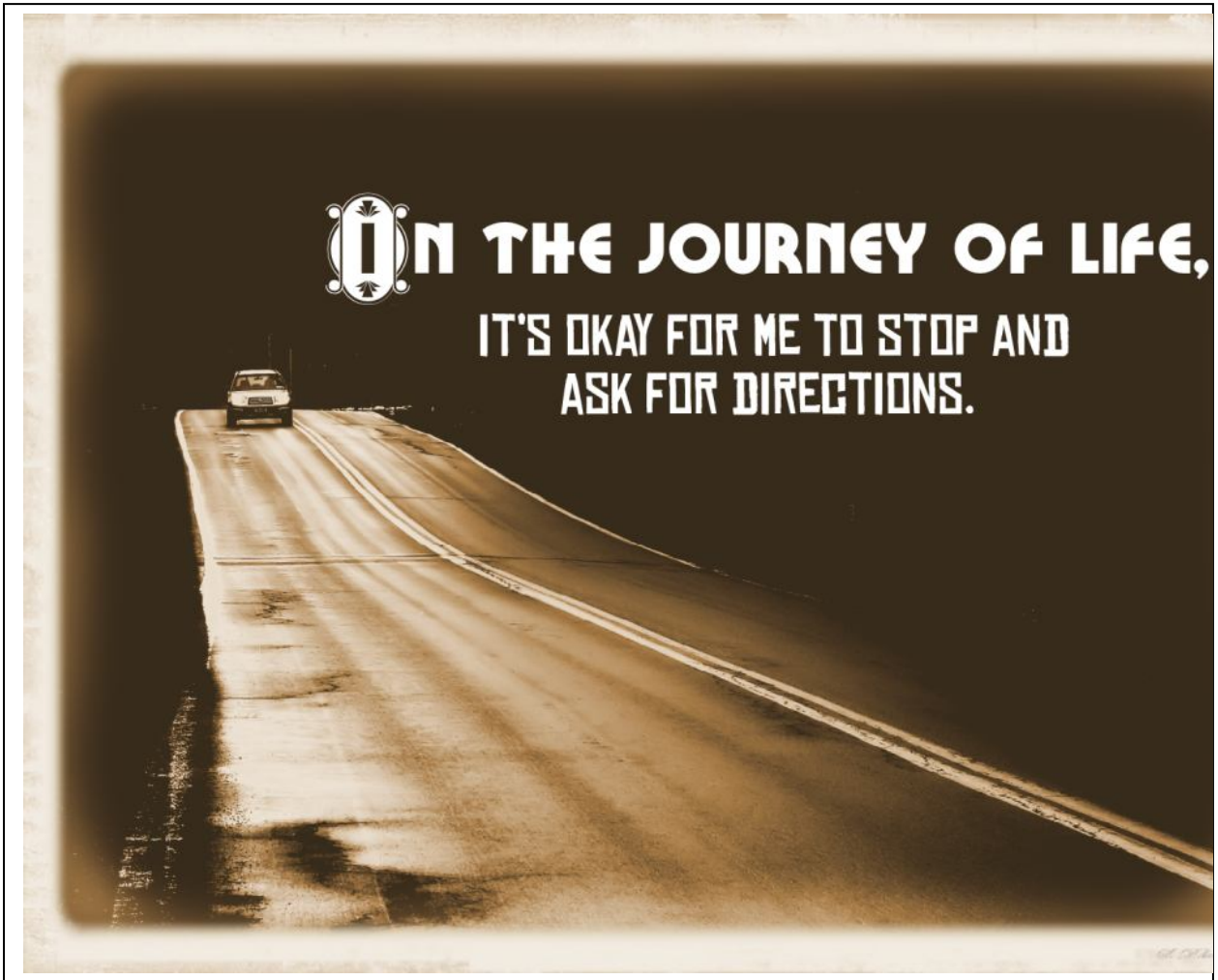
Ideal Life Concept simply means you can be, do or have whatever you want. If you can imagine your Ideal Life, you can begin to make it real. In fact, the moment you began thinking about it, you already began living it. Keep focusing on your Ideal Life, and you will begin to watch it unfold, before your eyes.

