

# 2021 COACHING/Mentoring W/Santos

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(Guideline) Co-Partner to get you the Results your looking for. 90 days will fly by

## FIRST MONTH

4 Sessions 90 days of Cooperation will MORE than help you Harness what you're great at / Level up your Money generator While going after your desired goal, faster. You May have a hard time sleeping, REALLY! I'm in the trenches with you and we're gonna make some very GREAT experiences happen. I promise you that.

### *Divine Appointment..*

You value growing relationships? Working on them? they must be guarded & nurtured, consider it sacred. Negative Relationships, tangible things like Slot machines, Gambling games that manipulate and hurt us, must be put under our feet QUICKER! Or else..

## FOCUS/ Do You REMEMBER

Learning to tie your shoes? Eat with little mess? Remember? 1 GOAL PER Strategy Session. PATIENCE IS KEY & SO IS PRACTICE, even as mind Role play is a practice also. #Excited! Each GOAL is a step toward your greatest personal achievement. Construct a fun bridge connecting you to your dream and your Future.

It will not all Be, Sunshine & Rainbows! There will be Blows & Lows! We do our best to focus on the rest the highs. Keep this at heart so we don't dep...

## CAN YOU SEE YOUR BEST IN YOU?

\*We life-hack (Like a Sculptor creates a statue, we sculpture your daily living to meet your expectations with invisible tools like (M.M.P.C. Mind Mouth Power Congruence) Practicing Refocus = Realignment Your Giant Step Forward. My coaching is designed To help you learn, apply & achieve the most efficient way possible, that works best with your lifestyle & your schedule. Not my plan, Your plan.

## ONGOING GROWTH

As Long as you stay in Motion. Scheduled Appointments, Relaxed sitting, T.C. (Transformation Conversation) we Uncover & Discover, like Mike Tyson's trainer Cus Amato said. Fun Stuff! Very life Changing, Challenging & Rewarding! Be patient, it will happen.

**\*\*THE FASTEST WAYS To Self-Mastery/Self GOVERNANCE\*\*** PEACE WITHIN is True Happiness. This is A DAILY DECISION.

Learn to listen to your mind & Body, guide it best. We take a Closer look at what did not work in your favor. We modify and reuse! The key is to refocus New Vision that DRIVES you forward through rough terrain & keeps YOU Anchored during stormy weather. You become your best when you know where you're going & when the heat is UP A BIT..

SET YOUR SAIL! STRENGTH WEEK 4 Vision building! A CLEARER STRONGER Focus of your purpose & what motivates you! \*Mistakes\* are welcomed & Your new vision will be there pulling through. LET'S STAY HUMBLE!

## **BUSTING LIMITING BELIEFS**

### **Weeks 5 thru 8**

More Work through limiting beliefs / setbacks & unexpected circumstances. Refining & tuning practice so You will learn quickly that it's not about what happens to you, it's about what you do & how you handle it. It's not about how hard you get hit, The important thing is can you keep on going?

Growth fuels your belief, Belief fuels your practice. Step by step day by day. Practice, and learn, and repeat. These strategy discovery sessions are filled with lots of creativity.

At your REQUEST We Analyze and make fast Necessary corrections. STOP & look at something that may really stand out to you. Improvise. To keep you wise.

At your REQUEST Anytime: We Analyze & make corrections. STOP & look at something that may really stand out to you. Improvise. Nothing impedes our progress.

## **I AM MY OWN COACH**

### **WEEK 10 AND FORWARD!**

YOUR CREATIVITY IS On High Alert Ready for Action! This is where you begin to become inspiringly creative with yourself, you envision new ideas with ease. Confident Confidence, you own it. Experience difficulties easier & fix them faster. You have become your own coach. Time to push for greater levels! In your calling, your Life Mission. I'm here to help beyond 90 days. #Friends4Life positive Relationships are Sacred!

90 days Graduation day! A Big celebration! Possible video shoutout? Certificate!

*DISCLAIMERS: For True success! My GOAL RESULTS (Cooperation 100% From Coach & Client)  
Transformation of MINDSET-SPIRIT & Behavior. licensed, Certified Results Coach Specializing In  
Optimization of the Mind. I do not treat, diagnose or counsel Mental illness.*

*Santos Rolon Jr.*

*Stockton, Ca.*

*I am a fucking bad ass!! @ Transformation..*