



ONE STEP MIND BODY & SOUL

ONE STEP CLOSER TO WHO YOU
WERE MEANT TO BE

GOAL SETTING

BIG DREAMS START WITH ONE CLEAR PLAN.

Goals give your life direction and purpose.
Together, we'll turn your dreams into a clear
plan of action that fits your real life.



“A goal without
a plan is just
a wish.

I'M HERE TO HELP
YOU MAKE IT REAL.

”

HOW I CAN HELP YOU



CLARITY

Get clear on what
you truly want and
what matters most.



DIRECTION

Navigate challenges
and make better
decisions.



CONFIDENCE

Build self-belief,
motivation and
stay consistent
with your goals.



BALANCE

Create balance
in life, work and
relationships while
chasing your goals.



CONSISTENCY

Build habits,
stay focused and
keep moving
forward.



RESULTS

Achieve more,
become your best
self and live with
purpose.

HOW I HELP YOU SET & ACHIEVE GOALS



CLARITY

We get clear on what you truly want and
why it matters to you.



SMART GOALS

We break big goals into specific, measurable,
achievable, relevant and time-bound steps.



PERSONALISED PLAN

A plan that fits your life, your challenges
and your commitments.



ACCOUNTABILITY

I'll help you stay focused, track progress
and keep you moving forward.



SUPPORT & ENCOURAGEMENT

Celebrate wins, learn from setbacks and
keep building momentum.

Small steps. Consistent action. Real results.

THE GOAL SETTING JOURNEY

1

EXPLORE

We talk about where you are now, what you want
and what's important to you.

2

DEFINE

We define your goals and what success
looks like for you.

3

PLAN

We create an action plan with clear steps,
deadlines and expectations.

4

TAKE ACTION

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

5

REVIEW & REFINE

We review progress, overcome obstacles
and adjust your plan if needed.

6

ACHIEVE & GROW

You achieve your goals and build the confidence
to set new ones.



THE POWER OF MENTORING – THE STATISTICS DON'T LIE

5X

People with a mentor are
5X MORE LIKELY
to be promoted.
Source: Forbes

78%

Mentoring relationships result in
78% OF PEOPLE
feeling more confident.
Source: MentorcliQ

67%

People with a mentor are
67% MORE LIKELY
to achieve their goals.
Source: iHire

70%

Mentoring can increase
PRODUCTIVITY
BY 70% and improve
performance.
Source: Harvard Business Review



READY TO ACHIEVE YOUR GOALS? BOOK YOUR FREE 30-MINUTE CHAT TODAY

Let's create your plan and take the first step – together.



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 help you turn your goals into
real-world results and create the life
you were meant to live.
One step at a time.