

CUSTOM COACHING PROGRAM

Embark on a guided path
to renewal, growth, and
transformation with
Forever Young.

CHERYL D BLAKE
THE BLAKE TOUCH

3-MONTH CUSTOM COACHING PROGRAM



UNLOCK YOUR POTENTIAL
AND LIVE LIFE TO
THE FULLEST.

CHERYL D BLAKE
PERSONAL TOUCHPOINT®

Welcome to Forever Young where we'll redefine aging and empower you to reclaim your life.

- Embrace Vitality: While we can't halt the aging process, our mindset fosters vitality and growth.
- Break the Cycle: Are you stuck in repetitive aspirations, feeling frustrated year after year? It's time for a change.
- Shift Focus: Let's move from repetitive goals to lasting results by implementing key concepts and navigating challenges.
- Take Control: Are you ready to seize control and create the change you desire?

At Forever Young, we believe in:

- Establishing Habits: True transformation begins with habit formation.
- Self-Accountability: Keep promises to yourself and prioritize your well-being.
- Supportive Community: We provide tools, guidance, and support for lifelong fulfillment.

Join us on this transformative journey. Unlock your potential and live life to the fullest with Forever Young.

Embrace Change. Embrace Forever Young.

- Learn the principles, strategies and techniques to help you chart a course to successfully achieve the change you want.
- Discover the barriers that have been getting in your way and how to overcome them.
- Identify and replace old thought patterns, programming, beliefs, and non-productive habits so you can accomplish the change you **want** and **need** to enjoy the benefits you are striving to achieve.

FY IS A 3-MONTH MINIMUM MENTORSHIP COMMITMENT. YOUR INVESTMENT INCLUDES:

- TOTAL: 9 x 60-minute Zoom calls (6 bi-weekly calls for 3-months) + an additional 3 x 60 minute calls during the 3 month period.
- A shared Goal Achieving Blueprint.
- Assignments and recommended reading.
- WhatsApp accountability chat.
- Pre and post coaching call review and preparation by Cheryl Blake.

***FY is a 3-month minimum mentorship commitment to your change, growth and transformation that is renewable following a 3-month evaluation of results achieved.**

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BOOK YOUR FREE
'LIFE BY DESIGN' CALL HERE