



BIG LIFE

Accountability

Program

A 12-week life accountability program for driven entrepreneurs & side hustlers.

Proven methodology for getting out of overwhelm & finding clarity & confidence

What If...

The fireworks were going off on December 31st, and felt the whole body pride as you looked at your phone to realise you crossed off every goal you set...

you now look at that half marathon medal on your shelf and know you accomplished something you have always talked about doing...

you are proud of the personal wealth you are sustainably building because of the habits you have effortlessly put in place (hello savings!) ...

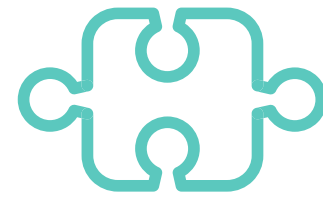
you have grown the sales and reached the goal number of clients because of the focus, clarity and strategy put in place with clear weekly and monthly actions being taken...

you finally felt the calm, peace and genuine excitement for all you are creating in life...

...without having to do another seminar, wait for the "right time" or hope "future you" will get around to doing it.

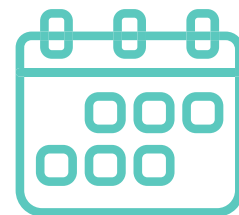
Here's The Problem

What I have found is that most women:



HAVEN'T BEEN TAUGHT HOW TO GOAL SET EFFECTIVELY

While school may have taught us SMART goals, they forgot how to bring the vision to life! We're also left complicating life by chasing dreams that aren't ours and are out of alignment with what makes us feel most alive.



DON'T HAVE ACCOUNTABILITY

Ever set a goal... but a week later it's dropped off the radar? Setting a goal requires a new way of being that can be tough. Having someone support you with accountability ensures you stay on the path while you train your discipline.



HAVEN'T GOT SUCCESS MINDSET SUPPORT

Goal achievement is more than just taking action. Most people don't have someone as their #1 cheer squad and coach to empower them with a success mindset that improves all areas of your life & helps with goal achievement.



SUPPORT PERSON TO CELEBRATE WITH

Even the smallest wins should be celebrated and we don't always have someone that understands how hard it was to achieve that small thing. We do. We get it! We are here to celebrate with you! the small to the big.

Hey! I'm Ange

I searched for years for a way to create structure in achieving things, collating things in life that I wanted. I read loads of self help books and had an innate desire to help other people.

Through years of learning, testing on myself and goal coaching of others, I started to find a formula that worked to get the best results I had seen. Then WOW! I saw the incredible power I had in creating the dream life I was choosing... and I was doing it. I knew then I could create any life and achieve any goals I wanted.

I started to discover a formula that allowed me to tick these big goals :

- Qualified & competed in the pointy end in 2 x Triathlon World Championships
- I started my own business that is my passion, purpose in life and delivers the greatest fulfillment out of anything I do in life ~ My Goal Squad
- I have lived in places I have dreamed of and worked with VIP's I set out to.
- I raced the NY Marathon and raised \$5k in 5 weeks for Amnesty International and came 2nd Aussie female, achieved my goal time and 35th female overall.
- Financially, I have and am still achieving goals that I used to think I never could.



you can have the life of your dreams with the right support to get you there

In my search to master my own goal achievement success and live a meaningful life that felt simplified, I discovered a methodology that worked like no other.

Everyone started asking how they could replicate the same results in THEIR LIFE ~ business, health, personal life and within themselves.

So, I created an all inclusive goal setting & accountability program to share this little-known methodology.

And that's how The Big Life Accountability Membership was born!



A close-up photograph of aloe vera leaves, showing their characteristic serrated edges and thick, fleshy texture. The leaves are arranged in a fan-like pattern, with some showing a slight pinkish tint at the tips.

Who I Work With

I have found my methodology works best for two groups of people:

1. Go-getter women who are looking to start their own business and want results in life.
2. Female entrepreneurs who are craving clarity and focus on their direction so they can effortlessly balance life and business.

Why I'm Different



I KEEP YOU ON TRACK

I am your unbiased, supportive coach. I keep you on target, positive, motivated and focused on what moves the needle in your life & keeps you going after your dreams.



WEEKLY CHECK-INS

I'm 100% results-driven & will support you with weekly personal check-in calls.



METRICS + PROVEN SYSTEM

What gets measured gets results. You will get my proven system and tips for goal kicking success.



PERSONALISED TRACKING SHEET

You'll receive an online personal goal sheet giving you clarity to see exactly what you need to do on each goal each week!



CONSTANTLY PUSHING MY OWN LIMITS & RESULTS

I walk the talk to be an inspirational leader. So you will see me posting about my 20+km runs on Insta.

How It Works

When you join, you will be sent a complimentary 5 Year Goals Book and some Daily Motivation Pack in the mail to support you in our goal kicking.



