



Life with Passion™

*Your 90-day consistency
plan to blast into 2019 with
a 9-5 escape hatch*

12

THE INCOME REPLACEMENT FORMULA LIVE
YOUR MOUNTING MOMENTUM



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Assignments

- ☐ Participate in the group call on Tuesday, December 11th at 12PM EDT

- ☐ Complete this PDF by Monday, December 17th

**This PDF is for you, so feel free to be completely honest here--you'll only share what you choose with me and the group.*

In this module, you're going to:

- ☐ Get super-clear on how to choose the most important task YOU can do each day (it's different for everyone!).
- ☐ Learn the simple action plan for consistent progress that even the busiest person has time for!
- ☐ Create momentum through a clear strategy & action plan.

Overview

It's our last week together; can you believe it?

I'm so excited to celebrate your progress and the journey you've been on. You have made it this far, have shown up, and have accomplished so much--a true testament to what can change in a short period of time when you focus on it!

We have covered a lot of ground here, and you've made a ton of progress, so the focus of this week's module is to reflect on what's been most helpful to you in moving you forward, so that you can build on that momentum by keeping on doing it!

Often, what I find is that when we slow down or start feeling bad, it's because we take for granted what's been working, and we stop doing it!

When we're feeling great about things, we so often forget how we created them, so we let those things fall by the wayside. This is where reflecting and making the time to analyze what's actually working for us is so key, so that we can keep doing them!

What's "working" could mean that you've achieved positive results on any number of things, like:

increased confidence

getting visible

taking action instead of endlessly questioning & researching

doing market research

booking free calls

signing clients

gaining awesome testimonials

shifts and a-ha's from the modules we've had so far

So today, the best way to build on your momentum is to make sure you notice where it's coming from.

Grab your journal, the past modules, and let's do this!

—Christine



— Your Goals —

We've been on this journey for 90 days together!

What are your intentions for this week and going forward for the next 90 days? Be specific.





— What's Working? —



Now, we're going to dive in and identify what you're already doing well, so that you can keep doing it!

Go through each module you've learned so far and assess:

A) The 1-3 most important thing(s) you've learned that were helpful about each

B) Why each was helpful

C) Whether the topic is something you will be focusing on now for momentum (or if it's not relevant to your business right now)

Week 1: Your Mission

How to replace your income with a business you love

- Reframe your mindset about debt from stressed & obsessed to grateful & empowered
- Discover the simple formula to look at what you love in a brand new way.
- Release the doubt, fear, and anxiety that tells you it's not possible and begin to understand how it IS!

Week 2: Your Dream Life

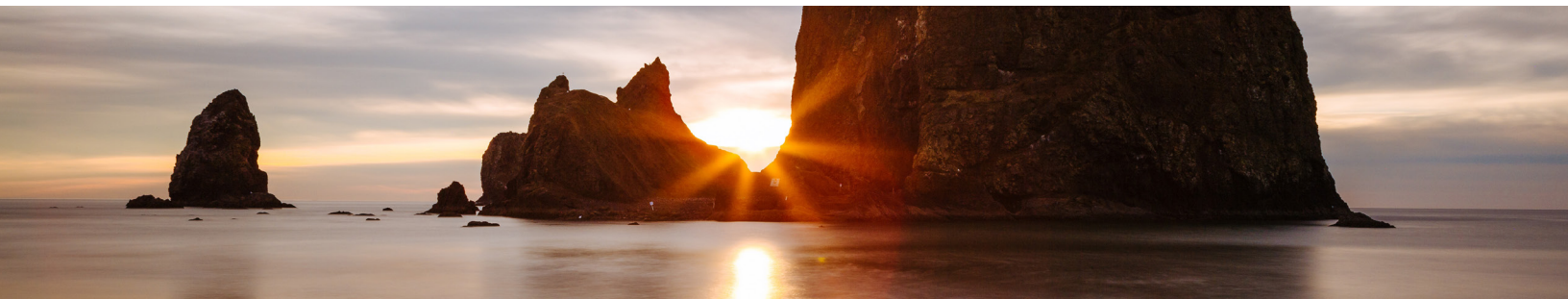
Get clear on exactly what you want so that you can start to pave the path to get it

- Uncover the lifestyle YOU desire to live so that you can determine how to live a life you love that also pays the bills (+ more)
- Learn simple and easy ways to begin to live your dream life NOW, so that you have even more energy, motivation and inspiration to build your business!

Week 3: Your Money

Learn how to deal with money in a whole new way

- Reframe your mindset about money from stressed & obsessed to grateful so that you lose the pressure and feel empowered and clear
- Assess your current situation & make a strategic plan so that you know exactly what to do each day (hint: it's not as scary as you think!)



