



ONE STEP

MIND BODY & SOUL

ONE STEP CLOSER TO WHO YOU
WERE MEANT TO BE

ACCOUNTABILITY & SUPPORT

YOU DON'T HAVE TO DO IT ALONE.
I'M HERE TO HELP YOU **STAY ON TRACK.**

We all have great intentions, but life gets busy.
Accountability and support give you the structure,
encouragement and motivation to keep going
— even when it gets tough.

“Small daily actions
create big changes
over time.
I'll help you stay
consistent and
celebrate every
step forward.

**I'M HERE TO SUPPORT
YOU ALL THE WAY.** ”

HOW I CAN HELP



IF YOU STRUGGLE TO STAY CONSISTENT

You start well,
but life gets in
the way.



IF YOU NEED MOTIVATION

You need that extra
push to keep
moving forward.



IF YOU HAVE BIG GOALS

Break big goals into
steps and stay on
track to achieve them.



IF YOU FEEL OVERWHELMED

I'll help you focus on
what matters and
take action.



IF YOU KEEP STARTING & STOPPING

We'll build habits,
routines and
momentum together.



IF YOU WANT REAL CHANGE

You're ready for more
and want long-lasting
results.

HOW ACCOUNTABILITY & SUPPORT HELPS YOU



CLARITY

We keep your goals clear and your focus
where it needs to be.



CHECK-INS

Regular check-ins help you review progress,
overcome challenges and adjust your plan.



ACCOUNTABILITY

Knowing someone is in your corner helps you
follow through on what truly matters.



ENCOURAGEMENT

I'll celebrate your wins and remind you of your
strength when you need it most.



SUPPORT EVERY STEP

You don't have to figure it all out alone.
I'm here to support you.

Real support. Real conversations. Real progress.

HOW IT WORKS

1

SET YOUR GOALS

We'll talk about what you want to achieve and
what success looks like for you.

2

CREATE YOUR PLAN

We break it down into realistic, achievable
steps that fit your life.

3

TAKE ACTION

You take action on your plan and I'm here
to support you along the way.

4

CHECK-IN & REVIEW

We review what's going well, what's getting in
the way and what needs to change.

5

ADJUST & GROW

We make adjustments, build momentum
and keep moving forward.

6

REPEAT & SUCCEED

Small steps. Regular reviews. Big results over time.



CONSISTENCY TODAY. RESULTS TOMORROW.



LET'S KEEP YOU ON TRACK

BOOK YOUR FREE 30-MINUTE CHAT TODAY

Let's talk about your goals, your progress
and how I can support you.



ANY QUESTIONS?

EMAIL ME:

Hello@one-stepmindbodiesoul.com

ONE CONVERSATION.
ONE DECISION.
ONE ACTION.
ONE STEP.



YOU DON'T HAVE TO DO IT ALONE.

I'm here to check in with you, support you and
help you create the life you were meant to live.