For indecisive humans stuck at a crossroads…

You've gone back and forth a hundred times, trying to logic your way into the perfect choice—but no matter how many pros and cons lists you make, you still feel stuck.

When you've analyzed every option, asked everyone's opinion (including ChatGPT's 😉), and *still feel stuck*, this 2-hour, deep-dive Crossroads Session helps you unpack your options, quiet the noise, trust your inner wisdom, and finally move forward with clarity.

Book your Crossroads Session →

You have a really important choice to make…

Whether you're trying to decide if you should leave your marriage, move to Costa Rica, or leave your job to start your own business… no matter what you do, you can't find the "right answer."

You've tried talking it out with friends, journaling, meditating, pulling oracle cards, making pros and cons lists, waiting for a "sign."

And just when you think you've *finally* found the answer… you start spiraling again.

Your mind starts rattling off all the reasons that the choice you just landed on is actually totally wrong, and you should actually make the *opposite* choice.

You can't tell the difference between your intuition and fear.

You're terrified of making a choice you'll regret for the rest of your life.

But the longer you stay in this place of anxiety and confusion, the more drained you feel.

This indecision is creeping into everything. You can't focus. You can't be present with your partner or your kids or your work.

And all of these things make it *even harder* to make the "right decision."

Clarity doesn't come from thinking harder.

Over the years, I've worked with so many people who came to me completely tangled up in indecision. They'd made the lists, weighed the pros and cons, talked it out with friends (in depth!), pulled oracle cards, meditated—hoping that somewhere in all that effort, the "right" answer would finally appear. But it never did.

The more they analyzed, the more confused they felt. Every option seemed both right *and* wrong. The mental spin would quiet down for a bit (after journaling, venting, or sleeping on it), but the uncertainty always crept back in. It was like chasing fog.

Here's the truth: if overanalyzing worked, you wouldn't still be stuck. The logical mind is great for gathering information, but it's terrible at knowing what's *true for you.*

All that thinking drowns out the quiet voice of intuition… the part that actually *knows.*

Clarity doesn't always come from action, either…

In all your spinning out about this decision, I'm sure at least one person has told you to "stop overthinking it and just do something. And *that's* how you'll get clear."

And sometimes, yes, making any choice and moving forward with it *can* bring clarity…

But I've watched so many smart, self-aware people take action after action…

- quit the job
- start the project

- end the relationship

… Only to find themselves back in the same fog months later.

Because if your action comes from confusion, fear, or pressure, it just multiplies the doubt.

You end up chasing movement instead of meaning.

The truth is: Real clarity doesn't come from taking *any* action.

It comes from taking ***aligned* action.**

The kind of action that arises once you've slowed down long enough to understand *why* you feel torn, what part of you is trying to stay safe, and what your intuition is actually saying beneath the noise.

In your Crossroads Session, I won't rush you into *doing*.

I'll help you slow down, tune in, and explore the deeper layers of your design, emotions, and energy until your doubt dissolves and the truth about your next step feels clear, grounded, honest, and unmistakably yours.

And then, "doing" will feel soooooo much easier… sometimes even effortless.

And most importantly, you'll finally be able to make a clear choice about your marriage, that potential move to Costa Rica, or starting your own business, and *move forward with it—free from the fear of regret.*

What you can expect with your Crossroads Session

Before our session, you…

- Wake up feeling drained and agitated, after having imaginary conversations in your head all night with the people involved in your decision.

- Vent to the next person who will listen, about how stressed and confused you feel, desperate for reassurance that everything is going to be okay.
- Come down hard on yourself for even getting into this situation in the first place, and spin-out over what you "coulda/shoulda" done differently.
- Waste hours entertaining all the scary "what-ifs" and can't stop worrying that you're gonna make the wrong decision… a decision that will cost you dearly and that you'll regret for the rest of your life.

***After* your Crossroads Session, you…**

- Wake up feeling clear, rejuvenated, and excited to move forward.
- Feel proud of the aligned decision you've made.
- Realize that you're worthy of a better outcome at this crossroads than you used to allow yourself to settle for.
- And the next time you talk to the person you used to vent with… Your conversation now is light and energetic and filled with optimism for the future… so much so that they wonder if you're even the same person!

You go through your day, checking off your to-dos, like researching moving companies, filing your LLC, or booking a couples therapist, so grateful to finally be making *real progress*.

And all along the way, you feel a deep sense of trust that you're on the right path.

I NEED THIS →

Hi, I'm Jana Kellam!



I'm your Crossroads Guide, and since 2009, I've helped hundreds of people move through indecision, self-doubt, fear, and emotional stuckness to find the confidence and clarity to make the most aligned choices possible in their lives, relationships, and career.

I created the Crossroads Session, because I know how painful it is to live in the limbo of indecision and feel completely confused about **the difference between your intuition and survival-mechanism fears**. My approach blends deep emotional inquiry with Human Design, astrology, and practical coaching tools to reveal the kind of clarity that doesn't just "make sense." It *feels* right.

I *know* that you have all the answers you need to all of these questions inside you, and I'd love the opportunity to help you find them.

What you get with your Crossroads Session

✨ **Private 2-Hour Crossroads Session (on Zoom)**

So you can unpack every option in front of you, explore what's *really* driving your indecision, and finally land on *one* clear, aligned path forward.

