

Good Morning Beauties!

Give yourself:

A deep breath

A prayer

An intention

A gentle stretch

A vigorous shake

What do you need to come to presence? <3





Book *Your Call*

~ Calendly

~ Next Steps <3

Let's keep the
momentum going...

with a MistressMind!

and some super
supportive office
hours*...



The Offer

- ♥ Monthly MistressMind Session (*value \$500-\$700*)
- ♥ Monthly Office Hours (*value \$100-\$300*)
- ♥ Private FB Group to connect, reflect, receive and share (*priceless <3*)

\$300 per month ~ to have ongoing support 2x per month to get clear, get action steps, get help crafting offers, help with sales calls, blueprints, launches... all the things...

\$277 per month if paid in full (Same price you are paying now) *

This is for you *if you:*



- ~ Are not looking for a “one size fits all” coaching scenario
- ~ Would love to have someone who ‘gets’ you helping you sort out the possibilities
- ~ Aren’t looking for a huge commitment but would love a place to tap into a wisdom well that’s reliably there for you.
- ~ Someone to help with creative solutions
- ~ To not feel so “solo” as a solopreneur
- ~ If you’d love some clarity and confidence building



Let's
Share!

Any questions from last week?

Does anyone want to share or workshop their stuff?

Rhythm & Flow

Fitting your business into Your Life
and not your Life into your Business.

Doing the things you need to do
while creating the life you want to have.

Leveraging your time at work *to get*
you where you want to be the fastest.





The Blue Ocean Exercise

How to leverage your time to get to the Blue Ocean Most Quickly...



River Tasks

*These flow us directly
to the Ocean*



Stream Tasks

*These support the
River Tasks*



Lake Tasks

*These don't support the flow to
the Blue Ocean very quickly.*



River Tasks

- Sales Calls, Sales Pages
- Creating Promotions
- Sending Email Offers
- Anything that has a CTA (call to action)
- Live Offers/ Masterclass/ Webinar/ Summit
- Getting in front of people and making them an offer.

Stream Tasks

- Finding Leads
- Booking Support or Connection Calls
- Nurturing your Community (emails, FB Groups)
- Writing Posts
- FB Lives





Lake Tasks

- Any activity with no CTA
- Website Upgrades
- Logo/Branding
- Launching Podcasts
- Writing articles/blogs
- Writing course content

Working in Your Zone of Genius

Your zone of genius is the center of what you enjoy and what you do best!

Things You...	<i>Are Good At</i>	<i>Are not Good At</i>
Enjoy	<u>Zone of GENIUS</u>	3rd Thing to Delegate
<i>Don't Enjoy</i>	2nd Thing to Delegate	1st Thing to Delegate

*You can budget your hired help based on this graph**



Finding *Flow*

Flow State
is characterized by:



Feeling Really Good



Single Minded Focus



Creativity



Productiveness, Activity

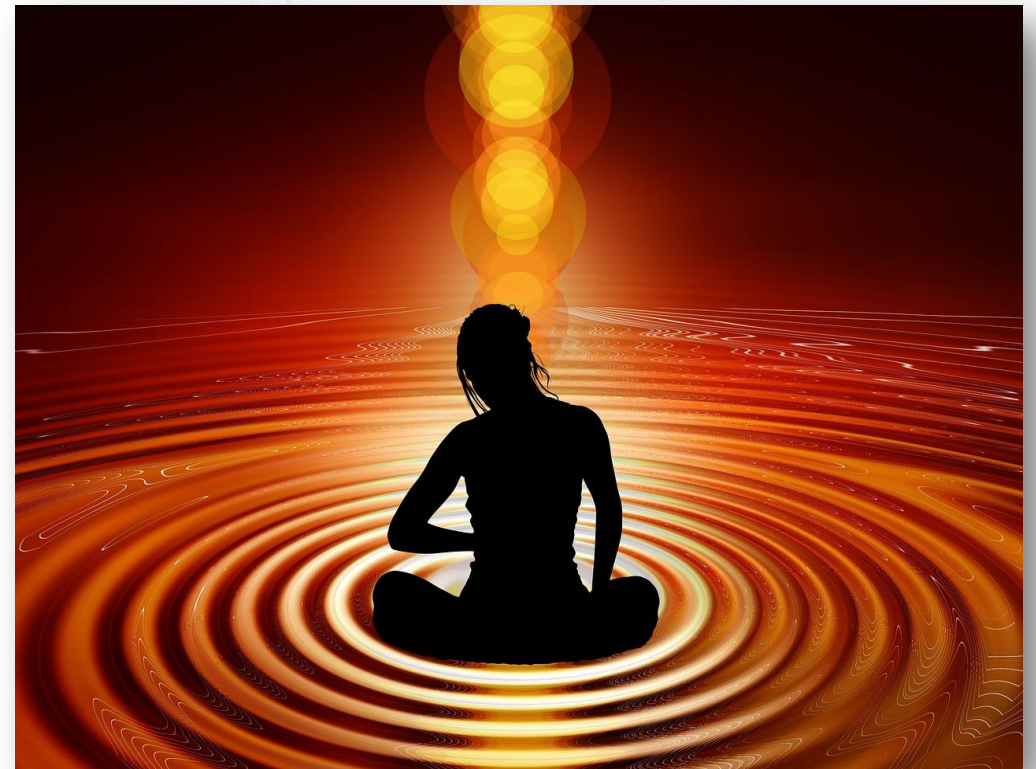


Experience of Oneness

Flow State Anchors

And here are some specific things we can use to set ourselves up to *get in the groove* more easily:

1. Do this during your most *awake, alert and energized* time of day.
2. Set up your work time like a *Sacred Ritual*.
3. Eliminate all distractions both *external and internal*.
4. Activate some *pleasurable feelings*.
5. Play a *thinking music* soundtrack in the background.
6. Have a *goal in mind*.



“It takes
discipline to be a
free spirit”

~ Gabrielle Roth



~Supporting Resources~

Module 4 - Rhythm & Flow

- ♥ Finding Rhythm
- ♥ Leveraging Your Time ~ The Blue Ocean Exercise
- ♥ Finding Flow
- ♥ Create More Ease ~ Calendaring
- ♥ Creating Contracts
- ♥ Utilizing FB to Book Clarity, Discovery & Support Calls
- ♥ ABC's of High Vibration Connection, Discovery and Clarity Calls



Questions?