



## Alignment Journey

*Gain clarity of YOUR purpose. Grounded in YOUR values.*

**Amber Vilhauer created The Foundational Four Framework that is detailed in her book, *Infinite Impact*.**

*My Alignment Journey will free you from the #1 regret in *The Five Regrets of the Dying* by Bonnie Ware:*

*"I wish I'd had the courage to live a life true to myself, not the life others expected of me."*

### The Journey

#### *This is for you if*

You are at or approaching a crossroads. You struggle to hear or accept the whispers telling you that you are meant for something more in life. You seek clarity on what you intend for your life going forward.

#### *What sets this experience apart*

Unlike goal setting tools, alignment allows you to set a course for your life, not for six months or a year. A certified alignment guide asks the questions that help you delve into what is most important for you.

#### *Through 1:1 coaching*

Conducted in two private coaching sessions, the alignment journey sets you on a course of purpose and impact. Optional ongoing coaching builds on the momentum. You identify and release whatever may hold you back from living fully.

### Foundational Four Framework

#### *Avatar*

##### **Your North Star**

Through writing a detailed narrative of your avatar's story, you unveil what you are meant to do or who you are meant to serve. You name the north star who will guide you in your decisions.

#### *Vision and Why*

##### **Drive every choice**

Based on the Avatar narrative, you create a tangible and realistic Vision and the equally important yet intangible Why. They have a reciprocal relationship that draws on your needs and desires.

#### *Distinctive Values*

##### **Ground you in your choices**

With clarity of purpose, you create values so distinctive and personal that they guide you to make the right choices to stay in alignment. They become embedded in how you speak of your purpose.

### *About Kathleen*

An Alignment Journey is a stand alone offering. More powerfully, it may be partnered with my coaching offerings including my signature framework, **Embrace Your Abundance**. All of these build on my professional experience and life lessons. My passion is deeply rooted in, and blends, these roles:

**Certified Alignment Guide • Certified Levin Life Coach • Certified Grief Educator  
Retired leader in University Alumni and Development • Humble Benefactor**

Visit [kathleenaquinn.com](http://kathleenaquinn.com) to learn more about her offerings, hear from Kathleen and schedule a complimentary consultation.