By **deciding to have a life coach** and **deciding to create your Ideal Life**, you will gain confidence, more energy, a feeling of self-empowerment, and ultimate joy. You will gain these things because, by choosing to work with a life coach, you have begun the journey that begins Your Ideal Life! You will also begin to:

1. **Take definite actions**- to find out what you really want for yourself is our first task. I help you to use the *coulda, shoulda's* to your advantage, and determine the *oughta* and *have to do's* to get where you want to go. Once you understand and create your ideal goal, you are much more likely to take actions to reach it.
2. **Enjoy a balanced life** - Having it all, means having a balanced life. I will work with you to help assist you in a plan that will get your needs met in your entire life, after all, It your Ideal Life, not your Ideal Career, or Ideal Spouse, or Ideal Car.
3. **Create Financial Freedom** - you probably are aware that, with some fine tuning, you could make more money. I will work with you to assist you in designing a strategy for you to earn more from your professional efforts in the future.
4. **Think Big** - When anyone has a partner they trust, they will always reach for more, and dream big, because they can afford to. I believe in you. Period
5. **Make better decisions** - Every single client of mine is smart. Yet, they still use me. Why, because everyone can use a sounding board, share ideas with someone who understands them and is subjective enough to want a lot for them. Just in talking

about your options with someone who can listen and often provide valuable feedback helps issues to become crystal clear. You will always get honest, constructive views.

6. **Have more energy** - When you are happy, productive and free from tolerations and problems, you are always going to feel better!



How will I coach you?

There are many methods used in the coaching process. The absolutely best method is the one that:

- (A) Reminds the coach and the client that it is **ALL ABOUT THE CLIENT**. A coaches dominate motive should be to help you realize your goals, dreams and aspirations
- (B) Produces the desired results – Coaching is results driven. Anyone can have friends to talk to, that's not effective coaching.

*"According to "Jane" magazine, the latest thing for 20-something women now, is life coaches. They pay them up to \$500 a month to talk to them about their careers, self-esteem, and relationships. They had these when we were kids. They were called friends!"
-Jay Leno March 21, 2006 Tonight Show monologue*

My coaching method is a very simple 3 + 1 step process

Step 1: Time travel- You and I will travel forward in time, just a few years. You'll paint the picture of what you are seeing, hearing and feeling. You'll **describe to me, your Ideal Life**. In this step, we review your strengths, your passion, your talents and abilities.

"Imagination is everything. It is the preview of life's coming attractions." Albert Einstein

*****If you are unsure of your Ideal Life that's A-Ok**. Then we begin to discover your "Favorite Things" list. This is the list of things, quotes, activities that you love. You will answer the question: What would you do all day everyday, free. And you'd be willing to become an expert in this activity?

"All that we are is a result of what we have thought" – Buddha

"If you don't know where you are going, you'll end up someplace else" - Yogi Berra

Step 2: The Wonderful Now- Next, you and I begin to record the goals, dreams and aspirations revealed in step one. We are creating the journey to your Ideal Life. In this step, **we uncover any challenges** you have had in the past, any habits that have, in the past, created roadblocks along your journey. We'll begin using the wonderful NOW to **create your strategy**, your plan, **your course of action** that ultimately leads to your Ideal Life.

“In absence of clearly defined goals, we become strangely loyal to performing daily acts of trivia” - Author Unknown

Setting a goal is not the main thing. It is deciding how you will go about achieving it and staying with that plan. – Tom Landry

Step 3: The Plan(s) – You and I **meet weekly** to discuss the agreed upon strategy, plan and course of action. We celebrate victories, we discuss obstacles and we **adjust the plans as needed**. During this step, you create the agenda. You are the director of your life, the captain of your ship, the writer of your life. We will create “homework” lessons, projects and events that are all geared toward the journey to creating your Ideal Life.

