



The Rebuild

Some changes aren't one decision — they're a rebuild, room by room. Career and life at the same time, because they never happen separately. Twelve sessions, one person becoming who they're actually supposed to be. Answer only what feels safe today. This page will wait for you.

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.

2 • The LIFE room

Same questions — home, people, health, faith, money.

1 • The CAREER room

What fits? What's outgrown? What would I build if I could?

3 • Which room am I most afraid to open? (You don't have to say why yet.)

4 • Who did I have to be to get through the last few years — and who am I allowed to be now?

Take your time. The second half of this question is the important one.



What the rebuilt version protects

Rebuilds aren't just about what you're chasing — they're about what you refuse to lose again. This page sets the foundations.

5 · My non-negotiables now

Mind, heart, body, money, people — one line each.

6 · One boundary I'd set if I fully trusted myself to keep it

Script it like you'll say it: "When _____, I will _____."

7 · What settles my nervous system in five minutes or less?

Name three. You'll need them on the hard days — they're part of the plan, not a reward.

Protect your mind. Guard your heart. Regulate your nervous system.

8 · What am I done carrying?

Not everything rebuilds with you. Some things get to stay behind.



K&K Alliance Group

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TRANSFORMATION PARTNERSHIP · PAGE 3 OF 3 — SIX MONTHS OUT

The letter

Twelve sessions is roughly six months of your life. Write to the person you're about to become. Then we build the bridge, session by session.

9 · A letter to myself, six months from now

What's different? What did I stop carrying? What am I proud of? What does an ordinary day feel like?

10 · My support map — who and what helps me sustain this?

People, routines, places — and one coach who doesn't flinch.

11 · The first chapter starts with...

Six months. Twelve sessions. A different life.

Transformation Partnership — twelve 60-minute sessions for \$1,800 (save \$1,128; payment plans may be available). Sustained support for a career shift or a meaningful life change. It starts with a **free 20-minute discovery call** — bring this worksheet, and we'll read it together.

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

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