



# THE PATH TO PERSONAL GROWTH PLANNER

MORE by Email - Accountability Coaching



# The MORE by Email – Accountability Coaching

How to Get the Most From Your Coaching Month with MORE by Email

## Welcome to MORE by Email

This is not a generic coaching program. It is bespoke accountability coaching delivered directly to you via email. Over the next month, you will use this framework to build momentum, strengthen resilience, and commit to consistent growth.

## What makes this different:

- Personal replies from me within 48 hours.
- Tools designed specifically for results.
- Flexible — fits into your life, no live sessions required.

## How It Works

- Each month you receive up to **5 Guided Reflection Letters** (emails).
- You send me your reflections — I reply with insights, reframes, and prompts.
- Replies arrive within 48 hours, Mon–Fri.
- Your coaching space is reserved for each month over 12 weeks. Emails must be used within the month – they do not roll over.

## **What to Expect Each Month**

### **Month 1 — Orientation + Foundations**

- Set focus using the Start-of-Coaching Focus Sheet.
- Begin noticing sparks and small steps.

### **Month 2 — Momentum + Accountability**

- Track progress with your reflections.
- Choose one free guide or workbook (worth \$20 or less) to support your focus.

### **Month 3 — Confidence + Next Steps**

- Build evidence of change and capture progress in a Personal Growth Map.
- Choose another free guide or workbook to deepen your practice.
- Leave with proof of progress and clarity on what comes next.

## **Mini vs. MORE**

### **The Basic Path**

- Follow the mini-lessons and send your reflections.
- This alone will get you results.

### **The MORE Path**

- Use extra tools, journaling prompts, and optional guides.
- This creates deeper transformation.

Both paths work. The difference is in how far you choose to go.

## **Your Role (How to Get Results)**

- Send your Focus Sheet at the start of the month.
- Write 1–2 paragraphs per reflection (it does not need to be long).
- Be consistent — use your 5 reflections. If you don't send, you don't grow.
- Print your worksheets/reflections and keep them in a binder. Your binder becomes living evidence of your growth.

## **My Role (What I Will Do)**

- Reply within 48 hours (Mon–Fri).
- Use reflective coaching, NLP tools, and prompts to help you see clearly.
- Focus on keeping you in **momentum** so you don't lose track.
- Provide encouragement, reframes, and accountability when you need it most.
- If you don't hear from me, check your spam folder or contact support.

## **Setting Up Your Environment for Success**

### **Choose Your Space**

- Keep your binder and pen in one place (or your digital copy on your desktop).
- A consistent spot = fewer excuses, more follow-through.

### **Pick Your Time**

- Same time each week works best (e.g., Sunday evening or Friday morning).
- Link it to an existing routine (e.g. after making my morning coffee I will complete a worksheet or during my lunch break I will read the next week's worth of coaching material).



## **Remove Friction**

- Print the first 4 weeks in advance, so you are ready.
- Put a reminder in your calendar for when you'll send your reflection email.

## **Signals of Commitment**

- Light a candle, open your favorite notebook, or create a ritual that says, "this time is for me."
- Small rituals make it easier to show up week after week.

## **Accountability Rhythm**

- Complete your weekly section → email me your reflection → get your reply.
- This rhythm is where progress happens.

Remember, this is about creating small signals that remind you to show up for yourself.

Each time you print a worksheet, open your binder, write your reflection, or send your email, you are proving that your growth matters.

The environment you set now will carry you through the weeks when motivation dips and by the end of these three months, you will have clear evidence that steady steps create real change.

## **Refund & Cancellation Policy: Fair & Honest Policy for MORE by Email**

Because this is a personal coaching service delivered through time and attention, refunds work differently than with digital downloads. Please read this carefully before committing.

### **Commitment**

- MORE by Email is a **3-month minimum coaching program**. Your space is reserved for the full 12 weeks.
- You receive up to **5 Guided Reflection Letters (emails)** per month, for a total of 15 during the program.
- Unused emails **do not roll forward** into future months.

### **Refunds & Cancellations**

- **No Mid-Program Refunds:** Once the program begins, your space is held for the full 3 months and cannot be refunded, even if you do not use all of your email exchanges.
- **Cancellation After 3 Months:** If you do not wish to continue after the initial 3 months, simply do not renew for the next cycle.

### **Exception**

If you sign up, send your first reflection, and realize this is not the right fit, email me within 7 days.

I will refund you the fee **minus an admin fee** of \$50 to cover access to the full program materials, which are yours to keep.

This exception applies as long as you have not used more than 1 reply. After that, all sales are final.

### **Why This Policy Exists**

This protects both of us:

- You receive a clear, reliable coaching space where I am fully committed to your growth.
- I can give each client the time and attention they deserve without overbooking or holding empty spaces.

### **Encouragement & Final Notes**

- This is not a magic formula. It works if you use it.
- Every reflection you send is progress.
- Your binder becomes living evidence that you are changing.
- By the end of three months, you will have clarity, momentum, and confidence to continue forward.

**Remember:** This is bespoke accountability coaching. It is personal, practical, and designed to get results — if you show up.

Inspirational Guidance

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