



Hi, I'm Kathleen

Hi! I'm Kathleen Hargrove - I coach empty nesters to reclaim their forgotten dreams and live vibrantly in this next phase of life.

Don't know where to start?

Use my **5 Step Guide** to get started reclaiming your dreams and moving towards your vibrant future!

I coach women, who have spent the last several years taking care of their families to -

- get organized and find calm in their homes
- update, upgrade and love their image
- learn to stick with goals and realize and achieve their lost dreams

If you are an empty nester, chances are you have spent years taking care of the family. Now your house has left-over sports equipment, games and miscellany from bygone days. Meanwhile, you have let your personal self care and fitness go. Your personal style is gone. But now you are ready, - *ready* to remember those dreams you once had that are stuck in the corners of your memory bank.

If you know you want more but don't know where to start, can't keep going and want some guidance on where to start and what to do, I can help!

My coaching program will give you the action steps and just when you want to stop, I will be there with a coaching call and the new action steps to take!

Let's reconnect you to your dream and create a vibrant life in this next stage of life!

5 Steps to creating a Vibrant Life

DREAMS AND GOALS -

LIST ANY AND ALL DREAMS AND GOALS THAT COME TO MIND

Blank lined area for writing dreams and goals.



IN 5 YEARS...

WHERE WOULD YOU LIKE TO BE AND WHAT WOULD YOU LIKE TO HAVE ACCOMPLISHED

18 horizontal lines for writing.



