



HAQQ LIFE
SOLUTIONS
Life, Family and Relationships Coaching



12
WEEK PROGRAM

Life Goals Consultation

WWW.HAQQLIFESOLUTIONS.COM

12-Week Wellness Coaching Program

The journey to wellness is a life-long process that includes triumphs and setbacks. Life skills are not a one-stop shop deal; they take unwavering faith in God, commitment, time, practice, and patience.

The Haqq Life 12-Week Program will provide the building blocks to secure the skills you need for health and wellness in your life and religion.

The one major factor in any wellness journey is what tools you have to build and who supports you during your building process. I am not only here for you but also with you through it all. Your journey starts with a discovery call.

Discovery Call:

On this initial call, we will become acquainted with one another. We will clarify our commitments to your overall 12-Week Wellness Plan. You will know what to expect from me and me from you. Together, we will discover your areas of need and set wellness goals to meet over 12 weeks.

Each quarter of your specifically tailored Program (4-week period), we will meet a desired growth milestone. You will be journaling and other action plans in between sessions.

- With my Program, you will receive a one (1) hour weekly scheduled session via Zoom, telephone, or whichever is convenient.
- You will be able to reach me in times of distress as needed in between sessions.
- Guided meditations and visualization exercises to enhance your learning experience.
- A curated library of affirmations, prompts, and exercises for ongoing exploration.
- At the end of the 12 weeks, we will recap on what we've accomplished together.

Note

This framework is a flexible guide, and specific interventions and exercises can be adapted based on individual needs and preferences. The core focus is on providing tools and guidance for exploring your inner world, understanding your motivations, and embracing your authentic self with acceptance and self-compassion.

- Collaboration with mental health professionals may be recommended for further support and individual therapy.
- Fostering a safe and non-judgmental space is essential for participants to feel empowered to share their stories and heal.



Life Goals Consultation: 12-Week Program

Create an inspired vision for your future. This Program helps you gain clarity on your core Values, Passions, and Purpose. We'll identify the dreams closest to your heart and map out an action plan for living your most fulfilling life. You'll walk away with a detailed roadmap for setting and achieving ambitious goals across all areas - career, relationships, health, personal growth, and more.



Quarter 1: Foundation & Discovery (Weeks 1-4)

Uncover Your Vision: Define your ultimate aspirations in various life areas (career, relationships, health, etc.). Explore intrinsic values and guiding principles.

Identify Obstacles: Recognize limiting beliefs, fears, and external challenges that hinder your progress. Understand these roadblocks as stepping stones, not insurmountable walls.

Craft Your Map: Develop a personalized roadmap with SMART goals (Specific, Measurable, Achievable, Relevant, and Time-bound) for each aspiration. Break down big dreams into actionable steps.

Ignite Motivation: Discover your "why" behind each goal. Tap into internal motivators like passion, purpose, and the joy of self-growth.

Quarter 3: Refining & Mastery (Weeks 9-12)

Refine & Adapt: Evaluate progress and adjust your roadmap as needed. Embrace flexibility and continuous learning as circumstances evolve.

Build Confidence and Resilience: Develop strong self-belief and the ability to bounce back from setbacks. Celebrate challenges as opportunities for growth and learning.

Master Habits & Routines: Integrate goal-oriented habits and routines into your daily life. Create sustainable systems for long-term success and continued growth.

Prepare for Lifelong Transformation: Develop self-coaching skills and strategies to maintain momentum and achieve future goals independently. Celebrate the newfound empowerment and lifelong journey of self-discovery.

Quarter 2: Taking Action & Building Momentum (Weeks 5-8)

Embrace Accountability: Schedule regular coaching sessions for progress check-ins and course correction. Utilize tools like habit trackers and progress journals.

Develop Skills & Strategies: Equip yourself with strategies for overcoming roadblocks. Learn time management techniques, effective communication skills, and decision-making frameworks.

Nourish Well-being: Prioritize self-care practices like healthy sleep, mindful movement, and stress management techniques. Recognize the connection between well-being and goal achievement.

Celebrate Milestones: Acknowledge and celebrate each accomplishment, big or small. Rewarding yourself reinforces positive behaviors and keeps you motivated.

Exit Session:

Reflect on your overall journey, share your triumphs and learnings, and discuss strategies for ongoing self-coaching and goal achievement beyond the Program.

COACHING INVESTMENT

\$2400

FULL PAYMENT OFFER

\$1997

CONTACT



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