

Foundations \$400

A recorded narrative interview designed to surface what matters most.

You tell the story of your life in a focused, structured way that reveals insights you may not have consciously articulated before. Through guided reflection, we uncover core values, priorities, recurring themes, and the concerns that quietly shape your decisions.

From that clarity, we begin reflecting on aging well, future benchmarks, and advance care considerations. The result is a preserved recording of your voice and a written summary that captures the foundations on which future decisions can thoughtfully rest.

- **1 x 75–90 minute recorded interview**
- **Light, non-substantive video edits only**
Private delivery of the full recording via secure shared link
- **Values & Concerns Report** (Core themes, concerns, and tensions)
- **USB copy of the recording**
+\$45 (local pickup or U.S. shipping included)
- **Upgrade to Formation**
If you choose to continue within 30 days, you may upgrade to Formation by paying the balance. After 30 days, you can book a standalone 60-minute Fine-Tuning session.

Formation \$1100

A two-session reflective process that deepens the conversation. Where Foundations surfaces your core values and priorities, Formation revisits those insights and asks what they mean in practice.

Together, we explore how your values shape your understanding of aging well, personal benchmarks, family considerations, legacy intentions, and advance care decisions. It allows space for reflection to mature in order to guide real-world choices.

- **Foundations (Session 1)**
- **Session 2: 1 x 75–90 minute recorded follow-up**
- **Deeper exploration of:** Aging benchmarks and thresholds; Advance care considerations; Family dynamics and communication; Legacy intentions; End-of-life preferences in light of your values.
- **Values & Concerns Report synthesizing both sessions**
- **USB copy of each recording**
+\$45 per (local pickup or U.S. shipping included)
- **Additional Support:** Complimentary 30-minute, non-recorded follow-up call to clarify questions or next steps.
- **Upgrade to Flourishing**
If you choose to continue within 30 days, you may upgrade to Formation by paying the balance. After 30 days, you can book a standalone 60-minute Fine-Tuning session.

Flourishing \$2500

An extended five-session process for living deliberately in light of what matters most.

Flourishing includes the Foundations and Formations experience, followed by three additional 60-minute recorded sessions scheduled over time. These conversations are shaped around your evolving priorities and may include family members if desired.

Flourishing supports ongoing integration and allows your values to guide not only decisions about care, but how you live in the present. Sessions are typically completed within 6–12 months.

- **Foundations (Session 1)**
- **Formation (Session 2)**
- **Sessions 3-5: 60-minute recorded follow-ups**
- **Deeper exploration of:** new experiences or diagnoses, refine aging benchmarks and care preferences, and prepare for important family conversations, etc.
- **Values & Concerns Report synthesizing the sessions**
- **USB copy of each recording**
+\$45 per (local pickup or U.S. shipping included)
- **Additional Support:** Complimentary 30-minute, non-recorded follow-up call to clarify questions or next steps.

Fine-Tuning \$525

A standalone 60-minute focused follow-up session for recalibration, refinement, and renewed clarity. It offers space to reflect on what has shifted, what feels unsettled, and what now requires attention.

Lucidity Packages