



ONE STEP

MIND BODY & SOUL

ONE STEP CLOSER TO WHO YOU
WERE MEANT TO BE

REGULAR CHECK-INS

PROGRESS HAPPENS WHEN YOU
PAUSE, REFLECT AND **KEEP MOVING.**

Life gets busy. Plans change. Motivation comes and goes. Regular check-ins give you the time and space to review your progress and make sure you're still moving in the right direction.

“ Small regular check-ins keep you focused, accountable and moving forward – even on the tough days.

**I'M HERE TO CHECK IN
WITH YOU AND HELP
YOU STAY ON TRACK.** ”

HOW REGULAR CHECK-INS CAN HELP YOU



STAY ON TRACK

Keep your goals and commitments a priority.



SEE YOUR PROGRESS

Review what's working, what's not and where adjustments are needed.



STAY ACCOUNTABLE

Having someone to check in with helps you follow through.



ADAPT & IMPROVE

Life changes – we adjust your plan so you can keep moving forward.



BUILD CONFIDENCE

Celebrate wins, learn from setbacks and keep your momentum going.



ACHIEVE MORE

Consistency over time leads to real, lasting change.

WHAT WE FOCUS ON DURING CHECK-INS



WHAT'S BEEN HAPPENING?

A chance to talk about your week, challenges, wins and everything in between.



REVIEW YOUR PROGRESS

We look at your goals and see how you're tracking.



WHAT'S WORKING (AND WHAT'S NOT)

We identify what's helping you move forward and what might be holding you back.



ADJUST YOUR PLAN

We make small changes that create big differences.



SET YOUR NEXT STEP

You leave each check-in with a clear, achievable action to focus on.

One conversation. One decision. One action.
ONE STEP.

HOW OUR CHECK-INS WORK

1

SET UP A SCHEDULE

We agree how often to check in – weekly, fortnightly or monthly, whatever works for you.

2

OUR CHECK-IN CONVERSATION

Open, honest and judgment-free. You talk, I listen and we explore together.

3

REVIEW & REFLECT

We look back at your progress, challenges and lessons.

4

MAKE ADJUSTMENTS

We adjust your plan so it fits your current life, energy and priorities.

5

ACTION & ACCOUNTABILITY

You take action and I'm here to support you and keep you accountable.

6

REPEAT & GROW

We keep building momentum and help you become the best version of you.



CONSISTENT CHECK-INS. REAL SUPPORT. REAL RESULTS.



READY TO GET THE SUPPORT YOU DESERVE?

BOOK YOUR FREE 30-MINUTE CHAT TODAY

Let's talk about where you are, where you want to go and how I can help.



ANY QUESTIONS?

EMAIL ME:

Hello@One-Stepmindbodysoul.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.