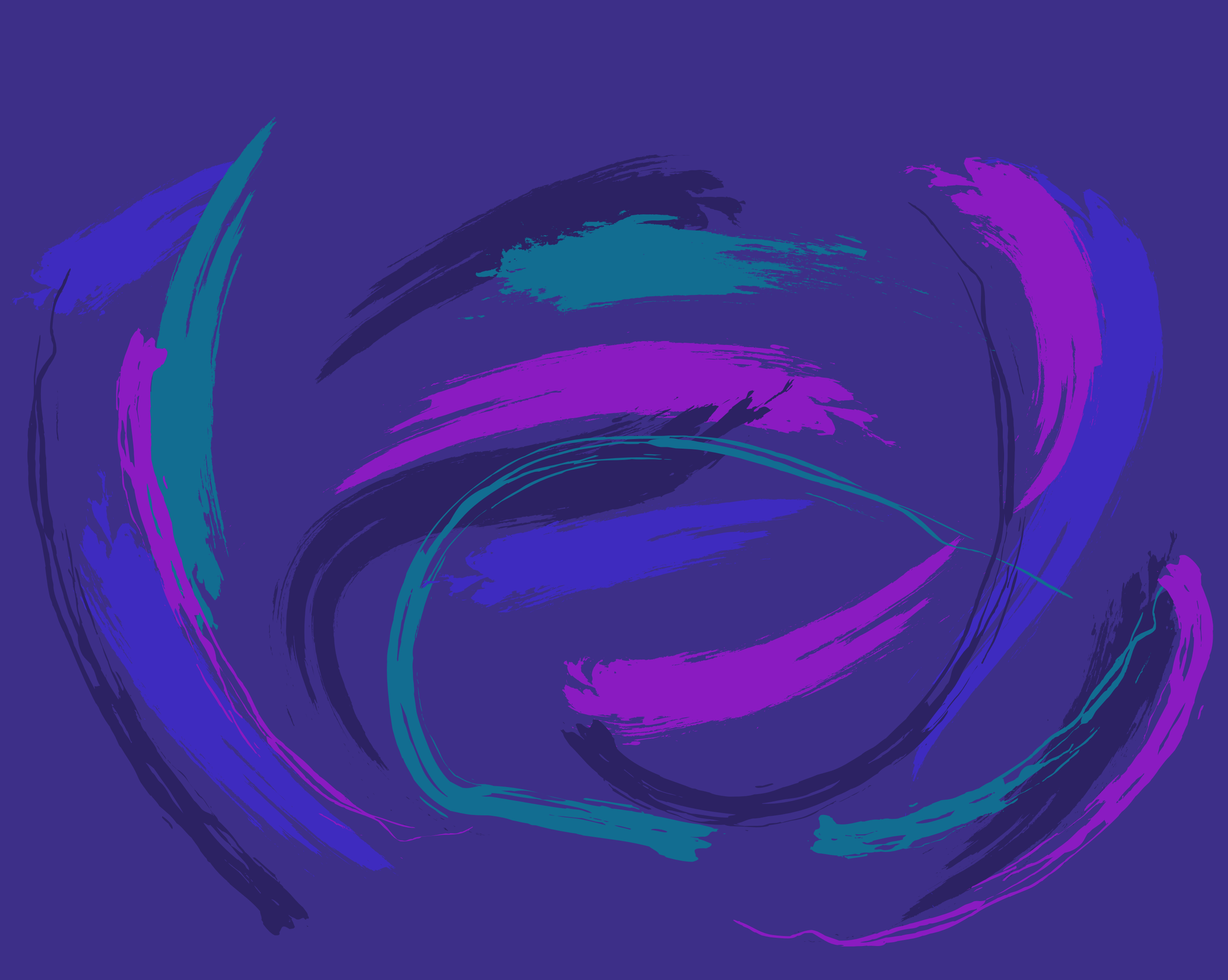


GLORIA COPPOLA

**LEARN HOW TO
CREATE A PLAN
THAT ALIGNS WITH
YOUR VISION AND
PURPOSE
DOING WHAT YOU
LOVE**

WWW.GLORACOPPOLA.COM



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You, were born to love

Welcome to an amazing process that will help
you gain crystal clear clarity for success in
any area of your life!

