


3 STEPS TO CONSISTENT CLIENTS + INCOME

YOUR PATH TO
\$5K MONTHS
AS A HEALTH COACH

Amanda Jane Daley






3 STEPS TO CONSISTENT CLIENTS + INCOME AS A HEALTH COACH (WITHOUT OVERWHELM OR BURNOUT)

4 SIMPLE TIPS TO GET THE MOST OUT OF THIS MASTERCLASS

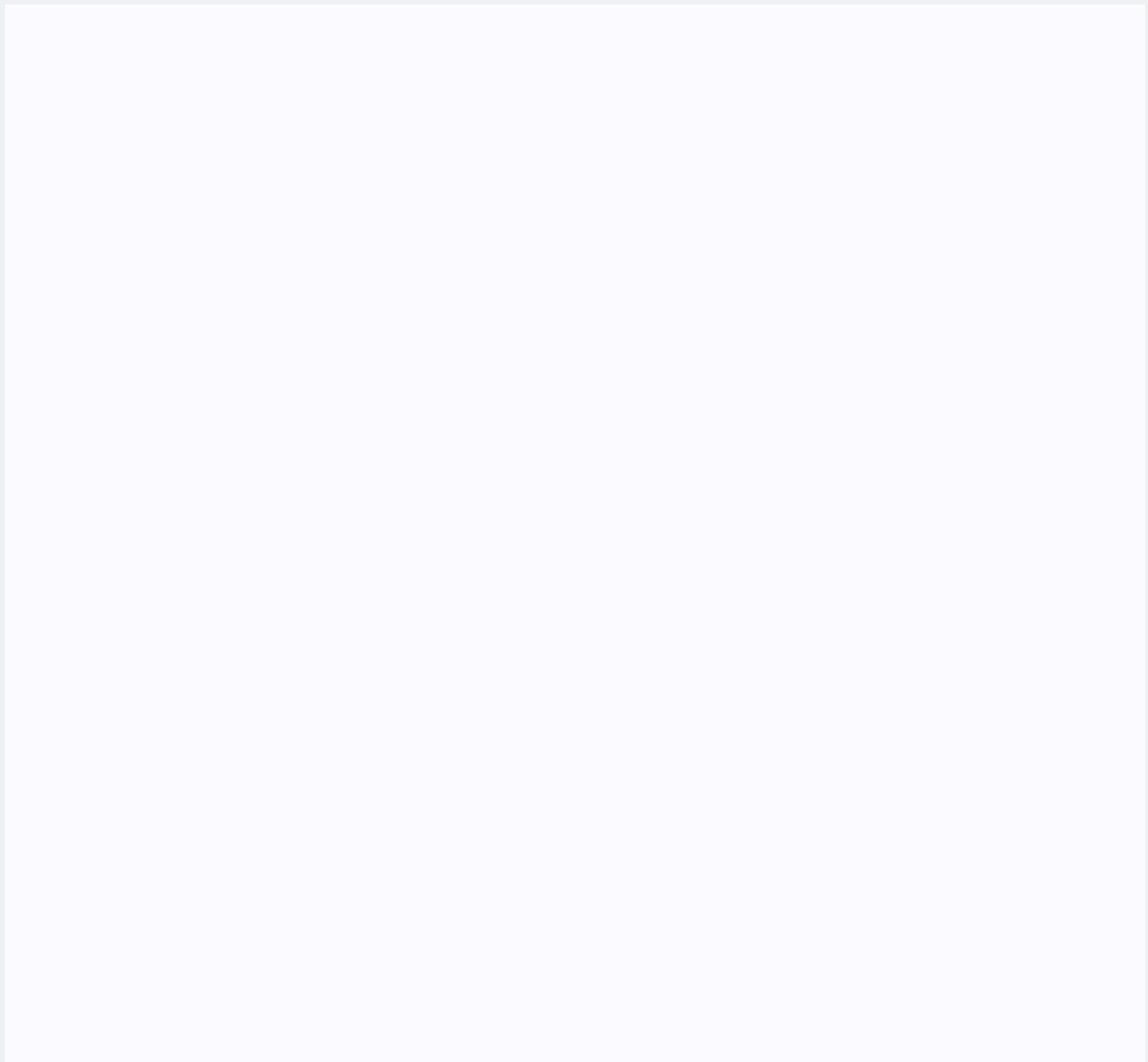
1. Print out this guidebook before the event starts so you can write down your notes and insights as you listen.
2. Before the event, think of the key areas in your life that you want to transform. What areas of your life would be most positively affected if you lived a life beyond limits?
3. During the event write down your 'aha' moments, insights and discoveries while you listen. This way you won't lose the information most relevant to you.
4. Think about how you can implement the advice and insights I reveal during the masterclass.



