



Find Your Way

Guiding College-Age
Women Towards
Deep Awareness and
Confident Action

MBN
Consulting

Self-Awareness

It's time to Check-in!

Big things are happening all around you! It's important to take a moment to check in with yourself. As we get started, take some time to evaluate how you are doing below:

Physical Health

How is your physical health? Do you sleep well and regularly? Do you provide your body the nutrition it needs in order to show up as your best self? Do you exercise as much as you would like?

Emotional Health

Do you feel like you're in control of your mood and attitude? Are you able to problem solve and cope when life throws you a curveball? Are you generally joyful and filled with peace? Or do you often feel worried or anxious about life?

Purpose

This encompasses your true calling and desired direction in life. Do you feel like you know exactly why you're here? Do you have a clear vision of what you're 'meant' to do?

Spiritual Health

Do you feel grounded in your own beliefs and values? Do you feel solid in your ability to hear from God and make decisions aligned with your faith?

Self-Confidence

How confident are you in your own skin? Your gifts and talents? Your body image? Do you look to others for validation and worth?

Relationships & Community

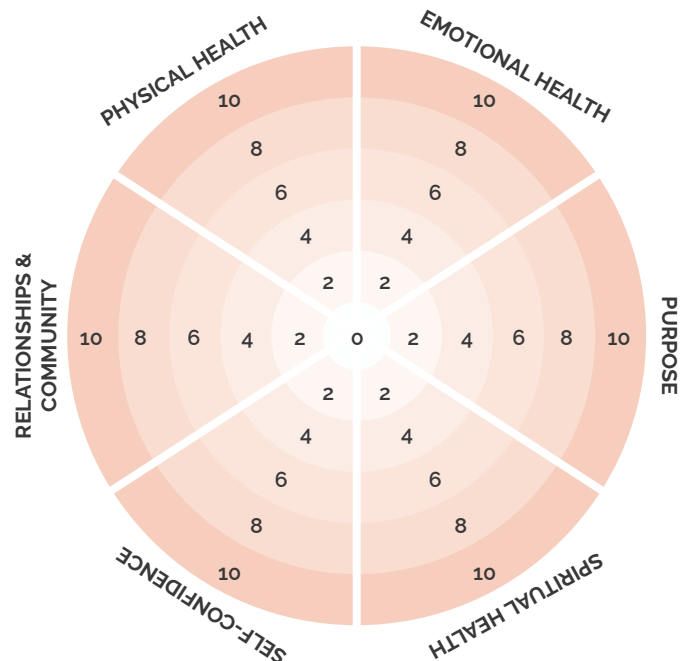
How would you rate the health of your current relationships - with friends, family, and/or significant other? Do you feel connected to something greater than yourself (a club, church, friend group)?

Additional Questions:

What are you most excited about at this point in your life?

What are you most nervous about?

What are your greatest/most natural gifts and talents?



Now, let's draw some insights:

What have you noticed about yourself? What action steps can you take right now in order to get where you want to be?

Write down the top three insights you gained about yourself from answering these questions:

01

02

03

Write down three specific action steps you can take to improve your overall health:

01

02

03

Build your dream life!

Take some time to map out your future and start dreaming about what this could look like for you! Want to hear the truth? YOU are in complete control of the kind of life you want to live! Pretty cool right? Take some time to map out your future and start thinking about what's possible for you.



Where do you see yourself in...

One Month

Six Months

One Year

Five Years

What is the reason that you chose the route you're currently on or are about to take?

How important is spiritual growth to you? Do you desire to grow in faith and your ability to hear God's voice in your life?

☐ Yes, please! ☐ Ehh, I'm unsure ☐ Nah, not at this time.

Quote:

"Wherever I go,
your hand will guide me;
your strength will empower
me."

Psalms 139:10

College Bucket List

This is your opportunity to map out what's possible for you to achieve in your college career. Check all that apply and add some in of your own!

