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Look at Me Now, Baby!

# meditation-2OMG!! I cannot believe that this is our final week in this truly rich and aBUNdant 12 week program! Can you believe it? It’s important to celebrate and to take stock about how far you have come! I think that life gets too busy and we never really take the time to reflect and be with what has passed for us along the journey.

# No matter where you are on the journey, you may still be thigh high in creating and laying the foundation and systems for the different areas of your business but no where you are, you have showed up and hung with us over the past 12 weeks which is a MASSIVE accomplishment!

# This week, my intention is to review all that has passed and secondly to speak about my secret weapon to creating my healthy wealthy BIZ and that is SELF CARE. We’re going to create an extraordinary self care and self love plan that will bring you tons o’ cash and clarity to keep on keepin’ on in your biz.

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# It’s really important that you track your progress each and every week so that you can be accountable to your intention and desire. So please review *Week Eleven’s Action Steps* and check the boxes if you completed the action steps. If you have not completed Week eleven, please go back and work through the guidebook and complete all of the Action Steps so that you will have a solid foundation to build upon. Fair enough?

# Did you?...

🞎 Answer all of the questions in this guidebook

🞎 Schedule when you will create your free gift

🞎 Choose what kind of free gift you would like to create

🞎 Create your Free Gift

🞎 Follow the 15 Must Have’s to Make Sure that Your Free Gift is Leveraged to GROW your LIst

Go easy on yourself! Don’t beat yourself up if you don’t make your goal first thing! Keep going. Be persistent and never give up. Practice, practice and practice some more until you find your sweet SPOT! Remember it’s a numbers game and that’s why you are building your list with your free gift!

# Let’s review…

# … and take an audit about how far you have come and then circle back to how you can tweak, improve and go deeper with each of the week’s content.

# Week One: F’in Focus!

# How is your f’in focus muscle looking right now? In the space below, write honestly about how well you are focusing like a gold medal athlete to become the 6 figure biz woman you dream of being.

# In what ways can you improve your focus?

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# Week Two: Get Your 6 Figure Vision On

# Are you aligning, being and acting like the super successful 6 figure YOU that we envisioned in week two? Go back and review your character script of the successful 6 figure + you and see in what ways your behaviors, beliefs, feelings and actions can be tweaked to really embody and align with your vision. Write about what you discover in the space below.

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**Do you need to dive into a second** Sacred Blessing Ceremony to Welcome Your Future 6 Figure + Powerful and Successful Entrepreneur Self into

the world? Perhaps, another ritual would be helpful and supportive right about MEOW!

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**Week Three: Creating Your Signature System for Cash and Confidence**

This is a module that lots of you got a little stuck in and that’s ok. Creating your signature system can actually take a few years of working with peeps and honing your craft. If you are totally stumped here, move on and let it go for now and then come back and visit it in 6 months to a year. No need to get stuck and then not move on! Life’s too short!

If week three was a breeze for you and you would like to review the system you have created please go ahead and review and make any necessary tweaks if you desire.

Write Notes Here:

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**Week Four: Defining and Reaching Your Target Market/ Your Tribe**

This was a super juicy module where we talked about identifying your ideal client down to what kind of panties she is wearing right now. This is definitely not a guidebook to skip! Remember what I said “your ideal client will make rich”. This is CRUCIAL and priority numero uno in being in BIZ.

Did you give your ideal client ONE name and write up a two page detailed description of her? If no, you better get going on this!

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Is there anything deeper you need to dive into from this very important guidebook? List below….

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**Week Five: Everything Ezines**

Now that you know your ideal client through and through this week we talked about publishing your ezine so that you can build the know, like and trust factor with your tribe.

Where are you NOW in terms of everything Ezines?

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Have you published your first ezine? Yes\_\_\_\_ No\_\_\_\_

Did you heartstorm your first 10 ezines? Yes\_\_\_\_ No\_\_\_\_

Did you write your Bio for your ezine? Yes\_\_\_\_ No\_\_\_\_

When you write any copy for your biz remember that you are speaking to that ONE ideal client character doing so will seriously make writing copy a snap!

**Week Six: Make Money Want You!**

It’s getting HOT in here! Money is such a HUGE topic and you must master your WC (wealth consciousness) if you want to make it as an entrepreneur. This work is CRUCIAL to your success!

Did you write out 25 LB’S around money? Yes\_\_\_\_ No\_\_\_\_

Did you write out your new empowered money beliefs on index cards and repeat them daily? Yes\_\_\_\_ No\_\_\_\_

Are you using the tracking templates and sheets to track your daily inflows and

outflows? Yes\_\_\_\_ No\_\_\_\_

Are you getting intimate with your Money Lover on a Daily Basis?

Yes\_\_\_\_ No\_\_\_\_

If you are not happy right now with your relationship with money it’s time to revisit Week Six’s guidebook and audio. You may even consider joining me for my POP Your Biz Live even in September. <http://www.POPYourBizLive.com>

Is there anything else you can be doing, believing, thinking and acting around money that would support you in being the 6 figure biz woman you dream of being?

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**Week Seven: Pop Your Biz Getting Visible with Video**

Oh my! Can we say visibility ISSUES in the TISSUES? Video is a HUGE barrier for many entrepreneurs because we are afraid of being seen and heard. This a lot of the time has to do with WC1 (wounded child) stuff and can be released, surrendered and made WHOLE by Just F’in doing IT (JFDI!!!)