How do I know?
I've learned it, applied it and I am
mastering it!

So, there is no secret really
You just have to DO IT!

Did you know most people don't reach goals
because they don't implement tools that
work?

They 'try', which is not an action step.
It's only in thought.
Then they apply, but not clearly and
consistently.
So, They give up!

Follow the steps
Implement Daily
Move forward to the next

What do you really want to create in your life?

What would bring you happiness?

What would you love?

Perhaps you want a successful massage
business?

Let's create one, together!

I will share how I went from a successful business
management position to making the same money
within less than 1 year and how I built a holistic
center in the 2nd year of my massage career!
Follow my tips consistently and have a burning
desire that motivates you.

Are you ready and committed to take the
action steps?

What do you love?

For example: I would love to have a successful
massage business is very vague.

I would love and desire for my massage business
to create a financial income and profit to support
my family.

This is ok? But still not clear enough!

Try this!

I would love and desire a successful massage business that provides me \$75,000/per year or better to support me and my family easily. I envision to achieve this goal on or before December 31st, 2018.

Getting clearer right?

Keep thinking of all the 'specifics' and always be in an uplifting, enthusiastic place so the energy you put into it, comes to you!

If you hear those voices in your head believing it's not possible or doubting, we need to quiet them down.

I will share more after this list how to address those pesty voices.

Mainly stay in action!

VISION

Have you ever created a vision board?
I also have created a vision website page? Very similar only I put everything on a page so it becomes REAL on my website.

A vision board or page includes everything you CAN see and feel, including your emotion behind this dream.

1. Location - What does it look like
2. Where is it located?
3. What color are the walls?
4. Do you have pictures?
5. What is your mission statement?
6. How many treatment rooms are there?
7. Do you have a retail section?
8. What does the front door look like? Is it welcoming?
9. How does your massage room feel?

Got the idea?

Create your vision as if you already have it
in your life!

YES! That is VERY Important!

Why? Because if you have doubting voices, lack of confidence and don't think it's possible...
guess what?

IMAGINATION

So let's imagine what it feels like to see this space
on paper?

What does it feel like to achieve your financial
goal?

All of this energy is the catalyst to create!

Stay positive!
Be consistent!

Now the agreement to make it happen! Oh
yes, you need a sacred contract to commit to the
manifestation of your desire!

Ready?

Let's start with our imagination and some fun!

A lot of people skip this necessary step.

Ask others for ideas too

The more ideas, the clearer and bigger your dream
will become!

PEOPLE WITH GOALS SUCCEED BECAUSE THEY KNOW WHERE THEY ARE GOING?

MAKING THE PLAN

An action plan is the key to creating your dreams.

A very specific and crystal clear action plan!

Ready to create one?

Get your vision board out?

Get into the feeling of creating your dream come true!

What CAN you do to make your dream come true?

1. Do what you CAN with what you HAVE right now.

Ex. Desire

Hope

Ambition

Friends/family/connections

Massage table

Hands

Room to rent etc.

EMOTION

It's your driving force!

2. A burning desire will get you out of the bed!

What is your 'burning' desire?

When I first started I was a single mom. My burning desire at that time was to support my children and achieve great success in my business with ease and grace.

3. Write down your burning desire otherwise known as your WHY!

The deeper your why, the more emotion it connects to and with you will become unstoppable! My burning desire is entirely different at this stage of life and more global.

Dive into your purpose!
Meditate, prayer, journal
Trust your intuition

It may even be something you had not considered until you open your imagination and allow more vision to come through you

4. Now let's make the plan

Write down what you think you need to do to start a business.

- Purchase supplies
- Business cards
- Network with others
- Etc.

5. What is the most important 1st step you need to take?

Write it down.

Ex. I will commit to purchasing my massage table (name the table and what features it will have, including the color). on or before (date)

.

Whats the next step?

I will design and purchase my business cards on or before. They will look like (insert specifics). I will have colleagues review it and provide me ideas so it is attractive, effective and attracts my ideal client.

DO YOU ENVISION YOUR PERFECT CLIENT

6. The ideal client

Yes you need to know exactly the type of person you want to attract.

