

# THE ART OF STORY TELLING

THE  
wild  
FIRE  
effect





# HEY, I'M AIMEE

## FOUNDER OF THE WILDFIRE EFFECT

I'm Aimee, your go-to Health, Life & Business Coach with 16 years of badass experience dominating the game. My mission? To help you level up your impact, income, and time freedom in the online biz world.

As a fierce mamma, I'm all about leading by example and showing my daughters how to live by their own damn rules. I'm here to help you tap into that limitless courage and drive to live in alignment and reach your full potential.

Running a company that's dedicated to supporting PTs, coaches, and badass women, I'm on a mission to help you master your inner and outer worlds.

Get ready to take action, because I'm bringing the heat with my skills, knowledge, and wild energy. I'm all about co-creating magic and helping you shine as your most badass self.

Oh, and did I mention I'm a speaker, mentor, and coach? With a podcast and a range of offers that'll knock your socks off, from sell-out memberships to epic group masterminds and speaking events. It's time to unleash your inner badass with me by your side!

AIMEE XX





# WHERE YOU WERE STORY TELLING PROMPT #1


Start in the action scene of the story...*Where were you Physically /emotionally/spiritually...1-2 years ago?*

Describe those feelings, where you felt them in your body. (*chills, tears, shaking with excitement..get creative with adjectives here!*)

What massive problem did you think you would never overcome? What was your biggest fear?

The last straw....your aha moment! aka rock bottom, you've had enough, time for change!

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What actions did you take, describe the feeling in your body when you started making changes!

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The butterfly from the cocoon...how is it on the other side of this? Why are you sharing to inspire?

Ask for the engagement...."if you have felt this way, know you aren't alone, leave a gif, send me a message, whatever...we are in this together!

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# THE SHIT THAT FUCKS YOU UP PROMPT #2

The biggest mistake you've made in your life, and/or business RELATED ..start physically where it happened...


*What do you remember about that day?*

*How did you feel? The smell in the air, DETAILS ETC Is this a funny story, or an inspiring fck up?*

Who were you then? Describe your look/vibe/style!

Would you go back and change anything from this mistake? If so what? If not, why wouldn't you?

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What's the biggest lesson here? Why, looking back, was this a blessing...and a message not a mess?!

What do you want others to learn from your mistake?

Ask for the engagement...What was their biggest mistake in business/life/whatever scenario related to what you just talked about

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# THE TRIBE EFFECT PROMPT #3

Who have you found on your journey that has lifted you, inspired, or supported you? ...Show pic evidence...THIS should be your mentor, a biz partner, spouse, friend, someone you actually know, not just virtually.

Describe the relationship...Excitement when you met? What did your gut tell you when you met them?!

Describe the actions they took that made you feel inspired/safe/supported....

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Where would you or your business be without this person? Describe their impact, use adjectives.

Publicly thank them for their support, show them love, tag them!

Ask for engagement..."tag a QUEEN that has inspired you along your journey, tell her thank you, ETC

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