

# Day 5 - Share A Simple Tip

We want to build trust with people, so they are more likely to work with us. And we also want to build authority, so we are seen as an expert in our field (or at the very least, a qualified contributor to the conversation!)

And a super-duper simple way to do that? Is to share tips and insights with our ideal people about the issues that affect them.

I know it sounds simple. Because it is (remember, that's the WHOLE point of this!)

## Today's action step?

Share one helpful tip or insight. Ideally, it's about something you're passionate about or that you work with - but even that is optional!

This might be:

- A 1-2 sentence post or story
- A voice note in a group chat
- A real convo with someone who could benefit
- A text message
- Jot it down on a sticky note to share with someone in future

Still stuck? Jump in the [Whatsapp group](#). You can tell us, and we can cheer you on + share the confidence to have the conversation elsewhere!





## Let's talk about what to share with people

*What's one thing you always find yourself saying to clients?*



*What tip has made a difference in your health journey?*



*What's a quick reminder your ideal client might need to hear today?*