“Through this process of continually returning to the goal, the airplane eventually arrives at its destination even though it may have been off course 90% of the time. You too can reach your goal even if you are frequently off course. Just, monitor yourself and self-correct” - Daniel Johnston

Homework- During our coaching relationship, we will regularly discuss and assign activities to complete in between sessions. These homework assignments are **tools to reinforce the principles and ideals** necessary to make the journey to your Ideal Life smooth, easy, comfortable and rewarding.

Law of Attraction and coaching- Frequently throughout our coaching session, I may refer to the Law of Attraction.

What is the Law of Attraction and how does it work?-

*The simplest definition of this law is **"like attracts like."** So if you tune your thoughts correctly, your thoughts will begin to resonate with the very things you desire. And because **like attracts like**, the more you think about the things you want, the faster and closer they get to you. **This is how the law of attraction works.***

The actual creation process comes from your beliefs (being), your thoughts, your words and finally your actions, in that order.

Many coaches use the principles of the Law of Attraction in coaching. It is a fact that **in order to achieve your Ideal Life, your internal conversation must change**. And since “like attracts like”, the Law of Attraction perfectly compliments the toolkit you employ on the journey to your Ideal Life.

Coach and Client relationship – our relationship is one that is built on open communication, trust, and openness. Feel free to ask me to “shut-up”. As long as you are respectful, I’ll comply with your request. We are co-creators, partners in our coaching

relationship; ultimately, you are responsible for what you receive from this relationship. Remember, what you focus on expands.

Personal Strategic Plan (6 mo, then annual)

Personal Strategic Plan – Without a vision and a plan, it is like getting in the car and driving cross country without looking at a map or determining a route. You might get there, but it is not likely you travel on the optimal route for you. By creating your personal strategic plan, you are showing your commitment to creating your ideal life.

Our personal strategic planning process is designed to help you figure out what you are about, what is really important, and the best ways to move forward with focus. If you are serious about making some changes, this process will enable you to develop realistic goals, taking into account the possible obstacles and challenges in your situation.

Personal strategic planning is all about a ***thought process that produces fundamental decisions and then move into actions*** that shape who you are, where you are going, what you do, and how, when, and why you do it. You and I will begin creating your Personal Strategic Plan , your strategy for your Ideal Life.



Inspiration

**An affirmative thought is 100 times more powerful than
a negative one**

Whatever you can do, or dream you can, begin it...Boldness has genius,
power, and magic in it.

Goethe

That which you persist in doing becomes easier to do.
Not that the nature of the thing itself has changed, but that your ability
to do it has increased!

Ralph Waldo Emerson

All that we are is the result of
What we have thought.
The mind is everything.
What we think, we become.

Buddha

Determine that the thing can and shall be done, and then we shall find
the way.

Abraham Lincoln

Destiny is not a matter of chance; it is a matter of choice.
It is not a thing to be waited for; it is a thing to be achieved.

William Jennings Bryan

You may never know what results come from your action.
But if you do nothing, there will be no results.

Gandhi

The thing always happens that you really believe in;
and the belief in a thing makes it happen.

Frank Lloyd Wright

Imagination is more important than knowledge.

