

Programme Overview

CREATING MY GOOD LIFE

Create a life you will truly love to live every day

Phase

1

Is it time to course correct?

Seeking my next path

Connecting with vulnerability, being free to choose, getting ready to be awesome, dismantling the barriers.

2

Choices, Courage & Consequences

Preparing to change

Following my dreams, getting to where I am today, growing courage and accountability, moving through fear.

3

Stepping into Being Me

Making life changes

Understanding what it is to live an authentic life, exploring my values and beliefs, learning characteristics to support change, growing into me by achieving my goals.

4

My Authentic Life Formula

Taking consistent action

Living my truth day by day, staying the course, overcoming obstacles, mastering my morning.

5

My Life Conversations

Exploring my good life

Starting my life conversations, exploring life dimensions, re-imagining what's possible, creating my action plan for my good life

6

How to live my truth

Experiencing my good life

Letting go of what holds me back, living to be me, getting out of my own way, experiencing my good life.



If you believe you're worthy of happiness, if you're ready to change yourself, to live your best life, and be accountable for managing the consequences – then ekoYOU is here... waiting for you.