

Choose Your Lane

Commit to where you are going first. Name it. Own it. Build it.

SESSION ARC · 90 MINUTES

01

Opening Frame 5-10

Bridge review — participants share the signal they sent after Session 3 and what it revealed. Who responded? What did the response data point toward? Grounds the room in real evidence before the lane commitment begins.

02

Teaching 15-20 min

Choose Your Lane framework delivered via presentation. The six lanes — Individual, Couples, Group, Corporate, Retreats, and Breathwork Parties — what depth in each one produces, offer structure logic, and the 90-day to 12-month growth arc.

03

Silent Work 15-20 m

Complete the Session Worksheet independently. Data summary across three signals, lane commitment with the why, first offer structure across format, duration, and transformation, 90-day action plan, and 12-month vision. Say your lane out loud first, then write it.

04

Hot Seats 20-25 min

Two participants name and commit to their lane live with the coach. The resistance surfaces here — financial fear, FOMO, not feeling ready. The group watches each commitment made in real time and learns from both the clarity and the struggle.

05

Commitment 5-10 min

Each participant reads their lane declaration and first offer aloud. Complete Post-Session Commitment form today. 72-Hour Bridge begins now — one move inside your lane before Session 5. Not a strategy. One real action.

SESSION FOCUS

Confirming the conclusion

You are not making a decision. You are confirming what your nine words, your ideal client, and your bridge reflection have already pointed toward. Six lanes. One commitment. The magnet does not change.

YOUR OUTPUT TODAY

Lane Declaration + First Offer

Lane named and locked. First offer structured from what the lane requires. 90-day plan with three specific commitments. 12-month vision written. One move inside your lane before Session 5.

REMINDER: Submit your Session Worksheet in the portal before closing this tab. Your Tally form is the official record.