🔮 **Human Design + Astrology Audit**

So you can understand *how* you're uniquely designed to make decisions—and stop trying to use methods that don't actually work for your energy.

💬 **One Week of WhatsApp Text Support**

So you can stay grounded and supported as you integrate your decision, handle real-life moments of doubt, and take those first aligned steps with confidence.

🪞 **Your Own Custom Decision Mantra**

To keep your mind and body grounded in the healthy energy of this new choice and the benefits that come with making it, as you follow through with your plan.

Stories from my clients who finally got clear.

“I was at a turning point in my romantic relationship—my partner was being avoidant and I wasn’t sure if we were just facing a difficult season or if we were incompatible. I felt like I was walking a tightrope between trying to be there for my partner and trying *not* to abandon my own needs. But in my Crossroads session, Jana helped me create a clear plan that honored both me *and* my partner. I decided to give him space, to deal with his own stuff, and we agreed to talk in a month. When we revisited our relationship, he shared a lot of realizations about what he needed to work on in our relationship, he listened to everything I shared, and it was a very healing conversation. He’d never said ‘I love you’ more. We decided to stay together and have been deeply enjoying our time together. Our relationship just keeps getting better and better.”

—Erica Roberts, Health Coach

“Jana has helped me make *so* many clear decisions (that I was previously confused about), including where I should live, who I should love, what I should do for work, and how to make healthy decisions, in general. She always creates a space where I feel safe, understood, and grounded. And I always leave with clarity, self-trust, and a clear sense of my next steps.”

—Duchess Rose, Vocalist

“I came to Jana because I was feeling torn about the man I was talking to. I was *pretty sure* I needed to let him go—I just wanted to stop second-guessing myself. But when I did a Crossroads Session with Jana, she helped me see that my decision to let him go was coming from a place of fear: I was terrified of my own vulnerability. I quickly understood that it was better for me to stay open to this man, *but in a much less attached way*. When that relationship had run its course, I had no regrets about the choice I made *and* can now see how that experience set me up to find the partner that I have now.”

—Teri Wade, Author and Mindset Coach

The Clarity Commitment

There are no refunds, because of the nature of 1:1 coaching. When you book, you're committing to showing up with openness and an honest desire for transformation, so you will get the clarity you need.

FAQs: What you need to know about Crossroads Sessions

Q: Who is the Crossroads Session for?

A: The Crossroads Session is perfect for growth-minded humans who are stuck at a major decision point—whether in relationships, career, parenting, or health. If you've spent more than a couple weeks agonizing over this decision, this session is for you.

Q: How long does the session take?

A: The Crossroads Session is a 2-hour private deep dive on Zoom (I'll spend an hour of my own time beforehand on your Human Design and astrology audits) followed by a week of WhatsApp text support for reflection, integration, and gentle accountability.

Q: What kind of results can I expect?

A: Most clients walk away with a profound sense of clarity, peace, and direction. You'll leave knowing what your next step is—and why it's right for *you.* And, your entire relationship with decision-making will be improved, so your future decisions will be much easier to make.

Q: What if I get stuck or have questions afterward?

A: You'll have a full week of WhatsApp support after your session to ask questions, share insights, or get guidance as you integrate your decision. You won't be left hanging.

Q: Do I need to know my Human Design or astrology information ahead of time?

A: Nope! All I need is your birth date, time, and place (and if you don't know your birth time,

that's okay! I can still gather some info on your astro and get everything I need for your Human Design).

Q: How is my Human Design or astrology relevant to my Crossroads decision?

A: I could write an entire book in answer to that question, but I'll be able to tell you in your Crossroads Session *exactly* how your HD/astro is relevant to your decision (and that will be different for everyone). For example, if you're contemplating a move, I'll share key insights about how your astro-cartography comes into play… see, I told you I was a nerd! 🤓

Q: I have another question—how can I reach you?

A: Just send me a message through my contact form or DM me on Instagram (@janakellam). I'll get back to you personally.

Q: What if I want to keep working with you?

A: If you want additional support after your Crossroads Session to help you implement your decision, you'll have the option to continue our work through a supplemental coaching package.

A Crossroads Session is for you if…

- You're standing at a major crossroads in life, love, or purpose—and are sick of ruminating about it.
- You've tried thinking your way to clarity, but it's not working.
- You value self-awareness, growth, and taking aligned action.
- You're open to exploring practical, intuitive tools (like Human Design and astrology) to find your truth.
- You're ready to pick the direction that's right for you and start moving forward with calm, grounded confidence.

And it *isn't* for you if…

- You're looking for someone else to make the decision for you.
- You want a quick-fix or surface-level advice instead of real inner clarity.
- You think Human Design and astrology is for flakes and quacks 👀
- You prefer ongoing coaching or therapy over a focused, one-time deep dive.
- You're not ready to look inward or fully show up for yourself right now.

And yes, the irony isn't lost on me…

I've given you yet *another* decision to make! 🤪

But here's the thing: if you make this *one* choice right now, you're not just deciding to book a session, you're taking a powerful step toward improving your *entire relationship* with decision-making. You might even stop identifying as an "indecisive person" altogether. ☺️

The investment for your Crossroads Session is: $600 →



BOOK NOW