

## Successful Life Services

Your inner-game, your mind and spirit—your lifestyle, career, work, relationships, social, physical, spiritual, and intellectual environments—provide the sustainability and support, quality-of-life elements of a healthy, happy, successful life. With these, you fulfill your highest, greatest, happiest potential and build a life you love. I specialize in *love-your-life*® lessons and use three rules: Keep it simple; make it EASY; and set yourself up for success.

### **Anne Wondra, CHRM, CWC**

#### *Life, Soul, and Wellness Services*

- Lifestyle, wellness success plan - download assessment tool\*
- **1-Hour Lifestyle /Successful-Life Consult (\$75)**  
Individual discussion about your lifestyle and well-being sustainability factors. Together we'll create a successful life plan and support system so you can have and sustain the quality-of-life, personal happiness, and success you desire. Walk away with tips, strategies, and suggestions; a successful life guide to set you up for success.
- **Follow-Up Lifestyle / Successful-Life Consult (1-hour: \$60 or ½-hour: \$30)**  
Be accountable, empowered, and energized. Touch base with me to review the success plan you're committed to, the progress made, and the challenges you encountered. Exchange and receive guidance, insight, information; a co-creative collaborative dialog of expertise, resources, recognition, and recommendations on your life success desires and process.
- **Love-Your-Life® lessons, private edition (1 to 2 hours: \$135)**
- **Packages**  
**"Career / Business Track" – Transition, Promotion, Retirement Success Navigator, 1-Hour Consult and ½-hour follow-up (\$110)**  
These changes affect our inner-game success. And attitude is everything. Bring your notes of the experience and Anne will help you navigate your challenges in this new territory. She will also offer success strategies, recommendations, resources, and a guide for positive outcomes to support your inner-game and life success. "I always feel better when I talk to you." – M.  
  
**"Spiritual Track" – Self-worth, purpose, meaning, human-divine relations, guilt, end-of-life concerns, soul questions, for the non-traditional religious / spiritual. 1-Hour Consult, 1-hour follow-up, and personal peace plan (\$175)**  
Spiritual counsel and personal peace. Insight and guidance on spiritual concerns and questions. Find what is healthy and healing to your spirit and well-being; receive an individual personal peace plan to soothe, heal, and lighten your spirit.  
  
**"Self-Help Follow-through" – 1-Hour Consult and two (2) ½-hour follow-ups (\$120)**  
Get more sustainability from training; implement self-help, personal growth and professional development resources and intentions with follow-through, feedback, and mentor support.

\* Download assessment tool at [www.wonderspirit.com/wellness.html](http://www.wonderspirit.com/wellness.html)