



✓90 DAYS

TO GETTING BOOKED  
**AND GETTING PAID**

Fast Start Pack



# Introduction

When I first launched my business, I was 100% focused on the tactics and how to's. I shrugged off the value in doing the seemingly pointless exercises that several mentors of mine had encouraged me to do.

But there came a time when I realized that I had learned so many of the tactics but I wasn't seeing the results I was after.

When I went back and did the exercises that I am about to share with you, my business really took off.

Start here now with your full attention. Trust in the process. Give it your all. Be mindful of the shifts that will ensue. Don't skip this.

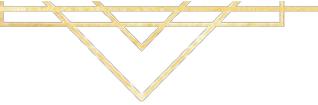
This Fast Start Pack and accompanying exercises were designed to get you seeing shifts in your life and business before we even dive into the program content.

I know you've been longing for more in your life. So let's get things in order and clean that slate so you're ready for the transformations (big and small) and the action packed curriculum over the 90 Days to Getting Booked and Getting Paid Program.

You deserve to step into that woman you are meant to be - starting today. Shifting your mindset and letting go of what no longer serves you, so you can blossom into your unique brilliance and unleash your genius.

In gratitude,

*Christina*



## Exercise #1

### **If It's Not Scheduled, It Won't Happen!**

What is on your to do list that you will schedule to get done before the program starts? Schedule it now.

How much time will you allocate to this program each week?

The Live Calls:

The Modules:

The Readings:

*Go and Schedule it now!*



## Exercise #1

### **Clear the Clutter**

It's time to clear out all of the noise in your head and create space for what you will learn.

#### *Step 1*

Take 15 minutes and write out everything that is on your mind. Include everything from business, personal, relationships. All of it.



## Step 1

Mark an 'x' next to everything that is out of your control.

## Step 3

Read each item allowed and say "I am choosing to let this go now."

You can take it a step further and follow Denise Duffield's method and say "I forgive you. I'm sorry. Thank you. I love you."

This lets you take ownership of your part. It helps you appreciate the lesson. And it raises your vibration to one of the highest vibrations of love and acceptance.

## Step 4

Pick 3-5 of the remaining items that are the most urgent to do. Schedule them to get done.

## Step 5

The remaining items can be scheduled out for 3 months, 6 months or 1 year. Anything beyond one year mark with a "+" and keep it on a bring forward list.



## Exercise #3

### Start **before you're ready** & create inevitability

Are you waiting until you're ready? What exactly does "ready" mean to you?

Declare your intention **now** that you will take action on each of the program exercises. Set this declaration as a reminder of your intentions throughout the program.

My intention for the 90 Days to Getting Booked and Getting Paid Program is...



## Exercise #4

### **Awareness**

My biggest lesson in business has been to recognize 80% is mindset and 20% is mechanics & how to's.

When you're eager to try out the next thing but not really follow it through until the end, ask yourself **why is that?**

What is your deeper fear?

I know for me, in the beginning, I resisted being visible.

We've been brought up right from early ages in school, to be like everyone else. To blend in, to do what we're told. We live in routine and it makes us nervous to step outside of the box.

That tension and discomfort is growth. The more we get **comfortable with being uncomfortable** the more we grow and get comfortable with being our true selves.

I'm sure you've heard the saying before that clients don't care about you. That is true but clients hire you because they connect with you. There is a likeness or similarity that they gravitate to.

If you blend in and don't make a strong enough stand of who you are, what you believe and why you do what you do people won't connect.