Week 4: Your Sneaky Self-Sabotages

Overcoming the fear & self-doubt that's been holding you back

- Recognize the real reason fear and self-doubt have stopped you from moving forward so that you can address it directly
- Smash through your limiting stories so that you can rewrite them
- Learn how to deal with and let go of procrastination and perfectionism once and for all so that your business grows even faster

Week 5: Your Confidence

Develop real, deep confidence in your ability to help others

- Finally own your confidence and actually BELIEVE it
- Discover why you're actually ready to serve your clients now
- Let go of the fear that you won't be able to help your clients get results

Week 6: Your Clients Are Waiting

Nailing your niche

- Quickly identify your perfect niche
- Open the door for bringing in your ideal, paying clients

Week 7: Your Freedom-Based Business Blueprint

Creating spectacular services, packages & pricing

- Create the unique package that your ideal client needs & wants
- Choose a price that feels deep-down good to charge

Week 8: Your Marketing

Designing the perfect plan for you--without losing it

- Learn the easy way to cut through all the noise and figure out exactly how & where to show up online to get clients
- Discover how to be as successful as you want with just one simple strategy

Week 9: Your Messaging

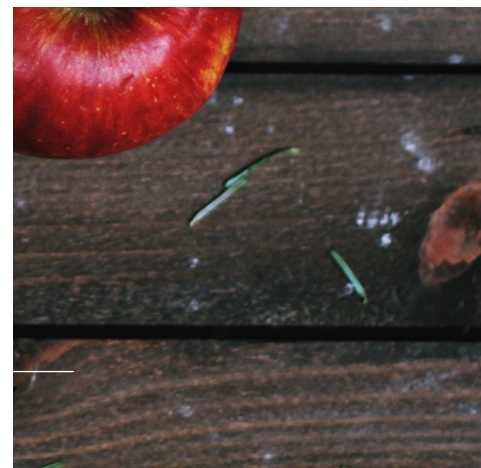
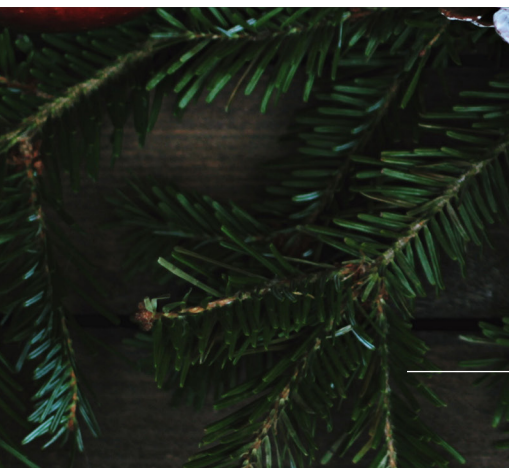
Creating content that converts

- Use your story to create magnetic messaging that attracts YOUR niche
- Create consistency without feeling overwhelmed by what to say every day

Week 10: Your Visibility

Getting in front of your niche yourself without feeling overwhelmed or like “that person”

- Learn how to provide that elusive “value” on a consistent basis, so that you get known, liked and trusted by your people
- Create a plan for visibility that feels comfortable and actually converts to paying clients



Week 11: Your Successful Sales

Selling in a non-salesy, non-pushy, non-icky way

- Learn how to make offers in a way that feels GOOD, even if you're an introvert who hates selling & networking
- Sell in a genuine, authentic way, without pressuring people and with confidence and ease

Week 12: Your Mounting Momentum

Your 90-day consistency plan to blast into 2019 with a 9-5 escape hatch

- Get super-clear on how to choose the most important task YOU can do each day (it's different for everyone!)
- Learn the simple action plan for consistent progress that even the busiest person has time for!
- Creating momentum through a clear, strategic action plan and strategy



— Your One Thing —

You're creating a clear action plan and simple strategy, a clear plan for moving forward.

We're looking at this: what's your strategy for the next 90 days? What are you going to do every day for the first quarter of 2019?

Again, we are utilizing the power of focus!

Let's look at this at a super-granular level.

Now that we've identified your biggest lessons learned, it's time to put this all into action now, to tie everything together in a simple package.

Everything you want starts from this simple place: taking consistent, inspired action.

We're going to start very simply: 5 minutes at a time.

Does that sound like too little to you? Underwhelming? Never going to get you anywhere?

When we're overwhelmed it's most

important to just get started. We're taking the smallest actions to set yourself up for success and creating movement and new habits. Your daily habits are way more important than what you might do just today, or on one work binge.

Repeat after me: 5 minutes a day!!!!

Giving yourself permission to just start, maybe before you feel totally ready, maybe when you don't have the whole 5-year plan in front of you, is what separates you from most people who have a "great idea" but never move forward with it.

