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The Profitable, Playful & Portable Business
You Desire....The Skills & Mindset You Need.

Aloha My Love,

I'm creating this gift for you today from my home away from home in Hanalei Bay, Kauai Hawaii!! This is my happy place!

We're passing through the mid point of 2015 and I am inspired to share this gift with you to support you in **claiming YOUR soul money goal this year.**

There is no more time to waste! Time to get serious and focused on creating your Freedomista™ biz and life!

You need to look at how **you are acting, being, believing and feeling in your biz NOW.** Then “blow” the whistle on your old ways that are NOT in alignment with where you are going!

This playbook will walk you through the audio and visualization!

Blow the Whistle on Your Old Ways of Being, Acting, Thinking, Believing and Serving, Which has Kept You Small, Scared, Broke, and Stuck in Negative Cyclical Habits and Patterns With Your Energy, Money, Time, Clients, Image and Focus!

(Warning: your EGO is NOT going to like this); please note... a bad day for the EGO is a GOOD day for the SOUL 😊

Let's take a gander at all the ways in which you are NOT being this SUPER HOT and successful biz owner who is in her POWER with money and her life purpose.

Examples.... you wear your yoga clothes or sweats all day, you don't shower or put on makeup during the work day, you hide behind your computer, you are insecure about who you are and what you do, you shrink CONSTANTLY around everybody, you do not SHOW up and SHINE your light anywhere, you play SMALL consistently. You feel small.

You lack consistent work hours. You fit your work schedule around your kids or your other hobbies. You have no structure or daily plan. You have no idea who your ideal client is. You do not know what programs or packages to offer. You give your services away for free, trade, very low cost or by one session at a time. You lack strong personal boundaries. You answer the phone or text during "work" time. You hang out in email way too much just waiting for an email to come through. You cruise social media as a voyeur and not as a real player and contributor.



Your book keeping books are totally a mess. You are running your biz accounting through your personal checking account. You have NO relationship with your money. You don't know your monthly outflows, (you need to KNOW this!) You spend money like you have it and just hope it'll be there for you. You HOLD back from investing in yourself and your business.

You have website shame. You let FEAR run your life and let your fear make your decisions. You try to do EVERYTHING on your own. Instead of spending your time on your genius, you spend your time trying to learn WordPress, how to build a website, how to write copy, how to do social media, teaching yourself book keeping... QuickBooks, and all things TECHY. AKA doing STUFF you hate doing which CLOGS your energy, robs your creativity, your joy and your passion.

DUDE you need to get AHOLD of yourself!!! You are indecisive, unfocused, confused, overwhelmed and easily distracted by new ideas and plans. You are always running late. You check email on your PHONE all of the time. You feel like you are always working but in reality you are just wasting TIME and playing small.

You do not TRUST yourself. You give your power away. You listen to everybody else and never trust your own gut. You work with anyone who comes your way even if she's not an ideal client. You are not a TRUE business yet meaning you lack the masculine legal structures and containers to hold your business together. You forget to give your clients contracts and then they bail on you. You create a lot of drama in your biz. You have very poor boundaries with money.

Your turn.... I want you to get it ALL out here. **In the space below... let's BLOW the whistle on this OLD YOU.** Get it out... come clean write out EVERYTHING you are doing, have done, thought, felt, believed or acted out.

This is how OLD _____ (fill in your name) felt, thought, acted, believed. *(This could be at least 4 pages long, write yours out in a journal or type it out and print it out. You'll love looking back at this in a year or two to see how far you have come.)*

Please no slacking on this. We have to really blow the whistle on this shady character so that you can really ALIGN, be and become super successful 6+ figure you. **BTW... don't let this collapse you.** This is NO place for guilt, shame, fear, hiding, blame or victimhood. Have fun with this. We are all coming clean on our

shadow self... when you stand in the light, the shadow goes away. Make it fun by giving OLD YOU a funny name... characterize her!

Let's play. Share your character name and some of her best qualities on the [FB biz page!](#) The more we come together on this the better because most of us share the same shadowy characteristics but we're all walking around acting like we are perfect little girls and that we have it going on. HA!!!

This is how OLD _____ felt, thought, acted, and believed.

*Align Be and Act Like this Future Super Successful You to
Receive the Results You Crave; More Money, Quality time,
Amazing Clients, Opportunities, Energy and Love*

Now... it's time to write up a new script about YOU and your multiple 6 figure biz. Make this fun, beautiful and creative.

Here is an example taken from my personal coaching notes from 2009!

"I am a powerful, focused, radiantly successful professional entrepreneur. I exude confidence, grace and poise. I am centered and focused on my vision at all times. I am always dressed to impress from head to toe. People know and sense that I am a body and soul coach. I am very clear about my contribution to the world and the reason I am alive today to share my spirit with the world. I am clearly focused on my services, products and programs. I have a marketing plan for each day which I plan out every night at the end of my work day. I am focused on my ideal client all of the time. I anticipate her needs, desires, worries and fears. I am two steps ahead of her at all times with what she needs on her journey. I do whatever it takes to be a successful biz woman. I play BIG. I have strong boundaries with time. Every part of my work is systematized and leveraged. I delegate everything I do not LOVE doing. I am gratefully allow myself to receive support. I am working only with my ideal clients, women I LOVE working with. My clients always get 100% results working with me and continue to work with me for many years along their journeys. As I grow, they grow. My clients are super successful and love to refer

their friends and family to me. I answer/check email for 20 minutes every day once in the morning and again in the afternoon. I am very bliss disciplined with my time and energy. I easily turn my phone and computer off after work and I am joyfully 110% present with my gorgeous family. I have fixed and consistent work hours. I have an amazing team of assistants. I am in line with my original Divine Design and I allow her to express herself in my work. I turn my cell phone/work phone off during business hours so that I can focus on my work. I am a body and soul coach to the stars. “

Now it is your turn to write out your multiple 6 figure Successful Business YOU into existence. Write your script here or in your journal or on your computer. Print it out and read it every day. Start to align yourself with your NEW you. I promise you, this works if you do it! It's like eating healthy and exercising, if you DO IT, it works!

Your JFDI Action Steps!

BLOW the whistle on OLD YOU. Get it out. Come clean write out EVERYTHING. Use this template:

This is how OLD (your name) felt, thought, acted, believed.
(I suggest writing out at least 4 pages about OLD YOU.)

Please no slacking on this. We have to really blow the whistle on this shady character so that you can really ALIGN, be and become super successful 6+ figure you. BTW... don't let this collapse you. This is NO place for guilt, shame, fear, hiding, blame or victimhood. Have fun with this. We are all coming clean on our shadow self. When you stand in the light, the shadow goes away. Make it fun by giving OLD YOU a funny name... characterize her!



Let's play. Share your character name and some of her best qualities with me on my facebook page!
<https://www.facebook.com/healthandwealthcoach>

The more we come together on this the better because most of us share the same shadowy characteristics but we're all walking around acting like we are perfect little girls and that we have it going on. HA!!

- Write up a new script about YOU and your multiple 6 figure biz in the present, positive affirmative tense. Name your future self if you would like.
- Every night before you go to sleep and every morning before you wake up/get out of bed visualize, connect and align with your 6 figure + vision of yourself.

P.S. If now is your time to receive mentoring and kick ass coaching from a freedomista™ who is walking her talk .. **I have good news..** for the first time all year... I'm taking on new 1;1 clients in my all new Freedomista™ 6-month coaching program. [Click here to apply for a strategy session](#) and if it's a fit...we will set up a call!