**“Every time you say yes to something you don't want to do, this will happen: you will resent people, you will do a bad job, you will have less energy for the things you were doing a good job on, you will make less money, and yet another small percentage of your life will be used up, burned up, a smoke signal to the future saying, 'I did it again.'”**

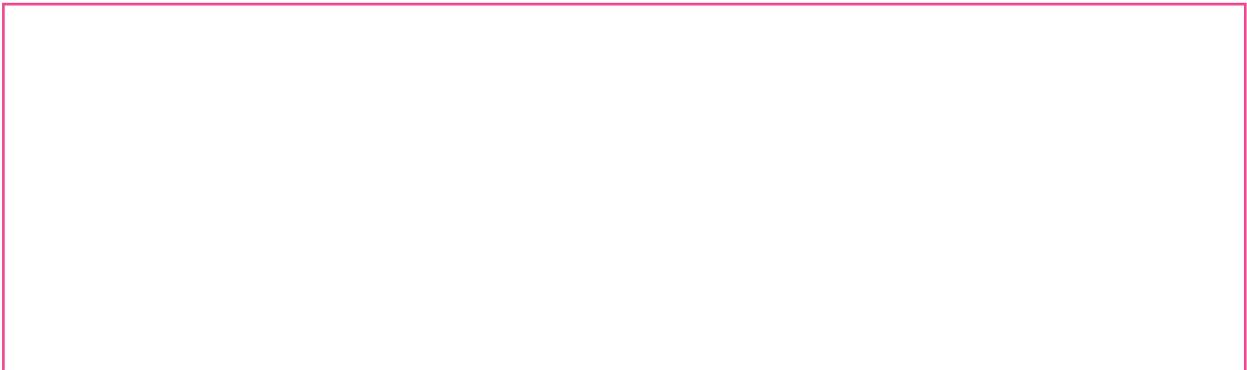
*- James Attucher, Choose Yourself*

## BONUS: FAST START WRAP UP

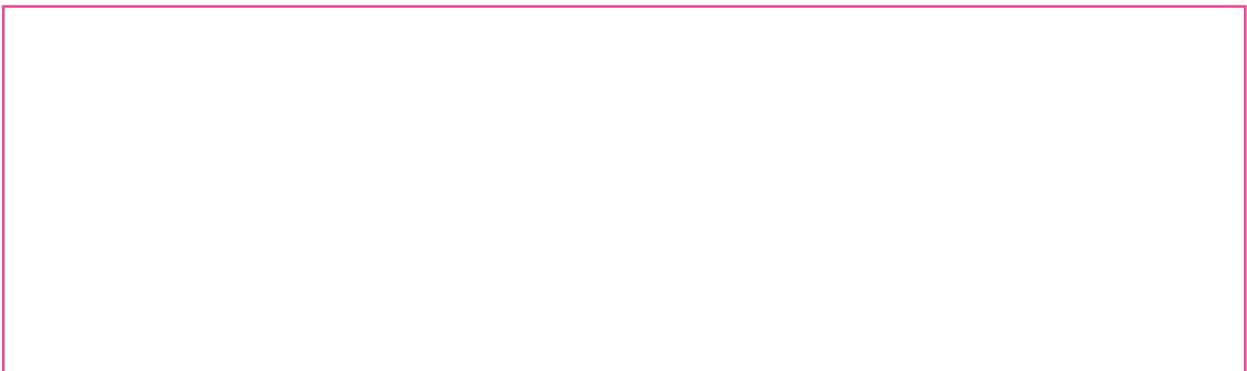
Where will I stop saying “yes” when I mean “no”?



What does **looking after myself** look like? How will I start looking after myself today?



What am I **no longer available for**?



# Your External Clutter Clearing

How can I create an inspiring home & office space to work in?

**For example:** fresh flowers, new pens, faster wifi, clean house

What do I need to de-clutter or clean up? Do one section at a time and make space for new.

**For example:** closet, pantry, fridge, office, inbox, receipts, filing, old shoes, purses, old makeup

What can I add to my space or life to feel happy and inspired? Start with at least one thing right now.

**For example:** get a pedicure, buy new shampoo, get hair colored, buy new running shoes, go to the gym, read

Taking on a **“successful woman”** mindset also means asking for help.

Where do I need to ask for help? Who do I want on my success team? Who will get hired first from my list?

**For example:** housekeeper, bookkeeper, VA, graphic designer, web designer, copywriter, personal trainer

