Welcome to *Jen Shea Coaching* & *Bohemian Branding* where we talk all things *Coaching*, *Business Building* & *Branding*.

Happy New Year ,

I am so glad you are here and reading this message. It makes my day!!

I am thankful for the opportunity to send you this message and tell you how grateful I am that you are a part of this little community.

Everyone talks about new beginnings on January 1st, don't they? A fresh start and an opportunity to openly talk about the things you want to do differently. New year's resolutions!

I will share with you what I did differently, leading up to this new day and new year!

For the past 12 years, since I started my own business, I have reflected a little and stated what I wanted for myself and my business, for the coming year. And, that is always where I left it.

I'm a 'big picture' girl. I know exactly what I want, but I never *really* did the work involved with planning 'how' I would achieve my goals and dreams. So, each year, I set myself up for potential failure.

I'm really great at doing all these things for my clients, but honestly I sometimes struggled to do it for myself. *Aren't all coaches like that?*

So, this year I not only wrote my big goals but my little ones too. I made my lists (2, one for my personal and the other for my business) and I numbered each one. Then, on a separate page I brain-dumped all the details. What does that goal look like? When do I want to achieve it. How will I make it happen? Then, breaking that down to micro-planning it.

I'm not finished planning my year yet and that is OK! I am 100% further along than I've ever been on January 1st. I have things on paper and I have poster boards I'm working on (Vision Boards for my business), and I'm motivated!!

And, I'm extremely proud of myself!

What things are you hoping to change, if anything? *Perhaps I can help!*

Let's Talk. Send me a message or book a free call!

I would love to hear from you!

Please, reply to this email, send me a message or click on the button below to connect with me and let me know what topics you'd like to learn more about.

I'm excited to be able to answer your questions and share

thoughts and ideas to help you create your ideal business and a strong brand.

Jen

Schedule a Free Call With Me

"I can to help you get clear on your business strategies and goals, create a strong first impression and develop your business brand."

"A brand is the set of expectations, memories, stories and relationships that, taken together, account for a consumer's decision to choose one product or service over another."

~ Seth Godin

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