



K&K Alliance Group

CAREER DEVELOPMENT & LIFE COACHING · KRISTA RICKMAN

(404) 624-6683

www.kandkalliance.group

krista@kandkalliance.group

MOMENTUM PACKAGE · 6 SESSIONS · PAGE 1 OF 3 — THE PATTERN

The 90-Day Pattern Map

You don't have a discipline problem. You have a pattern — and patterns can be mapped, understood, and changed. This is the work we do across six sessions: build a plan that survives your bad weeks, not just your good ones.

This worksheet is just an example. In our session, we go deeper than any worksheet can — and everything we cover is focused entirely around you and your needs. There are no right answers here.

1 · My last three fresh starts

What they were — and where each one stopped. No judgment; we're collecting data, not confessions.

2 · The week (or day) it usually falls apart looks like...

3 · What I say to myself right after

Would I ever say it to a friend who was struggling? Then why is it fine for me?

4 · If my pattern could talk, it's really trying to protect me from...

Quitting is usually conservation, not laziness. What is it conserving you for?



Rhythm, not motivation

Motivation shows up for the first two weeks. Momentum is what you build for the other eleven. It's not louder effort — it's a rhythm small enough to keep on your worst week.

5 · What could I honestly keep doing on my WORST week?

Think embarrassingly small. Ten minutes counts. Small kept promises rebuild self-trust.

6 · What drains me — and what restores me

DRAINS

RESTORES

7 · The shame check

Where does guilt slow me down more than laziness ever did? What would change if I dropped the trial?

8 · Who makes me feel capable — and who makes me feel behind?



The plan that survives week three

Six sessions over 90 days: a practical plan, weekly rhythm, and someone in your corner who won't shame you when a week goes sideways. Sketch yours:

Rhythm	My version (small enough to keep)
Daily	
Weekly	
Monthly	

9 · Milestones: Day 30 · Day 60 · Day 90

10 · If I actually kept this for 90 days — who's standing there in January?

Describe them. That person is buildable from here.

Six sessions. One pattern, rewritten.

Momentum Package — six 60-minute sessions for \$960 (save \$504). Best value, biggest change: plan + accountability + a coach who treats your worst week as data, not failure. Start with a **free 20-minute discovery call**.

Call or text (404) 624-6683 · www.kandkalliance.group

Coaching complements therapy — it never replaces it. Everything you bring stays between us.