

# LUXURY

## *State of Mind*

1:1 COACHING PROGRAM

## Program Structure

**Duration: 8 weeks**

### **Week 1: Discovery & Goal Setting**

Initial coaching session to assess your current situation and aspirations.  
Establish clear, actionable goals tailored to your vision of a luxurious lifestyle.

### **Week 2: Self-Value Assessment**

Explore beliefs around self-worth and identify growth areas.  
Engage in exercises to recognize and appreciate your inherent value.

### **Week 3: Intentional Living Strategies**

Develop personalized habits and routines that promote intentional living.  
Identify small changes to incorporate luxury into your daily life.

### **Week 4: Mindset Mastery**

Discuss limiting beliefs and cultivate a growth mindset.  
Practice exercises that enhance resilience and emotional intelligence.

### **Week 5: Elevating Your Daily Experience**

Explore techniques to enhance your everyday life and create moments of joy.  
Share tips for integrating fulfillment into your routines.

### **Week 6: Authenticity and Self-Expression**

Focus on the power of authenticity and its impact on your life.  
Develop strategies to express your true self confidently.

### **Week 7: Overcoming Challenges**

Identify current challenges and strategize to overcome them.  
Create a personalized action plan to navigate obstacles.

### **Week 8: Reflection & Future Planning**

Reflect on your progress and the journey over the past 8 weeks.  
Develop a sustainable plan to continue living intentionally and embracing your luxury lifestyle.

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