- | | | |
|---|--|--|
| <input type="checkbox"/> Study Abroad | <input type="checkbox"/> Have a Job During College | <input type="checkbox"/> Go to a Football Game |
| <input type="checkbox"/> Join a Club | <input type="checkbox"/> Learn Something New | <input type="checkbox"/> Have Friendsgiving |
| <input type="checkbox"/> Go on a Mission Trip | <input type="checkbox"/> Take a Dance or Art Class | <input type="checkbox"/> Visit a Friend at a Different College |
| <input type="checkbox"/> Participate in a Service Project | <input type="checkbox"/> Get a Gym Membership | <input type="checkbox"/> Ace an Exam |
| <input type="checkbox"/> Go on Spring Break with Friends | <input type="checkbox"/> Make the Dean's List | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Volunteer at a Camp | <input type="checkbox"/> Join a Bible Study or Book Club | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Become a Youth Leader | <input type="checkbox"/> Play a Sport | <input type="checkbox"/> _____ |

A Healthy Version of Me

Map Out Your Ideal Day

- ✓ As you consider college life, how would you like to arrange your routines?
- ✓ Do you start your day with a workout or would you rather head straight to the library to get some work done?
- ✓ Do you prefer morning classes or night classes?
- ✓ When will you hang out with friends?
- ✓ When will you do the things that bring you joy?



Take some time to map out your ideal day below!

MORNING...

DAY...

NIGHT...

Imagine your week as a whole.

On a scale of 1-5 (1 being "Most important", 5 being "Least important") rank each activity's priority in alignment with your values/perspective.

- _____ Free Time
- _____ Exercising
- _____ Homework & Studying
- _____ Reading
- _____ Social Media, Connecting, & Scrolling
- _____ Relaxing
- _____ Studying
- _____ Being Creative
- _____ Hanging out with friends
- _____ Club Time/Sorority/Community/Church/etc.
- _____ Connecting with family and friends from home
- _____ Boyfriend/Romantic Relationship
- _____ Entertainment such as eating out, concerts, movies, etc.
- _____ Other Hobbies

Supporting Questions

What activities or hobbies light you up and bring you joy?

A large empty rectangular box for writing answers.

Are you incorporating these things into your life?

- ☐ Definitely! ☐ Sort of ☐ Honestly, not really

What things do you spend too much time on that don't enhance your life? What could you cut out in order to add more life-giving activities?

A large empty rectangular box for writing answers.

You are Not Alone

At the end of the day, here's what I want you to know.

YOU ARE NOT ALONE. Not by a long shot!

While college can be the most exciting time of life it can also be super stressful as you leave the comfortable shelter of home and blaze a trail of your own. You get to be in charge of your days and how you engage in the world. **You get to discover what it's like to live in a diverse community of people and learn new things.**

You get to take the wisdom you received from your parents, teachers, and coaches and implement those lessons in the real world. Sadly, the real world isn't always easy. In fact, sometimes it's downright confusing, lonely, and unaligned with your faith and values. **You will wonder if you're doing any of this 'right.'**

You will likely encounter adversity you didn't see coming. You will naturally lean on the relationship and advice of your parents, but it is also **an opportunity to do some soul searching and decision making of your own.**

As such, it can be helpful to have another trusted voice in the mix. **Someone you can process all the things with and not worry about how it sounds. Someone you can be real with and work through your feelings in order to figure out the next right step - one that aligns with who you are and what you want out of life!**

I am here for you. Here to help you listen for God's voice of love, encouragement, and challenge so you can face each day with more confidence, clarity, purpose, and peace.

xoxo - Megan

FAQ's

Is this confidential? Yes! But I will always encourage an open and honest relationship between parents and child.

Is there a certain start date or am I able to start anytime? It's a rolling start, meaning you can start anytime that suits your needs.

Option to continue to work together after the six months? Yes! We can determine the next best step.

Are there payment plans? Definitely.

What's the difference between counseling and coaching? Counseling helps you understand and heal your past. Coaching helps you take that healing to map out and move confidently into the future!

Parent Page: Check-In

This is an exciting time! But, as parents, we experience 'all of the feels' when it comes to seeing our children grow into young adults. Am I right? Parenting is definitely an art, not a science. Sometimes messy art at that! The truth is there can be a lot of emotions tied in when we're experiencing major life transitions in our children's lives and in turn, ours. **Even though change can be confusing and challenging, you don't have to navigate this alone.**

Check-In:

You are a foundational pillar and guide in your child's life.

