



## Auto Responder

FIRST EMAIL SENT DAY ONE: WELCOME!

SECOND EMAIL SENT DAY THREE: ARE WE CONNECTED ON FACEBOOK AND PINTEREST?

THIRD EMAIL SENT DAY SIX: EXPOUND AND REMIND ABOUT STEP ONE IN YOUR FREE OFFER.

FOURTH-SEVENTH EMAIL SENT EVERY 3RD DAY AFTER: EXPOUND AND REMIND ABOUT STEPS 2-5 IN YOUR OFFER!

EIGHTH EMAIL SENT 3 DAYS AFTER PRIOR: I NEED YOUR HELP? PLEASE FILL OUT THIS SURVEY. \*USE SURVEYMONKEY.COM TO CREATE A SURVEY ASKING ABOUT THEM AND WHAT THEY WOULD LIKE TO LEARN MORE ABOUT.

NINTH EMAIL: SURVEY FOLLOW-UP. IF YOU FILLED OUT THE SURVEY, THANK YOU!



Branding Worksheet

NAME: \_\_\_\_\_

1) LIST THREE COLORS THAT YOU WOULD LIKE TO USE FOR YOUR BRAND.

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- \_\_\_\_\_
- \_\_\_\_\_

2) IF YOU DON'T HAVE A PROFESSIONAL LOOKING IMAGE OF YOURSELF, NOW IS THE TIME TO GET ONE. IT DOESN'T HAVE TO BE DONE BY A PROFESSIONAL, BUT PAY ATTENTION TO BACKGROUND AND LIGHTING. MAKE SURE IT IS A RECENT PICTURE.

3) START RESEARCHING OTHER LEADERS WHO SERVE YOUR TARGET MARKET. WHAT ARE SOME THINGS THAT THEY DO THAT YOU LIKE?

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4) WHAT DO THEY NOT DO THAT YOU COULD OFFER?

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5) WHAT DO YOU LIKE/DISLIKE ABOUT THE LOOK OF THEIR BRAND, BLOG, FACEBOOK PAGE, ETC.? START KEEPING A LIST OF IDEAS TO CREATE A UNIQUE LOOK YOU'RE YOUR BRAND. NEVER COPY SOMEONE ELSE.

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Free Offer Brain Storm

NAME: \_\_\_\_\_

1) WHAT IS A TOPIC YOU COULD DO A SHORT, 3-5 STEP, TRAINING ABOUT?

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2) LIST THE STEPS YOU WILL COVER:

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3) WRITE A PARAGRAPH ABOUT EACH STEP:

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4) WHAT CAN YOU INCLUDE AS A WORKSHEET OR PRINTABLE DOWNLOAD?

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\_\_\_\_\_

Goals for Sugar Mama Success Program

NAME: \_\_\_\_\_

1) WHAT IS MY REASON FOR PARTICIPATING IN THE SUGAR MAMA SUCCESS PROGRAM?

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 \_\_\_\_\_  
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2) WHAT IS MY CURRENT BUSINESS INCOME? (ZERO IS GREAT IF YOU ARE JUST GETTING STARTED.)

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3) WHAT IS MY GOAL INCOME AT THE END OF 12 WEEKS?

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4) HOW MUCH TIME WILL I SPEND ON MY BUSINESS WEEKLY?

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5) HAVE I PLANNED TIMES WHEN I WILL WORK ON MY BUSINESS AND WHEN?

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Life Purpose Exercise

NAME: \_\_\_\_\_

REFLECTION: \_\_\_\_\_

REFLECT ON TIMES WHEN YOU HAVE FELT THE MOST JOYFUL. WHAT WERE YOU DOING? WHO WERE YOU WITH? WHAT WAS YOUR PURPOSE? WHAT ARE SOME COMMON ELEMENTS OF THE JOYFUL EXPERIENCES?

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TRUST YOUR INTUITION:

LEARNING TO TRUST YOUR INTUITION TAKES PRACTICE. FIND A QUIET PLACE WHERE YOU CAN LISTEN TO YOUR INNER VOICE (OR SPIRITUAL VOICE) AND JOURNAL ABOUT WHAT YOUR INNER VOICE IS TELLING YOU ABOUT YOUR PURPOSE.

