

# MOMENTUM

## IGNITE THE CHAMPION WITHIN

Momentum check-ins allow for continuous and consistent encouragement and accountability in implementing action steps to your desired results. This is your time to get what you need to keep moving forward in any area of your life!

It can be difficult to stay on track when faced with courageous bold steps or baby steps toward your inspired goals. We all need encouragement, redirection, a little nudge or a big round of applause.

## WHAT YOU CAN EXPECT

### A relatable mentor you can trust to help...

- ✓ Evaluate your progress
- ✓ Celebrate your successes
- ✓ Receive encouragement
- ✓ Identify barriers to your success
- ✓ Make adjustments to your plan
- ✓ Sounding board for clarity on difficult issues

## Pick the package that best supports your success!



	# of check-ins	30 minutes	60 minutes
<b>Spark</b>	1	\$ 100	\$ 150
<b>Ignite</b>	3	\$ 250	\$ 450
<b>Burst</b>	6	\$ 500	\$ 850
<b>Explode</b>	12	\$ 1,000	\$ 1,600
<b>Off the charts!</b>	24	\$ 1,600	\$ 3,000

Special  
pricing with  
**Red Ribbon  
Quest**  
packages



According to a study at the Dominican University of California, you are 78% more likely to achieve your goals when you report your progress weekly to someone who believes in you.

**Pam Finch**  
**Your champion for change!**



**Red Ribbon**  
Consulting, LLC

pamela.s.finch@gmail.com • (218) 820-2268 • [www.redribbonconsulting.com](http://www.redribbonconsulting.com)