STEP 1: LET'S DISCOVER YOUR VALUES, VISION & KICK ARSE GOALS

We kick off with your personal 1.5 hour 1 on 1 session where you'll be guided through identifying your *innate values* (the inner drivers you subconsciously have rule your life), then we *create your dream vision* of the life you choose to have, then set *some kick arse goals* to achieve that life in all areas. Let's get clear so we can make powerful progress.



STEP 2: CLARITY - YOUR ONLINE PERSONAL GOAL SHEET

You will be setup with a personal and private goal sheet where your 1 year, monthly and weekly kick arse goals live. Once you have the plan - it's time to trust it - and it's **ACTION STATIONS TIME!** This is where you track and see the magic come alive!

— How It Works



STEP 3: YOUR WEEKLY CHECK IN'S START

We are ready to start your personal scheduled check in calls: high 5 your wins, support and project you through challenges and set you up for sensational success you choose to have. This is what gets results. This is when you get coaching that's personalised to your situation and what you need with the toolbox of resources we have to support you.



STEP 4: WEEKLY RESOURCES RIGHT TO YOUR INBOX

We share the latest tools, tricks and resources we can find with you, to give you the power to create the best life and self you can. Weekly you get pearls of goal kicking tools to your inbox.



STEP 5: TAKE ACTION & WATCH THE KICK ARSE RESULTS ROLL IN

Taking action daily and weekly is all you need to focus on - then watch the magic of the results combined with our support via personalised text messages from your coach, weekly emails and accountability check in calls - see your progress in ways you have dreamed of.



What Others Have Said...

So you know you're in reputable company.



“ I had many tools at hand but it was not until Ange came along that I was able to overcome many of the barriers to me reaching my full potential. ”

I was stressed, unhappy, unfulfilled and totally out of alignment with my values. I was constantly fighting debt and feeling overwhelmed how I would ever get out of this hole and into a job where I had purpose.

After only one session with Ange, I had laid down my core values and written my goals in alignment with those values, across various areas of my life.

After that one session, things started to fall into place and I was empowered with this affirmation of what I wanted and deserved.

Fast track to, Jan 2019 and I found a role that encompassed all the things I love to do, with a company whose core values are completely aligned to mine... nutrition, movement and mindfulness. I have just bought a brand new golf, a car I have always wanted but never believed I could attain, I have financial stability, am paying of my debts and have set myself a goal to have my own place within the next year.

Support, guidance, empowerment, encouragement, accountability and a beautiful soul are all qualities Ange will bring beaming into your life, to help you grow and be the best version of yourself.

Clare - Manly

Lawyer, Naturopath, Yoga Instructor

“ Ange helped my vague plans became clear statements of things that WILL happen = empowering. ”

So much has changed since I spent time goal coaching with Ange, in particular my relationship with money.

It's changed the way I approach new jobs, and nothing I do (now) ever feels like it's time wasted away from my goals.

She showed me how simple it was to take small weekly and monthly steps to get to where I want to be, without feeling overwhelmed. This was and still is the best tool Ange gave me.
It empowered me.

These really are the life skills they just don't teach you in school."



Jess Wong

Dancer, Studio Manager, Yoga Instructor

Julie Cunningham

Founder & Owner of Active Mum.

When I look at how much my life has turned around in the last 4 months, it is actually remarkable.

I really am proud of how much I turned things around. It's pretty phenomenal.

It is truly remarkable. Thankyou for giving me back life!

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You should really be proud of yourself. My life was in a mess, business, personal, my head space.

“ I've done a thousand personal development courses, but Ange actually got me back on track. ”



The Big Life Accountability Membership

A 12 week life accountability program for entrepreneurs & side hustlers.

Get ready for your high-touch coaching and mentoring experience that unveils results you have always wanted and secrets to living a life full of clarity & confidence.



YOU WILL RECEIVE

- ✓ 1.5 hour personal 1-on-1 Vision, Values and Goal Setting setup session
- ✓ 12 x weeks of 30 min Accountability Check In Coaching calls
- ✓ 1 x session on removing Limiting Self Beliefs
- ✓ Weekly Emails full of resources
- ✓ Personalised motivation and check-ins on text from your goal coach
- ✓ 5 Year Goal Book + The Daily Motivation Pack
- ✓ Coach access between sessions

NEXT STEPS: How to Enrol

STEP 1.

Decide you are ready to make changes and bring success into your life NOW. Decide you are worth the investment and imagine the impact that feeling focused, clear, motivated and on track will make to your life.

STEP 2.

[CLICK HERE](#) to book a 15 min FREE call with me to chat about YOU and what YOU WANT to achieve + check we are a good fit!

STEP 3.

Good to go at the end of the call? then we setup a time for your first 1.5 hr Vision, Values and Goal Session + your ongoing check in call's.

STEP 4.

We will email you an invoice OR you can pay online and away we go (payment required prior to initial 1.5 hr session)

EMAIL ADDRESS

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"A good coach can change a game.
A great coach can change a life." ~John Warden



"To get something
you've never had, you
have to do
something you've
never done"
Thomas Jefferson

I can't wait to welcome you on the inside!