

YEAR OF ACHIEVEMENT

Welcome to the Class of 2018!

On this site, you'll find all of the information you need to set killer goals and stick to them along with creating a wonderful meditation practice.

All of the videos for the upcoming months will be available on this site, as well as any downloads available for you to print.

We believe that by working with both your goals and spirituality you will see the most significant leaps forward. We understand that some people might just like one of the subjects. No problem - enjoy some if it or all of it. It's up to you!

EACH MONTH!

We'll have a 15 minute Achievement Session where Kate will go over how to tackle your goals over the coming month. We'll send you any information you need. Just tune in with your list of goals and calendar for the session. This will help you keep up-to-date with your goals, track them, ask us any question, and celebrate your successes!

We'll also include a subject of the month AND 3 tips for that subject to help you in various parts of your life. In addition, we'll have a new 2 minute mediation to help you in that part of your life.

Let's have fun and success this year!

So glad you are a part of it.

Kate