



2021 WHOLE SELF

PLANNING WORKSHOP:

ADDITIONAL RESOURCES



THANKS FOR COMING!



I hope you enjoyed our discussion and the process of reflection and planning. I encourage you to take the parts of this that really work for you and make it an annual planning ritual!

Here are some additional resources for you, in case you are interested to deepen your process, or to go a step further into creating a very specific and tactical action plan to get sh*t done.



Also, thank you for showing up to what might have been your first exposure to coaching! It can feel different than the advice or mentoring we have received in our careers, but it is one of the most powerful tools for growth that I have ever found.

Cheers to showing up **whole** this year.

Additional Resources



- Click the link here for a great ["big picture" planning method](#).
- Click the link here for a great ["next right thing"-type planning tool](#).
- Listen to our [past years of planning episodes](#) on the Life & Leadership Podcast!
- Click the link here for ideas to establish a [gratitude practice](#).



IN CASE YOU FORGOT TO TELL YOURSELF TODAY...

You are smart.
You are strong.
You are kind.
You are beautiful.

You are loved.
You are worthy.
You are enough.
You can do **anything**.

2021: Go drive it like you stole it.

Much love,



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Leadership coach. Keynote speaker. Creator.



www.teamawesomecoaching.com

www.katierasoul.com



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