As such, it's important to check in with yourself as well.

Answer the questions below to determine your thoughts, emotions, feelings, and wants for your daughter.

What's the most exciting thing about your daughter being in college?

What's the hardest thing about this transition for you?

What do you wish she could know about your hopes and dreams for her future?

Support in a Healthy Transition.

This is where I come in! My role as a life coach is to provide a safe, encouraging space for your daughter to regularly process what she's experiencing so she can make decisions from a place of deep self-awareness and take confident action in alignment with her values. In my years of experience in school counseling and youth ministry (including raising my four children), I've found that having an objective mentor in the mix actually ensures more open communication between parents and children.

When working with your daughter, I focus on...

Personalized Life Roadmap We'll discover her personal hopes and dreams while learning how to feel confident following the path created just for her.	Goal Setting Together, we will determine her personal goals and come up with tangible steps to get her there.	Decision Making Skills We will get to the root of every issue and equip her to make confident decisions in alignment with her goals and values.
Self-Awareness + Personal Growth We'll strengthen her self confidence, spiritual growth, and emotional health so that she can feel confident in herself.	Personalized Resources She will gain access to personalized resources to stay on the right track! Podcasts, books, journal prompts, etc. that fit her individual needs and interests.	Unlimited Communication + Support I will be there throughout the entire process whether your daughter needs someone to quickly chat with via text or a little extra prayer support during a challenging time.

Meet Your Coach Megan



A true believer of heart-to-heart connections + women empowerment

Megan Nilsen is a life coach who helps women discover who they are at their core - what they want out of life, why they want it, and guides them along the way of how to get there.

Scratch the small talk, Megan is a natural connector and space maker who is passionate about creating significant heart-to-heart connections. What lights her up? Going deep and getting to know the real you. **Her deepest desire is to set you free; to live a life of purpose and connectedness - to both God and others.**

What led her here?

Megan worked as a school counselor before God stirred her family's heart towards **adoption**. She became a published author after bringing her two youngest home from **Ethiopia** in 2011 and **the experience rocked all of their collective worlds**. Writing became her life-blood and free therapy. Once she realized she needed "for reals" counseling, **the lessons she learned felt too important to keep to herself.**

When the business coach she hired to help her live into her truest gifts and talents turned the tables and hired Megan as her spiritual life coach she knew she had something special to offer the world!

Her greatest joy is to help others uncover their hopes and dreams and live into the best version of themselves.

As a mother of four teenagers/young-adults, wife to her college-sweetheart, bible study leader, church elder, and author, Megan is a total people person who geeks out over good coffee, personality assessments, and podcasts. She's basically a Colorado native who lives under the shadow of Pike's Peak. She loves a bluebird ski day, CrossFit, and a therapeutic journaling session, but above all, enjoys her family time the most.

"I want to empower you to walk boldly in your place in the world and tell the story of a good and gracious God!" -Megan

Kind Words from Past Clients

"You have helped me so much to process everything and continue to work on my faith with such a great perspective. I am excited to have a plan and try the things you have suggested. You are the best!!"

"Your coaching is 'kingdom focused' - helping me understand myself better and myself as a person. You are helping me go through life, and tackle big decisions."

It's Your Time

It's your time to learn, explore, and become the best version of you. To find confidence in your own decision making and continually develop relationships in order to align your life with your personality, values, and faith.

It doesn't mean it's easy or linear. Heck, it's quite the opposite. Life can come at us with all kinds of twists and turns!

That's what I am here for; **to help you listen for God's voice of love, encouragement, and challenge so you can face each day as your bright, beautiful self - with confidence, clarity, purpose, and peace.**

Ready to Get Started?

Find the support you need in order to walk confidently in the direction of who you are and how you relate to the world.

Schedule a complimentary collaboration call with Megan to process your discoveries and figure out the next right step for you!

COMPLIMENTARY COLLABORATION CALL

<https://calendly.com/mbnllsen/45min?month=2022-03>

*"It takes courage
to grow up and become
who you really are."*

- EE Cummings

Contact Megan

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