

Conscious Client Attraction

TRANSFORM YOUR SINGLE SESSIONS INTO ONGOING DEEP-DIVE CLIENTS



Module 5

Rhythm & Flow

Finding your flow is, literally, one of the best feelings in the world. There are entire books written on flow states. I believe being in flow is a higher-self, longing from the soul that is emerging through our consciousness and part of what drives us to be entrepreneurs and create businesses that we love ~ because enjoyment and purpose are both key factors to flow. We long to merge into that perfect sweet spot between *pleasure, focus, genius, and ease*.

I see a lot of people using the term *flow* to mean meandering (not really choosing a direction or committing to any one thing)...

Flowing is actually about narrowing down your focus and committing so deeply to one thing that everything else disappears for a time. As a person with a business, trying to focus on everything at once is stressful at best and crazymaking at worst. If you'd like to experience more pleasure, productivity, tapping more easily into your genius, and have less stress while doing it practice getting into Flow.

There is also a seasonal rhythm of life that we want to look at when we are considering how to set our programs and offers.

There is a rhythm to our days, weeks months, quarters, and years,

It is these Rhythms and finding Flow that this Module is really about. It is about finding structures that support our creativity and make our lives easier so we can show up more full-on for our growing businesses.

The following lessons will support you in creating more highly productive, and pleasurable rhythms for your business so that your business can fit into your life and not the other way around.