

Masterclass

4 Steps To Creating More Energy, Less Overwhelm and still "do it all."

The #1 thing that changed my life:
I took control of who I wanted to become.

- Amanda Walker

YOU ARE IN THE *Right* PLACE IF...

You wear many hats, your plate is full, and you feel like you are consistently feeling overwhelmed.

You know it's possible to carve out space for yourself and not feel guilty (because other women seem to do it) but you haven't figured out how to do it consistently for yourself.

You want a tool in your life so you will no longer be stressed about your week (including how you fuel your body) instead you will welcome it with open arms (and excitement).

YOU ARE IN THE *Wrong* PLACE IF...

You are looking for a quick fix, don't want to do the work, and are in the habit of not taking responsibility for results in your life.

You plan to watch this entire FREE workshop and then when I share the exact coaching tool you need to create massive results in your life you justify all the reasons you shouldn't buy it or why it won't work for you.

MY PROMISE TO YOU...

- ▶ I will deliver honest, transparent, and massive value in the next 60 minutes.
- ▶ Everything I will teach today is rooted in real-life client examples and experience, not theory. We have the data to back it up.
- ▶ You will have fun too...maybe laugh, cry and walk away with some "ah-ha" moments.

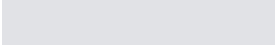
IN RETURN I ASK...

- ▶ That you keep an open mind to new possibilities and learnings.
 - ▶ Put away all distractions and BE here now.
 - ▶ Have a pen and paper ready so you can take lots of notes.
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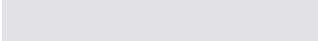
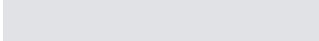
TIPS FOR WATCHING THIS MASTERCLASS...

- ▶ Get in a quiet room and turn off your phone, so you can devote your FULL attention to this training. You deserve it.
- ▶ Close your tabs and any extra apps to increase bandwidth
- ▶ Share the love on IG, FB or Twitter. Take a pic of this training with #groundingday and remember to TAG ME @awalkmyway. I'll share the best posts and give you a shout out at the end of this broadcast!

MISTAKE #1

Don't live life living by  Instead, find your own priorities.

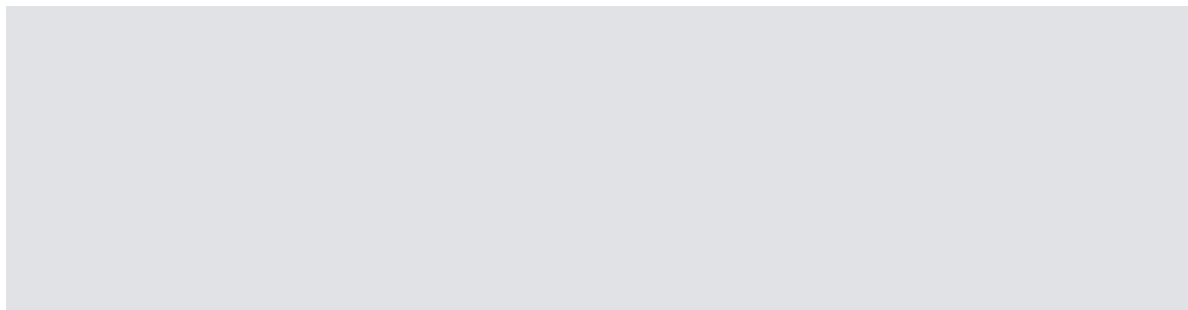
MISTAKE #2

Don't plan your life in  Instead, map out your 
and weave them together.

MISTAKE #3

Don't put everyone else's needs before your own. There is no faster way to feel exhausted and overwhelmed in your life.

NOTES



4 STEPS TO CREATING MORE ENERGY, LESS OVERWHELM AND STILL "DO IT ALL."

- 1
- 2
- 3
- 4

STEP ONE

To know where you you must first know

When you become aware of your are you can begin to change the to gain it back.

NOTES

STEP TWO

Often what we say is a or want to be a priority is not reflected in our daily actions.

+ = Time Freedom and less overwhelm

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STEP THREE

Map out your week with intention... putting [] needs first.

This includes the single most important action you can take to increase your energy and productivity: []

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STEP FOUR

Every action you take comes from the [] you feel before you take it.

[] = Peace of mind

What is that you want in your life?

- 1 []
- 2 []
- 3 []
- 4 []

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