PERSONAL STYLE - REALIZE/REDISCOVER/REINVENT

DETERMINE YOUR PERSONAL STYLE WITH THE QUESTIONS BELOW

IF YOU PREFER

YOUR STYLE IS

EDGY, BLACK AND BOLD COLORS, UNIQUE AND SHARP/BOLD JEWELRY

MODERN

COMFORT, DENIM, SNEAKERS, LEGGINGS, T-SHIRTS WITH MINIMAL JEWELRY

SPORTY

FLORALS, DRESSES, SKIRTS, BLOUSES, FLOWING PANTS AND DELICATE JEWELRY

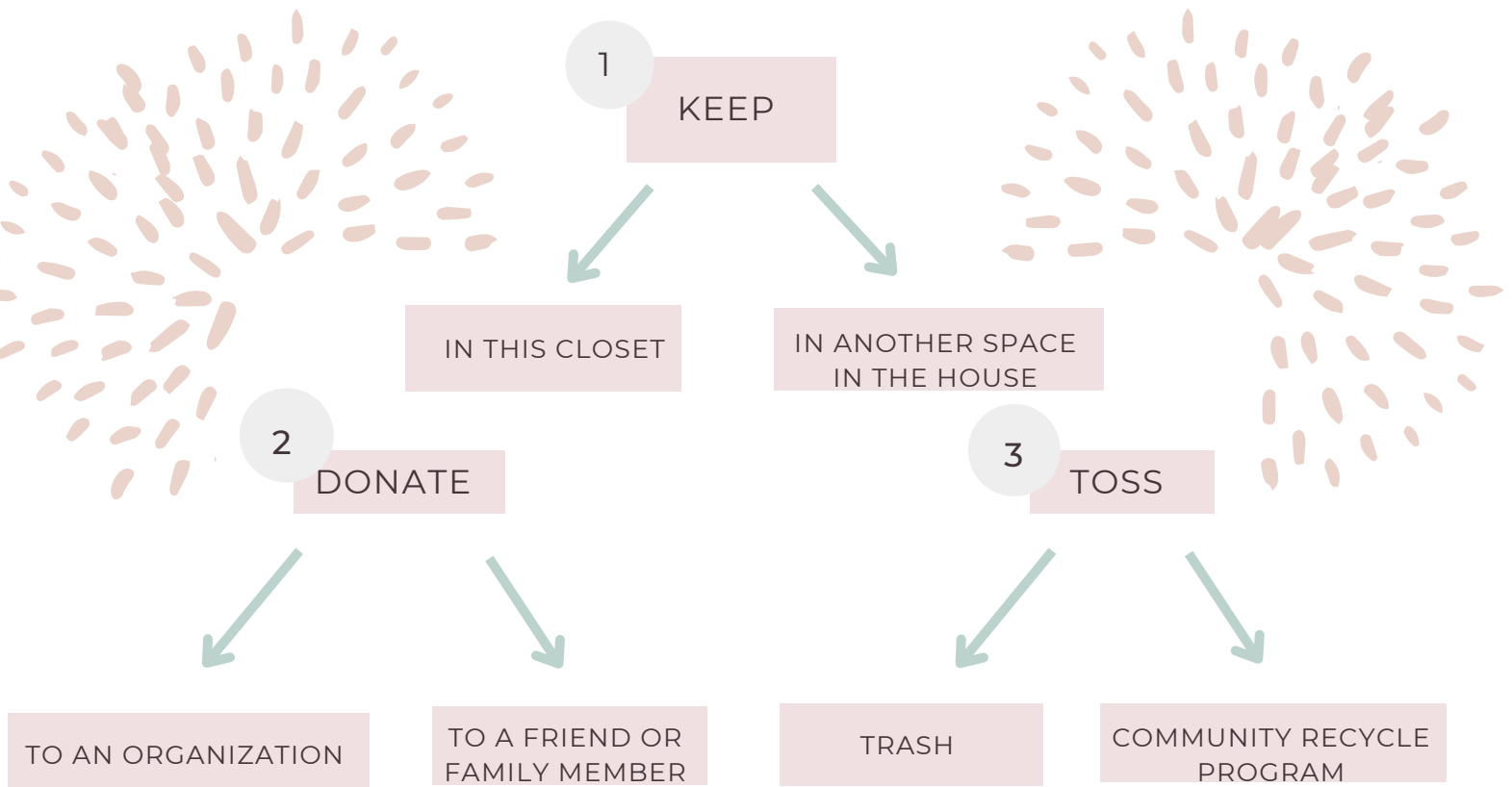
FEMININE

TAILORED CLOTHING IN NEUTRAL COLORS WITH PEARLS AND GOLD JEWELRY

CLASSIC

ORGANIZE YOUR CLOSET

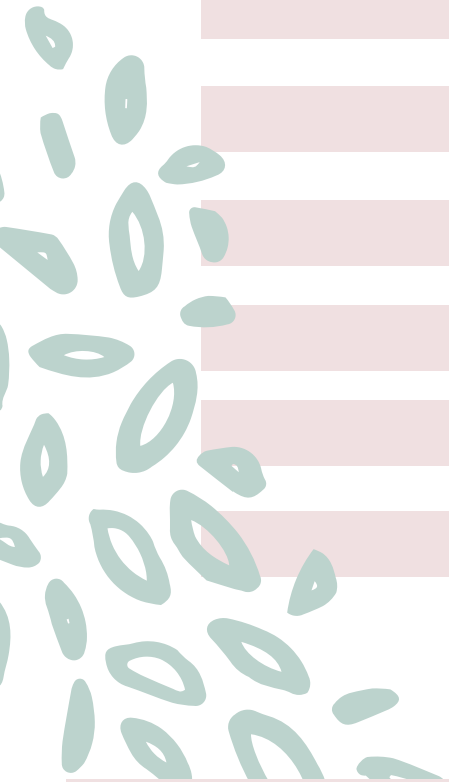
USE THE FLOWCHART BELOW FOR EACH ITEM IN YOUR CLOSET



GRATITUDE LIST

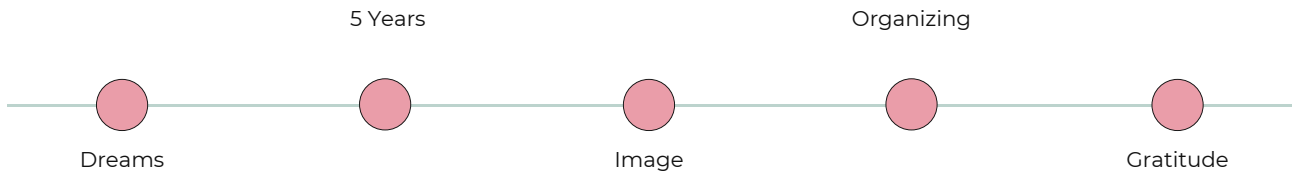
HAPPINESS BEGINS WITH GRATITUDE - LIST MANY THINGS YOU CAN THINK OF TO BE GRATEFUL FOR

Blank lined area for writing a gratitude list.



Five Step Checklist

Mark off what you accomplish and make notes below



DREAMS

5 YEARS

IMAGE

ORGANIZE

GRATITUDE

Notes For You