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**What are the common mindsets that
hold new coaches back?**

**Which of these mindsets (if any) could be holding
YOU back right now?**



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My Coaching Schedule

Desired Income: _____

Total Clients per week/fortnight: ____

Total Income per week/fortnight: _____

mon.

tues.


wed.

thurs.

fri.

sat.

sun.



3 STEPS TO CONSISTENT
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3 Steps to Consistent Clients + Income as a Health Coach

Step 1.

Step 2.

Step 3.


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Your insights and discoveries while listening to the Masterclass

According to Amanda, what is the REAL reason Health Coaches struggle to get clients?

Which of the 3 steps are holding you back in your Health Coaching career?

Which steps would you love to master to get a breakthrough in your career?




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What new beliefs do you want to cultivate into your mindset now?

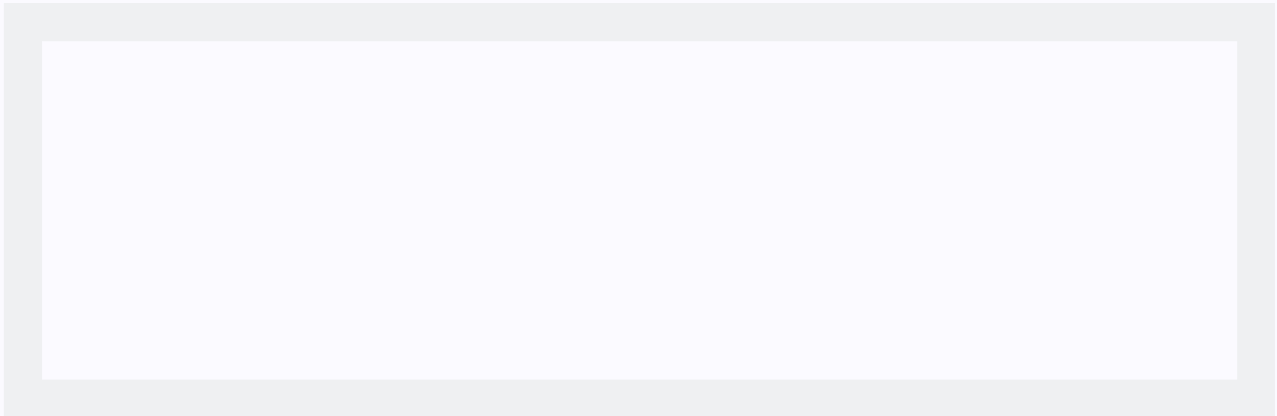
How would your ideal business look if you could master these steps?

What are you motivated to action after watching today's masterclass?