Have you posted a video yet in our private and sacred facebook group sharing your

1) A tip for your ideal client.. could be anything to showcase your expertise.

make it fun and be YOU! Yes\_\_\_\_ No\_\_\_\_

2) a call to action where your ideal client can go to find out more and why they/we would want to take action on your call to action …ie.. what s in it for

them? Yes\_\_\_\_ No\_\_\_\_

**Money wants to LOVE you and bless you but it’s going to be hard for him to GET IN if you are hiding out behind your computer.** I know it can be very scary to bust out and to be seen but if you can start TODAY practicing being seen and heard it will be so much easier for you when you really ready to POP. Chances are right now that your list size is small and your following is not massive so might as well practice NOW before you hit it big to get all of the kinks out.

How does that sound?

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How can you bust through your visibility issues right now to make way for the abundance, ease and joy you crave?

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**Week Eight: Moving From Sales to Service and Closing the Deal**

This is where the rubber meets the road as a personal brand selling personal services. It is absolutely CRUCIAL and essential that you master this skill. Service calls are a journey that can only be learned by practice, practice, practice and then some more practice. In order to POP your biz you have to start today offering strategy sessions/discovery calls through repetition, practice and time you will find and feel your groove which will keep your biz profitable and joyful.

Are you doing strategy calls? If no, what is blocking you from getting these calls booked? Yes\_\_\_\_ No\_\_\_\_

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How many strategy sessions have you had this year? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

In what ways can you improve your strategy calls?

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What questions do you still have about closing the deal?

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How is your wealth consciousness training coming along? Do you find yourself shrinking to other’s f’ed up money stories?

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**Week 9: Teleclass Profit Plan**

In week 9, I gave you your teleclass profit plan which included everything you must know to create, fill, market and deliver a profitable teleclass! I even handed you a script from one of my profitable health coaching launches to support you in getting out of your own way and just doing it!

We talked about how hosting teleclasses are really one of the best ways to build your online community. I also shared with you how to market and fill your program after your teleclass through POP marketing. I trust that when the time is right for your to host your first or next teleclass you will lean into this guidebook to make it profitable and joyful! Good luck.

**Week 10: Creating Client VIP days to Add HUGE Cash Injections to Your Biz**

Now it’s time to create and host your first VIP days and retreats with your ideal clients. In this module, I had you envision the woman you would need to BE if you were charging 1k to 20k per VIP day with you. That was a very fun visualization to support you in stepping into that highly supported and super high vibration.

What tweaks have you made in how you think, dress, circulate money, believe and act around time, support and personal boundaries since experiencing week 10’s materials on creating client VIP days?

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Have you realized that these days are not about you and instead they are about the client’s transformation?

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Have you gotten out of your way to let in the love and abundance?

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**Week 11:** **Grow Your List with Your Free Gift and Increase Your LIST BUILDING MOJO!**

This week we talked about creating your super juicy free gift. I gave you the low down on the what, the why, the how and then when. So what have you decided?

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What is your free gift?

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How will you market and share your free gift to grow your list?

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What final tweaks must you make in order to unleash your free gift? Hint: don’t delay on this one! This gift can be leveraged in a multitude of ways so get on it sister!

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**What an incredible 12 weeks it has been indeedy!**

How will you celebrate your successes, your growth spurts and your journey? I highly recommend toasting tonight with your favorite green drink or please yourself with some divine chocolate anything you can to acknowledge your completion of these past 12 weeks!

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**As we close this chapter together, I want to inspire you to amp up your level of self care and self love.** As an entrepreneur and as a woman, no doubt you wear a million different hats and juggle a million balls in the air. For me learning to RECEIVE abundant self care has been my secret weapon for keeping my energy alive and my creative juices flowing.

How can you gift yourself the loving gift of self care on a daily basis? What rituals can you incorporate into your week so that you feel like a gorgeous Goddess vs a mechanical techno robot?

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I’ll share some juicy tips for self care with you on the call!

One of my favorite affirmations is “the more I play, the more they pay!”

How will you bring more juicy self care into your life moving forward?

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What will you stop doing that drains your energy and leaves you in pain, annoyed and hurt?

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What kind of support will you allow into your life and business? Brainstorm all of the peeps you’d love to hire!

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What is your self care plan?

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**You’ve created a phenomenal foundation both in the inner work and the outer work it takes to build your biz in the POP Program** – don’t let your progress fade away. How will you receive continued accountability, coaching and support for your biz? What is your plan for moving forward? *(I have something special for those of you who are wondering “What’s Next?” Stay tuned for details!)*

WOW! WOW! WOW!  
I am giving you a standing ovation!

I want to congratulate you for completing the POP Your Biz 90 day program with me! From the bottom of my heart, I want to acknowledge you and tell you that **I believe in YOU, I SEE you and I hear you!** The world is waiting for you to shine your light and dance your dance in only the way you and ONLY you can! Go forth and PROSPER!

# actionsteps

# **Week Twelve Action Steps**

# Complete this week’s form entirely taking time to answer each question and doing every exercise.

🞎 Answer all of the questions in this guidebook

🞎 Phew Review- take some time today and this week reviewing and taking stock of the progress you’ve made over the past 12 weeks. What have been your biggest AH ha’s and breakthroughs? What have been your biggest obstacles and or breakdowns?

🞎 What guidebooks and audio’s would you like to invest more time and energy into?

🞎 Celebrate yourself tonight or as soon as you can with your favorite drink or treat. Toast or cheers to your completion of the POP your Biz in 90 days program.

