Manda Modeys

VIP Virtual Planning Day

2 Hour Retreat



Releasing 201*

What were my intentions and goals for 2016? Where did I see myself by December 31, 2016?

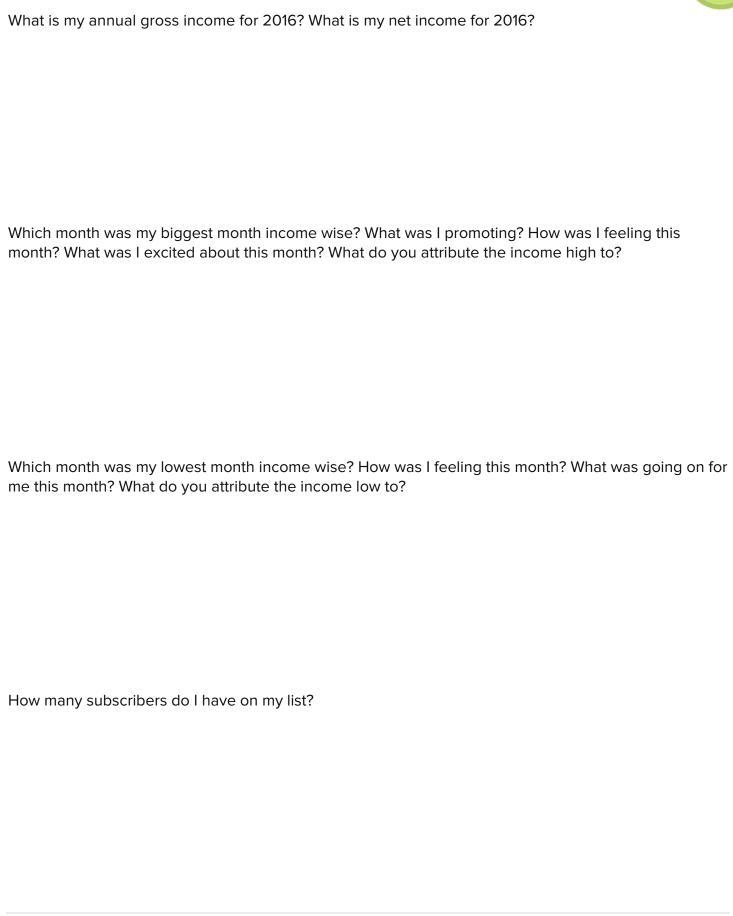














How many Facebook friends, likes and subscribers do I have?
How many YouTube subscribers do I have? What is the highest viewed video I have made on YouTube?
How have I received and felt supported in my biz this year? ExSupport from friends, colleagues, coaches, team's members, programs etc.







What am I going to do differently next year?





My 201+ Plan!

I would like to grow my list size to	this amount by
date.	
Example: I am joyfully and gratefully shining my (number) amazingly wo	light, dancing my dance and singing my song in front of onderful beautiful peeps! I am so grateful!!
Describe how you will grow your community to reach these peeps? Make these items specific.	your desired number. What will you do specifically to
	deos, blogging, writing, live events, networking,
speaking etc. (write out your visibility plan below	v)
What would you like to create this year? What w	ould LIGHT you up like a firecracker in July?



What kind of support would you like to receive in both your personal and biz life?
What boundaries are you going to put in place? What boundaries MUST you put in place in order to protect your energy and love yourself more?
What is your Soul Money Goal for 2017? Use the action steps below to support you in uncovering this beautiful and juicy number!
Soul Money Goal Step 1. What is the cost of your monthly outflows for both your personal and business? Personal Business Total: Multiply that number by 12 months to get your outflows for the year.

(Use the attached monthly money expenses tracking sheet to discover your number. Here's a helpful hint; please do not shrink or play small with your numbers. Be honest with your number and give yourself some breathing room. We're all about expansion not contraction here. If your number is "big" that's a good sign that you are ready for a BIG life.)