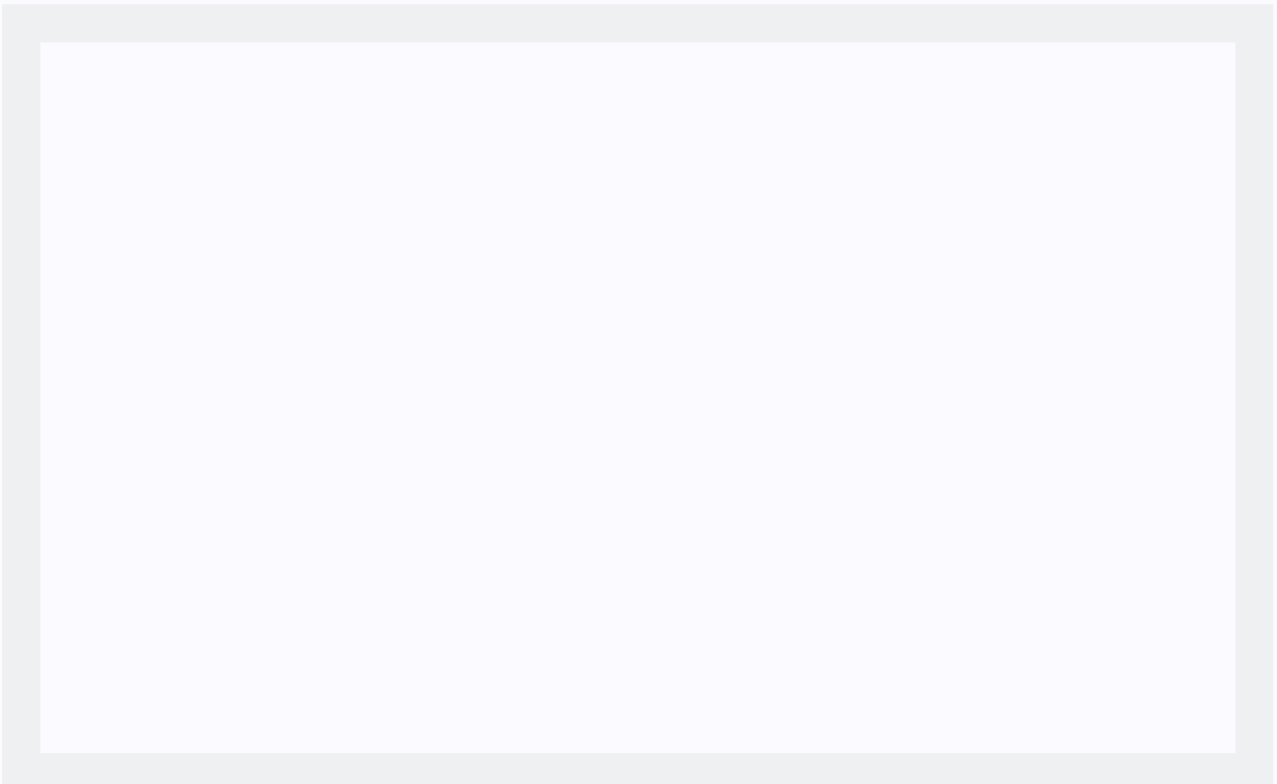


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Look at the next 60 days. Imagine you can easily and consistently create \$5k per month using Amanda's formula. What would that look like for your health, career, and/or relationships?



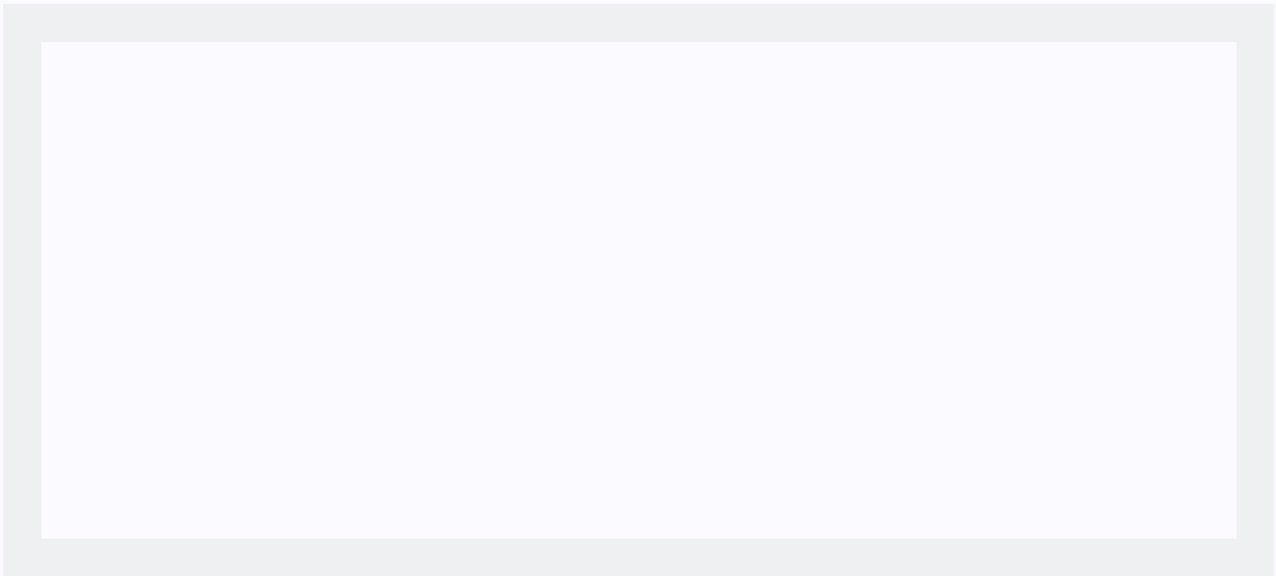
What would it cost you to NOT fully access and sustain these powers?