Remember, every person who's found success started from scratch. You're already further along than you think, so it's up to you to keep that momentum going so you can see tangible results you're seeking.

So, to determine and validate your one thing, go back to your answer for what is holding you back your dream life. Check in with your intuition on this.

What ONE THING is holding you back from living the life you're dreaming of?

Now, determine a solution that would answer this problem. Often the first thing that comes to mind is the wisest.

Next, break this down into the smallest action possible!!!!!!



Want some more clarity to double-check you here?

Let's walk through two examples to show you what I mean.

Is your one thing money?

If it's money, what solution would solve that? Is it getting more clients? If so, what one action could you focus on to get more clients, letting the rest of the techniques you've tried go? Which one action excites you most and would be a FUN way to get more clients (yes, it's allowed to be fun!). Is it:

- Posting strategically on Facebook?
- Writing newsletters and your blog?
- Getting up a website that you're going to be proud of and tell everyone about?
- Implementing a new system that will save you a bunch of time?

Let's look at an alternative--

Is your one thing self-doubt?

If it's self-doubt, what solution would solve

that? It's something you've been believing as truth for years, something that you likely picked up as a child, so addressing it now is the start of powerful change in your life, the kind of change that will open all of the doors you desire. What one action could you focus on to replace self-doubt with self-belief? Like any habit, this is about being conscious--like working out. At first, your muscles are sore, it feels awkward, and it feels weird. BUT, you're training your brain with a new "workout" program, so 5 minutes a day is a great place to start. Here are some options if it's self-doubt--which of these sound the most exciting or fun to you?

- Read or listen to a *You Are A Badass*.
- Write down what you would like to believe about yourself and do the sticky note exercise :). Read these out loud to yourself with conviction, as if they're already true.
- Write down 10 things you're thankful for.

I recommend doing these 5 minutes first thing in the morning or right before bed for maximum effectiveness.



So, now that you've seen some examples of how to simplify this into 5 minutes, go ahead, break your ONE THING down further here:

Does that feel doable in 5 minutes a day? If not, break it down again here:



That's your one thing. Write it on sticky notes and post them on your computer, the dashboard of your car, on your mirror, the fridge, anywhere they'll catch your eye. Don't skip this part--it's key to implementing it!

Then--schedule a time on your calendar to do it. Yes, schedule 5 minutes.

I live by, "If it's not scheduled, it's not real."

Look, we all have the same number of hours in the day. The President, your favorite celebrity, the person you most wish you could be like--all of us. So go ahead and start your path to efficiency right now by writing it down here and by putting it in your calendar.



When will you do your one thing each day?

List your specific accomplishments from each day below. Examples:

Reached out to 5 people via email

Wrote, formatted and sent a newsletter

Followed up with potential client who'd fallen out of touch

You can do this! Give yourself permission to try it for a week and see how it goes, then tweak from there!



— Your 90 Day Plan —

With the start of a new quarter, let's take those 5 minutes and map out a full 90-day plan for you.

Why?

Research shows that longer time-frames aren't helpful. Our brains can't comprehend them in terms of how to break them down to achieve them.

Yearly goals aren't "goals," they're a vision.

But 90 day goals are tangible!

So, what do you want to have accomplished in by the end of Quarter 1, March 2019?



Now, work backwards: What do you need to do in Month 3?

Month 2:

Month 1:

Now, write down what you need to accomplish in each week in each month, to get you to your goal.

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6



Week 7

Week 8

Week 9

Week 10

Week 11

Week 12

Week 13

What support do you need to get there, and how will you set yourself up for success by putting that support in place?



— Celebrate —

Look back at where you were on our very first call on September 18th! It's so important to do this reflection, because that's how we realize that we've grown and gain confidence to keep moving forward, so make the time to do this.

What has changed for you as you've been on this journey? You can look back at past modules or listen to call replays to help you remember!

What have you learned?



What have you accomplished?

How does your outer life (the actions you take, your environment) look different?

How does your inner life (the way you think) look different?



— Reflect —

Now that you've catalogued what you've done and learned that stood out to you most, what are you most proud of?

What is your biggest takeaway?

I'd love if you would come over and share your biggest takeaway(s), a-has, and lessons learned in our Facebook group! You'll likely inspire ideas for your fellow group members--and give us all the chance to celebrate with you!





— Focus Forward —

How will you integrate these lessons and action steps into your daily life, so that you can continue to feel energized, hopeful, and confident, and take strategic action from that space?

It has truly been an honor and privilege for me to support you over the last 90 days!

Thank you for sharing your time, your dreams, and your goals with me, and for allowing me to mentor you as you go for them.

Even though this program is ending, know that I am always here to support you and cheer you on as you go for the dreams that are meant for you! You are part of the Life With Passion family forever!

Lots of Love,

Christine





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