

Be Bold, Be Yourself, Be Success Work book

Welcome Everyone,

I am so excited for you. These 8 weeks will be incredible. Play all out. Be honest with yourself. Do whatever it takes. Live in possibilities, and love and accept yourself. Release judgement, criticism, ego, fear, doubt. Trust yourself, Believe in yourself, Declare your worth, and absolutely love yourself.

These are the program Guidelines:

1. 8 Weekly - 1-hour coaching calls which will also be recorded

- The Live call will take place Thursdays at 12 pm. Please submit all your questions prior to the call so that I have enough time to answer them.
- Monday recorded- I will tune in to the group and clear limiting beliefs, blocks, contracts and reset timelines. If you identify a pattern, or story you are playing out and would like to clear it. Send it via Voxer before Monday so that I can clear it for you. I will generally do this around 12 pm depending on my schedule, so definitely before 12 pm on Monday.

2. Weekly Check-ins/progress -Spreadsheet on Google Drive- See attached, You will send this to me.

3. Daily Accountability- every day you will check in with the group and I am part of the group. You will also check in with me.

- You daily check in with me will be on Voxer (<https://www.voxer.com/>) so make sure you have the app. and it will go as follows: "***Hi today I am working on filling my event with 15 people, or today I am calling 10 leads to close 5 sales or today I am going to set up my website, integrate my calendar and set up my email autoresponder.***"
- At the end of the day you will send a quick message again: "***I enrolled 5 people into my event creating a total of \$XX and these were the challenges I came across or I closed 5 sales for a total of \$XX and these where the objections or challenges I came across.... or I set up my website and integrated my calendar***"
- There will be 2 groups: Group 1: Harlan, Jes, Karenina, Laurie Group 2: Danielle, Jonah, Caroline, Diana
- You will meet for about 5 minutes every day. As a group, you decide what time and keeping in mind that you may be in different time zones and there will have to be flexibility. Each week a different person will initiate the group call. You can go in the order listed above
- The call will go like this: ***Hi Everyone, "I am a natural born entrepreneur, wealth, abundance, prosperity, and success are in my DNA".***- This is your power statement. Is what you are making true. You are integrating it and raising your vibration to match it. So it has to be stated very powerfully. ***"My Monthly goal (same as 4 week goal) is \$60,000, today I created \$3295. I enrolled someone in***

my Unleash Your Inner Goddess Retreat. I also, posted on FB, created a chatbot, and initiated another marketing campaign that will run for the next 4 weeks".

..... Then all of you will celebrate - with each other..... *Congratulations, you are amazing. You are on your way. You are a money magnet. You are a powerful manifestor.* And the person receiving it will say "*yes I am*". So it is important to receive and make it true. Then you move to the next person.

- Facebook group- The Group calls will be done via messenger

<https://www.facebook.com/groups/1956207017768045/>

4. Also do your test: from 0-100% How much do I love myself? How much or how easy is it to forgive myself? How much do I believe in myself? How much do I trust myself? How much do I accept myself? If you have done this before then notice if you are still at the same baseline or higher? The goal is to get to 100% or as close to it. Remember, the only thing in the way of you having it all is you.

5. Once you know which is the lowest then tune in and find the core event that created you not loving, or trusting yourself. Notice the emotions, beliefs and story you created then scan your life and notice where you have that pattern and in what situation or what triggers bring up that pattern. Then uncreate it and bring light and love to that area or age in your life. Choose a more empowering story.

6. Do this same exercise with money? When did I first experience the loss of money? When did I first experience money being difficult or not available to me? When did I first experience that success, abundance or prosperity were not available to me or accessible to me? --- what were the feelings, emotions, beliefs and story I created? How does this pattern show up or play out in my life? What triggers it or in what situations does it show up? --- look for signs of unworthiness, undeservingness, not enough, victim, martyr, self-sacrifice, self-sabotage, hidden loyalties, hidden benefits and guilt and or shame.-- Delete it and uncreate it, bring light and love to all. Choose a more empowering story and then send it to me.