Grand	Total	M	ontl	hly	Exp	enses:	

Claric Total Monthly Ex	ponocoi		
Personal Expenses Total:		Business Expenses Total:	
Rent/Mortgage:		Taxes:	
Car:		Virtual Assistant:	
Car Insurance:		Google:	
Landline:		Web Hosting:	
Cell phone:		1ShoppingCart.com:	
Electric:		Constant Contact:	
Gas:		SpeakerMatch.com:	
Student Loans:		Networking Groups:	
Credit Card Minimums:		Audio Acrobat:	
Gas:		Audio Generator:	
Groceries/Toiletries:		AdImpact:	
Misc. Spending (i.e. dry cleaning etc.)		Business Development (coaching/ educational cds/ telecourses/ seminars):	
Health Insurance:		Merchant/Gateway fees:	
Personal Development (coaching/therapy/telecourse s/gym membership):		P.O. Box	
Cable/Internet:		Advertising:	
Housecleaning:		Web Maintenance:	
Spending Money		l lu Borre	
(eating out, getting a		New Projects	
massage/or nails done,		(setting up website, getting	
shopping for clothes or home		headshots done, computer	
or kids):		software, upgrades etc.):	









Monthly Expenses

Soul Money Goal Step 2: Write out everything that you desire this year. If you really could be, do and have anything this year what would that be?

Here are some examples. Think about the year ahead of you and everything that you would like to accomplish.

- Up leveled- lingerie
- New shoes
- New dresses, clothes, make up, jewelry
- Sports gear
- Car, transportation
- ✓ Fun trips- a long trip
- Short weekend trips
- Events you want to attend
- Support you want to hirer for your home and personal life
- Support you want to hirer for your business and professional development (coach, coaching programs, assistants, copy writer, photographer, graphic designer. Image stylist, social media experts, videographer media etc)
- New technology- like a computer or a camera
- New home, house furnishings
- A big event such as a wedding, a child, a new home, your own workshop or event.
- Savings for financial freedom accounts
- Savings for your children
- Self care- massages, hair, facials, pedicures, retreats
- Giving
- Keep going....

Soul Money Goal Step 3: Now that you have your list, write a number representing how much money (energetic exchange) each desire will cost. You may have to do some fun and significant research to find out how much all of your desires will be. Look online or go out and GO window shopping!

Joan Coop of C
Total up your number
Plus, your yearly total biz and personal number
My SOUL MONEY Goal is

This SOUL MONEY Goal is your money goal for the next 12 months.

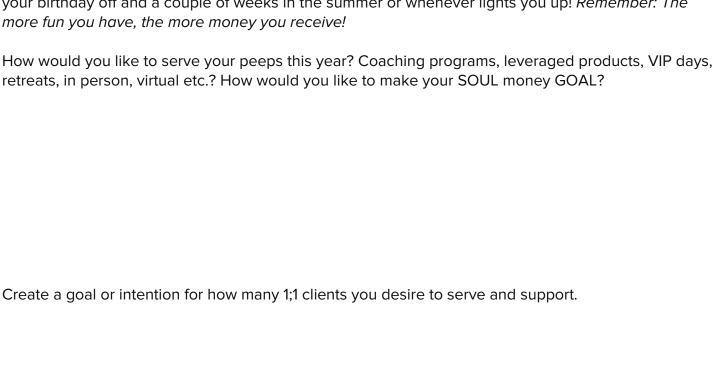
Soul Money Goal Step 4: Uncover your SOUL MONEY goal.



What will your schedule look like in 2017? Draft up a work schedule here. How many hours a week do you want to work? What days do you want to take off? When will you chilax? When will you connect? When will you create?

Click here for a blank Schedule

Using a 2017 calendar either an online calendar or a wall calendar. Schedule in TIME OFF from working in your biz. Consider taking 2 weeks off for the holidays, taking all the major holidays off, take your birthday off and a couple of weeks in the summer or whenever lights you up! Remember: The more fun you have, the more money you receive!



What do you want to say is true for you when the clock strikes midnight on December 31, 2017!! Reviewing everything we have created today, write up a heart script about what your life looks and feels like 12 months from today. Write and speak your life into existence!



Choose YOUR word which summarizes this new year for you! Examples: Trust. Faith. Focus. JFDI. Leap. Luxury. Adventure. Freedom. Leveraged. Visibility. Leader.

M۱	y word	for	2017	'is:
	, ,, ,, ,,		,	

Thoughts for the new year!

- I create my life.
- ✓ I can be, do and have ANYTHING I put my mind to.
- Life is for me.
- I am loved beyond my imagination.
- I create my financial abundance.
- I can do this.
- It's on like donkey Kong!
- ✓ I am allowing myself to receive everything I have spoken about in this document.
- It's safe for me to create massive happiness, success and abundance.
- It's safe for me to prosper.
- When I win, everybody wins around me.
- ✓ As I rise to my highest potential and create my life, I lift everyone else up with me.
- ✓ Life is for me!
- ✓ Boo YA!