

# 30 Days Toward Becoming Healthy, Productive, and Stress-Free™



## Personal Development Program Pricing

*Are you suffering from "lack"?*

- lack of motivation
- lack of focus
- lack of accomplishment
- lack of joy

*Are you ready?*

- Are you ready to make change that actually lasts?
- Are you ready to make the effort to step away from what's not working for you?
- Are you ready to finally do what you have been thinking about...talking about...promising yourself?

### *"Success Achieved...Simply" Membership Program*

This program provides you with a solid foundation to create a life and lifestyle which provides you the pathway to reach your potential: professionally and personally. We meet, as needed, over 12 weeks for one-on-one, customized, and coordinated coaching sessions in one of my offices, by phone, or video chat.

**One payment of \$2400 or 3 monthly payments of \$880**

### *"Success Achieved...Simply" Membership Plus Program*

This program provides you with all the resources of the basic membership program with the added resource of coordinated access to my wellness consultants (biomedical, sleep, movement, nutrition, weight loss, mindset management). This program includes up to 9 additional sessions with my wellness consultants over the 12 weeks.

**One payment of \$3600 or 3 monthly payments of \$1320**

### *The Path to Excellence Concierge Program*

This is your on-call, when-you-call, elite program for those wanting to make a longer term (6 months) and deeper commitment. All the resources of the *Membership Plus Program* with added benefits: guaranteed, priority email or phone support within 4 hours of request, daily email check-ins, and additional coaching sessions that you can share with your support system. Only 3 spots are available per calendar year.

**One payment of \$9000 or 6 monthly payments of \$3300**

*Grace Lichtenstein, MS*  
*Success Achieved...Simply*