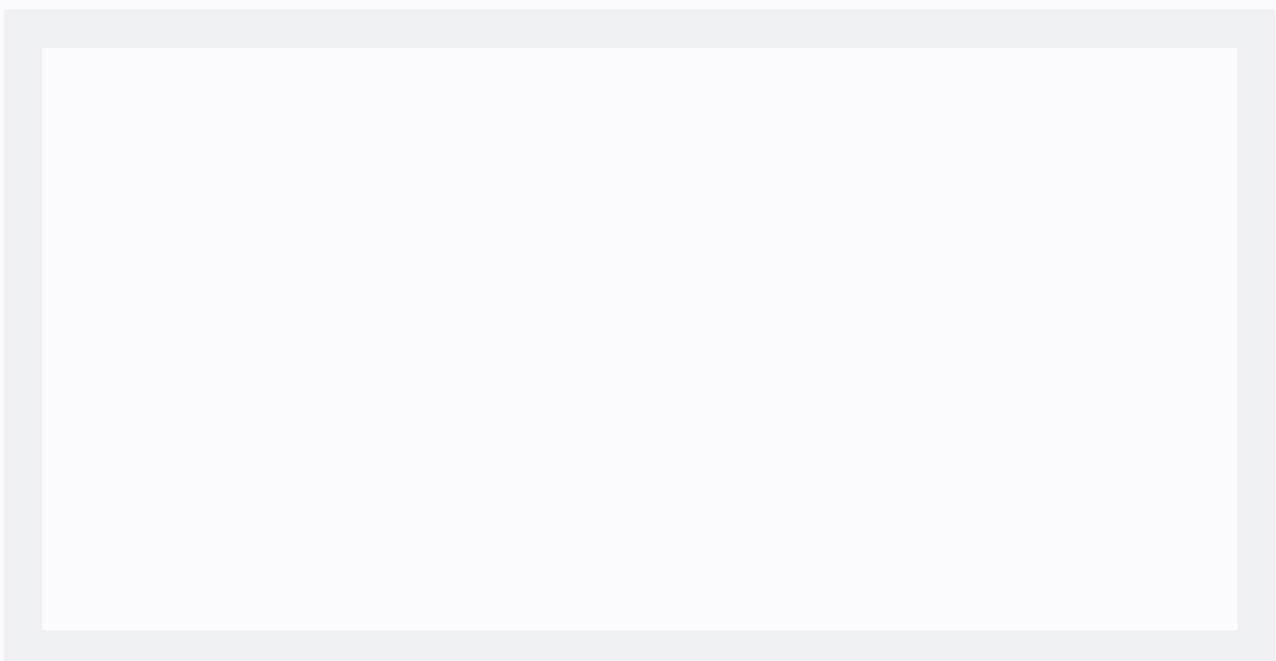
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NOTES PAGE

Write down your goals (be as specific as possible):

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Add other notes below:

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