



KATY NELSON COACHING

Experience

HOPE Through Transition

Self-Care

ReDiscover Things You Enjoy

Walking, Biking, Training

Reading, Singing, Knitting

Katy is about Thriving in life! You will find her story and more at KatyNelsonCoaching.net





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PLAN

Make a Schedule

Do 1 Thing Each Day

Do 1 Big Thing Each Week



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RECONNECT

With Extended Family

Call a High School or College Friend

With a Friend from an Old Job

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DREAM

What do you want to do?

Where would you like to visit?

Who would you like to go with you?

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Be Curious

Take a Class

Learn a New Skill

Start a Book or Coffee Club

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Experience HOPE Through Transition

Have Courage

Enjoy a Train or Bus Trip
Stopping to Take in the Sites

Visit a Foreign Country
Plan an Extended Stay
Experience the Culture

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