Ex. I will attract anyone who wants to relax and has pain. NOPE! Not specific enough.

Ex. I will attract health conscious individuals who value self care and honor their commitment to receiving massage 2 or more times a month.

They are professionals, male or female,

7. Create your Ideal Client.

Who is your ideal client?

Create a story about them. It could be pages. Get very specific.

Include age bracket, male/female, dedication and commitment to self care, what they love, are they financially stable to receive massage 2 or more times a month. Where do they hang out?

Yes you need to know this too or how will you find them?

Keep going!

The ideal client is typically a version of you!

BE REAL SPECIFIC

So you think you are ready?

8. How much time will you commit each week to build and promote your business?

People don't just show up!

Where will you go so people meet you? Ex.
Business networking, health fairs etc.

Spend some time brain storming
Think of ALL the possibilities available.

Ask yourself

Am I willing to ask for referrals?

Am I will to volunteer time to get visibility?

Am I coachable?

You must be coachable and open to
new ideas and concepts and WILLING to stretch
your comfort zone.

You must be consistent and have patience!

If you are new to an entrepreneurial lifestyle, you will soon learn you will need to dedicate time to handle all business aspects.

Be sure you account for a significant amount of hours in your week to build and maintain your business.

9. Time Block - It's important to set a schedule and block off time for all the things you will need to create a successful business and life.

Take time for YOU!

Often Caretakers put themselves last and burn out quickly.

10 minutes each morning to set an intention, stretch, do some breathing and remember to nourish yourself first.

Put aside Time on your schedule for all the details. 30 mins to 1 hour each day to start and as you grow you may need more.

If you don't time block you may forget, get distracted and keep telling yourself "I will get to it tomorrow. Then you may feel overwhelmed or even depressed.

Surround yourself with powerful,
uplifting
people who believe in you!

10. Success breeds more success

Who are the 5 people you spend time with and go
to for support, advice and uplifting?

Who inspires you?

What motto do you live by to stay positive?

In any growth stage of life, we need inspiration!

Continuing Education
Coaching & Mentors
Spirituality

Remember, if you keep doing what you are
doing, you will keep getting what you are
getting.

If you desire more, You need new perspective
Bigger Dreams
You need to **STRETCH** yourself
Take Risks
Avoid Distractions and negative people

Who are your cheerleaders?
Who is honest with you ?

Now the REAL WORK!
BELIEF IN YOURSELF

Do you have those voices in your head that say

I Can't

I won't

I doubt

It's not possible

This is ridiculous

I'm not good enough

Keep adding your voices

The ones that stop you from succeeding
the ones that don't believe things are possible

The one that was disappointed or hurt

Keep going

Then identify the strongest voice in your head
when you are planning to achieve your goal

Who is it?

Does it have a face or energy?

Give it a name.

Oh, is there a voice resisting this part of the
exercise? That's the one stopping you!

How to quiet those voices

1. Identify the voice and limiting belief
2. Be aware of being aware of them and how often they show and when they show up
3. Learn what their 'strength' is and how you can use it for a better purpose
4. Interrupt the cycle! How?

Actually, easier than you may think.

As soon as you notice a negative voice, belief or words coming out of your mouth

STOP!!!!

Be aware of being aware!

Awareness will help you identify the pattern

5. Chat with that pattern

Yes, you can have a conversation

Crazy, you say? Who was that in your head?

Simply tell that part of your belief the following:

"Excuse me, I'm interrupting this pattern RIGHT NOW. I want to acknowledge your power and honor you, however, I am strong, confident, powerful and ready to achieve greater goals.

Notice what happens!
Yes, Be aware of what you are aware of

Take a few deep breaths

Identify the strength of that old voice.

The bigger your goals, the more powerful those old patterns show up. Let's use that power for purpose!

Hello _____

Thanks for showing up today!

I've been wanting to have this chat with you for awhile. You see, I noticed you have some powerful gifts and you have controlled my thinking for a long time. You've served in some capacity. However, I have decided today to make some changes in my life. I was thinking, since you are so powerful, would you be willing to combine forces with me? This is what I desire _____

Then give that pattern an option

1. You can come with me on this mission and we can do greater things

OR

2. You can be quiet while I go become more empowered and radiate to shine my light. I will be ignoring you by the way if you don't support me.

