



COACHING

'RIGHT' YOUR STORY

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our Light, not our Darkness, that most frightens us."

Marianne Williamson

"This is where we get witchy with it! Unleash our powers, let our light shine bright, and together let's illuminate this world!"

Jenn Walker

HERO'S JOURNEY: We are all Superhero's of our Story: What's your Hero's Journey?

Write your Hero's Journey. What is your compelling story that will connect your ideal client to you? Why are you doing what you're doing now? Why is your work important? What was your call to action? What were the lessons? What was your aha moment? How did you come around to the realization that you had to share this to help others following a similar path? You'll be helping people that are in a similar situation that you were in 3-5 years ago. What did you do to get you from there to here?

Watch this great little documentary on The Hero's Journey "Finding Joe":

<http://bit.ly/2MrGfPJ>

"RIGHT" YOUR STORY:

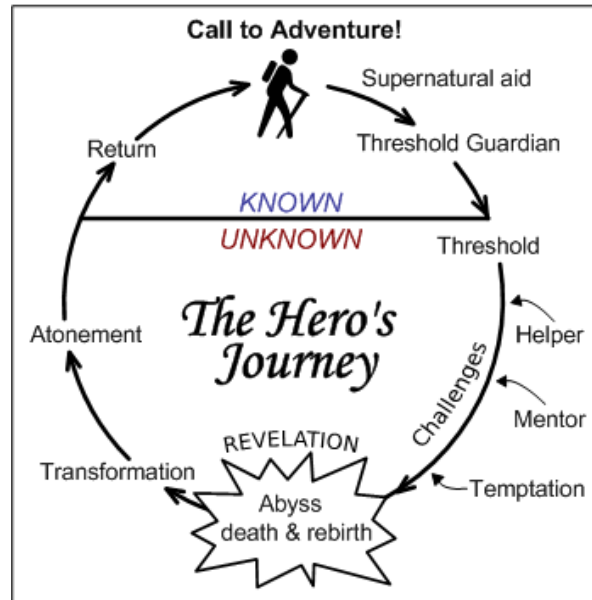
This is your origin story. Why you're doing what you're doing now. It's compelling and inspirational to others. It's why YOUR ideal client will connect with you. The badass hero in me sees the badass hero in you!!

WATCH VIDEO: (9 minutes)

<https://youtu.be/cWppcPn2ei0>

Dive Heart First

COACHING



What started you on this journey? ("Supernatural Aid" is what's in your Heart - What were you not alright with, to set you on this journey?) Think about your state 2-5 years ago.

Who set the wheels in motion for what is possible for you? That's your Threshold Guardian.

Get ready for the Triggers!! What were the challenges? What were the lessons you learnt? What were the temptations that you overcame? Who were your helpers? Who were your mentors?

WHAT WAS THE REVELATION? The moment that you cut yourself off from the old way of thinking, being and doing and started YOUR transformation?



What changed? Describe the outcome/result? The transformation.

How did you make amends? To yourself, to others? How did you practice acceptance, compassion and love of the past? Your atonement.

Now you've come back home! You've been on a journey, and you're going to teach "Yo'Peeps" what you know, to help them in their Hero's Journey. Why is this important stuff to know? What problems does your knowledge from your Hero's Journey solve for other people?

Ohhhhhh.... and listen to this song RIGHT before and after you write or read your hero's journey (or during even) ;)

<https://youtu.be/0IA3ZvCkRkQ>

Download this song to your phone, or have it handy on your computer, whenever you need a lift, play it! Whenever you need to remind yourself of your ABSOLUTE HERO BADASSERY!!

Now, I want you to share your Hero's Journey on video. Take out your phone, tape a 5-10 minute video of your Hero's Journey. Go to YouTube, create a channel if you don't already have one, and upload the video to your channel. Upload it as an "unlisted" video - no one will see this video, unless you share the link. Share the link with me, when you're done. :)