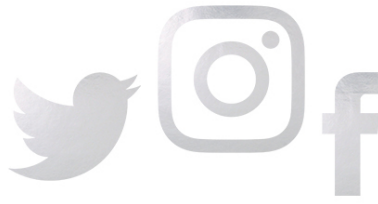


# Grow Like a Badass

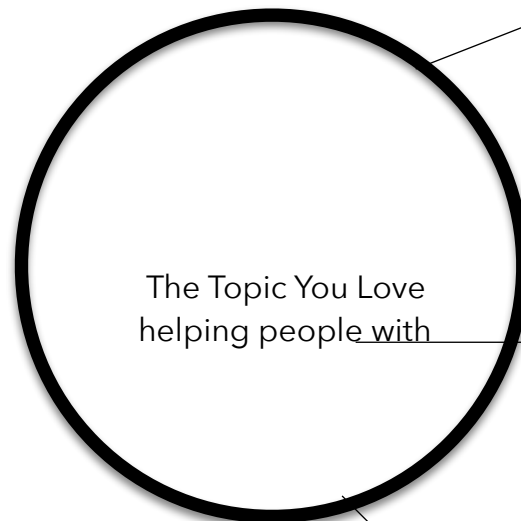


## W1 DAY 1: Your Message and Purpose in the Online Space

In the circle, write down the specific topic you are craving to help people with. Some ideas:

- Relationship Coaching:  
Divorce/ Leaving Abuse,  
Deciding to heal a relationship
- Health Coaching:  
Diet / Nutrition, Fitness, Binge Eating
- Financial Reality:  
Overcoming debt, Learning how to make money, quitting your job.

Then on the lines, you'll write down the memories you have around that topic!



The Topic You Love  
helping people with

THREE MEMORIES/MOMENTS YOU  
HAD IN LIFE AROUND THIS

The more memories you have the better! So use the extra space here to write as you go along! Print as many pages as you want to help you through this process!

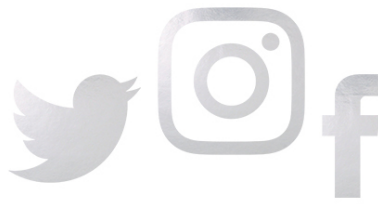
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# Grow Like a Badass



W1 DAY 1: Your Message and Purpose in the Online Space

## The Story of Your Life and the Messages You Have

The Topic You Love  
helping people with

THREE MEMORIES/MOMENTS YOU  
HAD IN LIFE AROUND THIS

What other memories can you recall around this topic of your life ?

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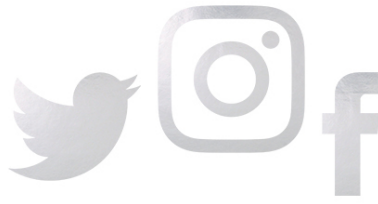
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# Grow Like a Badass



W1 DAY 1: Your Message and Purpose in the Online Space

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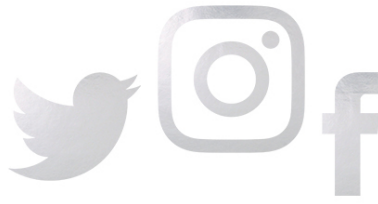
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# Grow Like a Badass



W1 DAY 1: Your Message and Purpose in the Online Space

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