



LIVEstyle

A Daily Practice to Navigate REAL Life
With Curiosity & Intention.

KALSWCOACH.COM



The REAL FrameworkTM

The REAL Framework is a tool to inspire you to live in your greatness.

REFLECT

- What's going well & what feels off in this moment?

ENGAGE

- Which thought would be helpful to explore more?

ALIGN

- How does this support who I am or who I am becoming?

LEAD

- What intentional step can I take to move forward?

Practice this for 7 days in a row & connect with Nancy through this link
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