Albert Einstein

Financial Investment

The Wonderful Now Life Coaching and Personal Development

Platinum:	Gold:	Silver :	Bronze:
\$299/ month	\$199/ month	\$159/ month	\$99/ month
\$1699/ 6 months	\$1099/ 6 months	\$899/ 6 months	\$499/ 6 months
Scholarship price: \$849*/ 6 months *payable in 6 equal monthly payments of \$141.50	Scholarship price: \$549*/ 6 months *payable in 6 equal monthly payments of \$90.50	Scholarship price: \$449*/ 6 months *payable in 6 equal monthly payments of \$74.50	Scholarship price: \$249*/ 6 months *payable in 6 equal monthly payments of \$41.50
<ul style="list-style-type: none"> • Three (3) 50 minute coaching sessions per month • Two (2) Laser focus 10 minute session per month • Unlimited email access • Member pricing discount for all seminars and workshops • Free Personal Strategic Plan with yearly updates 	<ul style="list-style-type: none"> • Three (3) 45 minute coaching sessions per month • One (1) Laser focus 10 minute session per month • Partial email access between sessions • Preferred pricing discount for selected seminars and workshops • Preferred pricing discount for Personal Strategic Plan with yearly updates 	<ul style="list-style-type: none"> • Two (2) 30 minute coaching sessions per month • Partial email access between sessions • Special pricing discount on selected seminars and workshops • Special pricing discount for Personal Strategic Plan 	<ul style="list-style-type: none"> • One (1) 40 minute coaching session per month • One email weekly between session • Bronze pricing discount on selected seminars and workshops • Bronze pricing discount for Personal Strategic Plan

*** Scholarships available to those that qualify (see next page)**

The Wonderful Now Life Coaching and Personal Development

Scholarship Requirements:

It is important that **all individuals ready to receive the benefit** from partnering with Coach Valarie, have the opportunity to do so. Often, financial constraints restrict individuals from participating in necessary training that will **positively and significantly impact their lives**. It is my goal to **provide coaching to every individual** who is ready, willing and able to embrace the coaching relationship, and to begin the journey to living on purpose.

If you wish to receive consideration for the limited scholarships available, you must complete the questions below.

Instructions:

- Email Subject line: Scholarship Consideration
- Include: Full name, email address, telephone number, mailing address, birthdate (must be over 18 years old)
- You may email completed questions as an attachment or in the body of the email

Scholarship form: Print and email completed questions to Life Coach Valarie at thewonderfulnow@ymail.com.

1. On a scale of 1 -10, how ready, willing and able are you to receive coaching from Life Coach Valarie?
2. On a scale of 1-10, will you do everything that is agreed upon (homework, reading assignments) during coaching sessions with Life Coach Valarie?
3. In 100-300 words, please answer the question “Who am I”, listing your strengths, talents, background, goals, achievements. (This is where you brag about yourself!)

4. In 100-300 words, describe in detail why you feel you should receive a scholarship from Life Coach Valarie and The Wonderful Now?
5. Have you ever completed a monthly budget? Are you willing to begin preparing simple monthly budgets to keep track of your financial goals?
6. Do you have a clear picture of your Ideal Life? In a few sentences, describe in detail your Ideal Life or your success story.
7. Are you willing to participate in workshops and seminars geared toward creating your Ideal Life?
8. How quickly are you to get started on the journey to your ideal life?
9. Do you have a support system to assist you along your journey? If not, are you willing to participate in free group coaching and mastermind sessions with other individuals?

You will receive notification of **scholarship decision within 72 hours** of submitting your request. I will personally deliver the scholarship decision via telephone call. While it is my desire to provide coaching services to every person, please understand that there may be a waiting list. It is strongly encouraged that you **complete and return this information quickly** to ensure a reserved spot.

The **Next Step** along your journey

The Journey of a Thousand Miles Begins With One Step

Now that you have a clearer understanding of the coaching process, becoming a client of The Wonderful Now, and creating a co-creative relationship with Life Coach Valarie Johnson, you may *find yourself asking* What's the next step?

I've made this part really easy. Just **call or email me TODAY**. We'll begin the adventure of creating your Ideal Life together. When you call or email today, I'll ask for your contact information and we will immediately set our first session date, so make sure you have your calendar ready.

Remember **all the power** to create your Ideal Life **is in your hands**. You have right this moment began the shift in you thinking, which leads to a shift in beliefs, which leads to new actions, which leads to new results, which ultimately leads to **YOUR IDEAL LIFE**.

Make today wonderful.
After all, it is your choice!

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