What do you decide?

Be aware of what you are aware of
Keep doing this
Every time you make a decision
Every time thoughts pop into your head

Follow these simple steps and you will notice
changes happening professionally and
personally.

Remember the most successful people continue
to have coaches and mentors. It's a necessary
process to success and to tap into your greatest
resources.

RISK TAKING

1. What Risk will you take today to create a life
you desire and love?

Remember the risk not to, is greater than the
risk to take one.

2. You create daily. You don't get a choice not to
create. You get to choose how conscious you are
with the power moving through you each
moment.

3. Choose a different set of risks!

You wouldn't be here if you didn't want to be mentored to learn how to be successful

4. How much will it cost you not to take the suggestions?

5. Will you accept the help and support and get rid of the things in your way?

6. The big risk is settling for status quo. So what will you allow yourself, what step of action would you take to take another risk. The risk to stay closed or where you are at is greater than the risk to succeed!

7. Write down 1 step, 1 risk you will take!

Ignore Conventional Approaches

Wait, doesn't this work?

I like my patterns and the things that work for me! I like being loyal to conventional approaches.

BE WILLING TO SHAKE SOME THINGS UP!

Everything is Possible!

What's possible for you?

1. How can you apply these steps and make them different for you? More creative?
2. Instead of seeing things as problems, see opportunities
- 3 Ask yourself, how this benefits you and how can you **SHAKE IT UP TODAY**
4. Some of the things I've presented may be unconventional for you , try them!

STRETCH YOUR LIMITS

1. Are you comfortable in your zone? Consider stretching out 5% each week or each day and ask what step **CAN** you take?
2. What action **CAN** you take that might open a doorway for you but you have been afraid to take. What **STEP** might that be?
3. Be willing to be uncomfortable in the interest of growth. Even if people around you don't understand or support you, take the risk and stretch. Be willing to be uncomfortable.

4. If you are uncomfortable, just realize you are growing!
5. Shine your Light ~ You will always be bright!

“You can be discouraged by failure or you can learn from it. So go ahead and make some mistakes, make all you can. Because, remember, that is where you are going to find your new successes.” ~Tom Watson

ALIGN YOUR VISION WITH YOUR PURPOSE!

1. What are your top 5 values!?
2. Do they align with the things you wrote down earlier?

If not, eliminate what does not align with your values.

3. Focus on the ones that do!
4. Each day do 3 things that are priority and that does not include work.
5. Remember to breathe so you are always in a relaxed state of being and managing time with peace and calm

6. Release Perfection!

Progress, not perfection

Thank you for taking the time to align your purpose to create a life you Love.

These steps may seem simple or they may be a stretch for you.

Either, way do them, consistently.

They work!

Even if you have done them before, do them again with new perspective, new insight and new attitude.

I wish you much success on your journey personally and professionally. Remember, YOU CAN create a life you love with consistent commitment, burning desire and accountability to your goals.

Gloria Coppola, Educator, Author, healing arts practitioner, certified Health coach and life coach courageously making a journey through life with an unstoppable nature.

I desire to inspire!

Feel free to email me at
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Join my 12 week coaching program and mention this e-book to save \$150.00 off the full program and RECEIVE a BONUS 1 hour Soul Purpose coaching session.

Private coaching sessions are available.

Author of

Both Ends of the Rainbow, A healing journey

You, Were born to love

Available on Amazon

Soul Purpose Readings

Gloria offers 1 hour divinely guided and purposeful readings.

Guidance comes through the combined highest wisdom between the parties and the use of the soul purpose message cards created as a result of meditation. These cards are messages from our creator and Gloria was shown how to use them beyond daily inspiration and to provide you with information to clearly align your path.

The reading consists sacredly connecting

Providing 3 cards that will provide

1. The Block right before you. The challenge you face that shows up in life and how to work through it
2. The 2nd card will provide you the insight to the next phase as you release old patterns
3. Your soul purpose and how it all aligns with your blueprint to serve.

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