



Program Options and Pricing Plans

Level 1: The 7-Day B.R.E.A.T.H.E (c) Power Challenge.

This entry level program may be considered a "soft-challenge" or a warm up exercise in your change process. It calls for a commitment to **one simple Change Action every day for seven days** in each of the B.R.E.A.T.H.E elements. This is a convenient, affordable, repeatable fun challenge you can take as often as you wish as challenge activities will be updated periodically. It is especially enjoyable when you team up with someone as an accountability partner. Here's what's included:

- Self-Study Online Course
- Daily Power Challenge: Checklist of 3 challenge options per day for each B.R.E.A.T.H.E element
- Daily Quote Reflection
- Daily Scripture Memorization
- L.I.F.T – Laura's Insight for Today
- Access to Closed FB group

Price: \$7.77 USD

Level 2: The 7-Week B.R.E.A.T.H.E (c) Contemplation Challenge

The Contemplation challenge builds on the Power Challenge by increasing the level of intensity for activity options, and requiring a higher level of intentionality and commitment. Contemplation is the second step of the Stages of Change Model and is usually characterized by some ambivalence. Participants will cycle through each of the B.R.E.A.T.H.E elements per week for seven weeks. In this way, participants have more time to **contemplate, formulate** and **habituate** a weekly plan of change. Here's what's included:

- Self-Study Online Course
- **Coaching Videos**
- Weekly Power Challenge: **Checklist of 7 challenge options per week for each B.R.E.A.T.H.E element**
- Quote of the Week
- Weekly Scripture Memorization
- L.I.F.T – Laura's Insight for Today – Video
- Access to Closed FB group

Price: \$49.99 USD



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Level 3: The 7-Month B.R.E.A.T.H.E Continuity Challenge

This is the long-haul Super Challenge for permanent lifestyle change. Just to be clear, permanent means a mindset to change whatever needs to be changed at any specific stage of your life for the purpose of moving you to a sense of calm and assurance. The engagement level of this challenge increases in personal intensity, intentionality and commitment and may include activities that require financial commitments, for example, setting up an estate plan or making an investment. Participants of the **B.R.E.A.T.H.E Continuity Challenge** will cycle through each of the B.R.E.A.T.H.E elements several times per month for seven months. Activities will be progressive allowing time for processes like filing legal paper work, saving towards a goal, or completing a training program. Here's what's included:

- Self-Study Online Course
- Coaching Videos
- 2 x 50 min Interactive Online Coaching Calls per month (value \$150 per session)
- Baseline and Progressive Assessments
- Personalized plan of challenge options for each B.R.E.A.T.H.E element based on assessment results
- Quote of the Week
- Weekly Scripture Memorization
- L.I.F.T – Laura's Insight for Today – Video
- Access to Closed FB group

Price: \$149.99 USD per month (10) months

Note: NO PERSONAL INFORMATION WILL EVER BE REQUIRED FOR DISCLOSURE in this program. No additional charges will be made for any suggested activities. However, some selected activities may result in you incurring a cost. Additional coaching calls by various B.R.E.A.T.H.E resource professionals, are billed separately and are solely at your discretion.