1) LIST TWO UNIQUE PERSONAL QUALITIES THAT YOU POSSESS SUCH AS COMPASSION OR DETERMINATION:

\_\_\_\_\_  
 \_\_\_\_\_

2) LIST ONE OR TWO WAYS YOU ENJOY EXPRESSING THESE QUALITIES SUCH AS TEACHING OR SUPPORTING:

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3) DESCRIBE WHAT A PERFECT WORLD WOULD LOOK LIKE TO YOU. HOW WOULD PEOPLE BEHAVE? WHAT IS IT LIKE TO FEEL LIKE?

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\_\_\_\_\_  
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4) HAVE I PLANNED TIMES WHEN I WILL WORK ON MY BUSINESS AND WHEN?

EXAMPLE: MY PURPOSE IS TO USE MY COMPASSION AND DETERMINATION TO TEACH AND SUPPORT OTHERS IN REACHING THEIR POTENTIAL AND STRIVING FOR EXCELLENCE SO THAT THEY CAN FIND JOY AND FULFILLMENT.

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REFLECTION EXERCISE:

IF I WERE GIVEN EVERYTHING I WANTED AND NEEDED TO REACH MY FULL POTENTIAL AND FULFILL ALL MY GOALS, WHAT WOULD MY PURPOSE BE?

Weekly Check-In Worksheet



How am I feeling right now? (empowered, excited, doubtful, frustrated) How did my week go?

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What did I learn and implement this week?

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What did I struggle with this week?

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What issues do I want feedback on this week?

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What actions am I committed to take in the coming week?

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Anything else?

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Your Ideal Target Market

*"THE GOAL IS NOT TO DO BUSINESS WITH EVERYONE WHO NEEDS WHAT YOU HAVE. THE GOAL IS TO DO BUSINESS WITH PEOPLE WHO BELIEVE WHAT YOU BELIEVE." — SIMON SINEK*

1) WHAT ARE YOUR PASSIONS, GIFTS, TALENTS, SKILLS, AND KNOWLEDGE BASE?

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2) WHO IS YOUR IDEAL CUSTOMER? THIS IS USUALLY SOMEONE THAT YOU CAN IDENTIFY WITH AND UNDERSTAND THEIR FRUSTRATIONS, DESIRES, WANTS, AND NEEDS. HOW OLD ARE THEY (AGE RANGE)? WHERE ARE THEY AT IN LIFE?

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3) WHAT ARE 3 OF YOUR TARGET MARKETS BIGGEST PROBLEMS?

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4) HOW DOES YOUR PRODUCT OR SERVICE SOLVE THOSE PROBLEMS?

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Life Vision Exercise

Name: \_\_\_\_\_

TAKE SOME TIME TO FIND A QUIET PLACE AND REFLECT AND JOURNAL ON THIS EXERCISE. THERE ARE SEVEN AREAS OF YOUR LIFE WHERE YOU SHOULD HAVE A VISION OF WHAT YOU WOULD LIKE YOUR LIFE TO LOOK LIKE IN ORDER TO HAVE BALANCE AND FULFILLMENT. REFLECT ON EACH OF THESE AREAS AND WRITE DOWN THAT YOUR IDEAL LIKE LOOKS AND FEELS LIKE IN EACH OF THESE AREAS.

Area of Life	Your Vision of The Ideal
<i>Financial: income, savings, debt, investments.</i> _____ _____ _____ _____ _____	_____ _____ _____ _____ _____
<i>Career/Business: title, opportunities, activities, what you do.</i> _____ _____ _____ _____ _____	_____ _____ _____ _____ _____
<i>Free Time/Family Time: activities, hobbies, trips.</i> _____ _____ _____ _____ _____	_____ _____ _____ _____ _____
<i>Health/Fitness: weight, well-being, fitness level.</i> _____ _____ _____ _____ _____	_____ _____ _____ _____ _____

Your Missions Statement

Name: \_\_\_\_\_

*YOUR MISSION STATEMENT SHOULD EXPRESS WHAT VALUE YOU HAVE TO OFFER AND HOW YOU WILL USE THAT VALUE TO SOLVE THE PROBLEMS OF YOUR TARGET MARKET.*

*EXAMPLE: I EMPOWER(ACTION WORD) OTHERS WHO (BE SPECIFIC ABOUT WHO) DESIRE TO CHANGE THEIR FINANCIAL OUTLOOK BY (HOW YOU WILL HELP) TEACHING THEM HOW TO MARKET THEIR BUSINESS ONLINE.*

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