

BFF DIY Project Lab



What is the BFF DIY Project Lab?

The BFF DIY Project Lab is a do-it-yourself self-serve coaching program that you can do with your bestie that will help you both pull off amazing results in your lives that you are passionate about. It is all about getting *support, accountability, and encouragement!*

The Project Lab is for aspirational projects that you're not sure how to make happen on your own. Usually when we're working solo without tools two things tend to be true:

- 1) We "forget" what it was we were going to do, and/or
- 2) We can only imagine one pathway to success and when we encounter obstacles, we give up.

The Project Lab bypasses these two pitfalls by providing ongoing accountability, cool tools, and fresh ideas and encouragement from your BFF and the allies you will meet as you progress through the lab. With a combination of tools, structure, connection, and support, you can do, today, that thing you've always dreamed about doing "one day."

Details?

- Twelve online workshops with instructional videos and downloadable worksheets to support your journey
- The next BFF Project Lab will be heavily discounted, with a \$25/month subscription in exchange for answering surveys to provide feedback to the workshop creator
- The lab is designed to be done in about four months.
- You should plan to spend a couple of hours about three times a month to do the workshops with your BFF, and another 4-10 hours a week to work on your project.

What kind of projects do people do in the lab?

People do all kinds of projects. Examples include:

- Start a business or take one to the next level
- Enhance fitness and health
- Find a life partner
- Write a book
- Record first album
- Change careers
- De-clutter the house

The lab is especially designed for projects with these features:

- You would be super excited if you could make them happen!
- You may have been dreaming about doing it for years, but never seem to get around to it, usually because you don't know how to do it, or can't seem to find the time or structure to make it happen.

When can I start?

The workshops will start to become available in January of 2025.

I'm interested! Where do I learn more?

More information is available at www.susan-keeler.com/project-lab. You can also contact Susan Keeler at keeler.susan@gmail.com if you have any questions or want to sign up.