



The Live Legacy R.I.S.E. Method™

Your Simple Roadmap to Building a Business You
Never Want to Retire From

By
Norma Tiller

"Your story is more valuable than you realize."

Welcome

What if your next chapter wasn't about slowing down...

What if it was about finally building something that's yours?

After spending 35 years in dentistry, I thought I knew exactly what my future would look like.

Then everything changed.

After more than 20 years with the same employer, my pay was cut. At the very same time, my husband and I were in the middle of adopting our 18-month-old grandson.

I remember thinking...

There has to be another way.

I didn't want my future to be determined by someone else's decisions.

I didn't want to spend decades working only to worry about living on a fixed income.

And I certainly didn't want to retire from life.

I wanted more.

More purpose.

More freedom.

More time with my family.

More opportunities for my grandson.

I wanted to build something that was mine—something that would allow me to create income, make an impact, and wake up excited about the work I was doing.

What I discovered surprised me.

Everything I needed to begin was already inside me.

My experiences.

My life lessons.

My passions.

My story.

Those things became the foundation of the business I'm building today.

That's why I created The Live Legacy R.I.S.E. Method™—to help women over 40 stop wondering where to begin and start building a business around who they already are.

You don't need another degree.

You don't need permission.

You don't have to have everything figured out.

You simply need a roadmap and the courage to take the first step.

Let's rise together.

Before We Begin

You do not need...

- ✗ Another degree
- ✗ A huge following
- ✗ A perfect website
- ✗ Everything figured out

You DO need...

- ✓ A willingness to learn
- ✓ A desire to help people
- ✓ Consistency
- ✓ Courage

Remember...

Small, consistent action creates extraordinary results.

R – Recognize Your Gift

Your business begins with your story:

What could you talk about for hours?

What challenges have you overcome?

What do people ask you for help with?

Who do you want to help?

My Niche Statement

I help_____

achieve_____

so they can_____

“Small, consistent action creates extraordinary results”.

I - Invite Your People

People buy from people.

Build relationships first.

Initially choose ONE platform:

- ☐ YouTube
- ☐ Facebook
- ☐ Instagram
- ☐ TikTok
- ☐ Skool

Who is my Ideal Client?

Age/Gender_____

What is their biggest struggle? _____

What do they want want? _____

What will actually bring them the “relief” that they may not see? _____

Invite People to Take the Next Step

Every piece of content should invite people to continue the conversation.

Ask yourself:

"What is the next step I want them to take?"

Ideas you can invite people to:

- ☐ Download your free framework or lead magnet
- ☐ Join your free community (Facebook Group, Skool, etc.)
- ☐ Watch your next YouTube video
- ☐ Register for your workshop
- ☐ Join your live training
- ☐ Attend your webinar
- ☐ Schedule a free discovery call
- ☐ Join your email list
- ☐ Listen to your podcast
- ☐ Watch your interview series
- ☐ Register for your challenge
- ☐ Download your workbook

- ☐ Join your membership
- ☐ Subscribe to your YouTube channel
- ☐ Follow you on Instagram or Facebook
- ☐ Reply to your email
- ☐ Comment on your post
- ☐ Send you a DM with a keyword
- ☐ Complete a survey or questionnaire
- ☐ Share your post with a friend
- ☐ Purchase your first offer

My Invitation This Week

This week, I will invite my audience to_____

Why This Matters

Never create content without giving people a next step.

People are looking for guidance. If they enjoyed your content, don't leave them wondering what to do next.

Simply invite them to continue the journey with you.

“Small, consistent action creates extraordinary results”.

S - Serve With Value

Serve First. Success Follows.

Create ONE Lead Magnet:

- ☐ Checklist
- ☐ Workbook
- ☐ Guide
- ☐ Cheat Sheet
- ☐ Video
- ☐ PDF

What problem will it solve? _____

What result will people get? _____

Lead Magnet Title? _____

**Your email list is one of the few things online that
you truly own.**

Small, consistent action creates extraordinary results.

E - Expand Into Income

Choose ONE Offer:

- ☐ Coaching
- ☐ Membership
- ☐ Workshop
- ☐ Course
- ☐ Affiliate
- ☐ Digital Product

Offer Name_____

Problem It Solves _____

How Will It Help Them? _____

Small, consistent action creates extraordinary results.

Your 30-Day Plan

Week One:

- ✓ Discover Your Niche

Week Two

- ✓ Choose One Platform
- ✓ Publish Three Posts

Week Three

- ✓ Create One Lead Magnet
- ✓ Start Your Email List

Week Four

- ✓ Create Your First Offer
- ✓ Tell People About It

Small, consistent action creates extraordinary results.

My Business Vision

One year from today...
What does my life look like?

Small, consistent action creates extraordinary results.

My Live Legacy Declaration

I choose to stop waiting.

I choose to stop doubting.

I choose to stop believing it's too late.

I choose to use my story.

I choose to help others.

I choose to build a life I never want to retire from.

Signature _____

Date: _____



Live Legacy

Small, consistent action creates extraordinary results.

A Note From My Heart:

If you've made it this far, I want you to know something.

I believe in you.

Not because I know everything about you...

But because I know what it's like to wonder if there's something more.

I know what it's like to question whether it's too late to start over.
I know what it's like to want a future that isn't limited by someone else's decisions.

That's why I created this framework.

I hope it gives you more than a business plan.

I hope it gives you hope.

Remember...

You don't have to have everything figured out.

You simply have to take the next step.

One conversation.

One piece of content.

One relationship.

One person you help.

One courageous decision at a time.

Your experiences matter.

Your story matters.

Your next chapter matters.

And I truly believe your best years are still ahead of you.

Rise into the life you never want to retire from.

Much love, ~ Norma 💜

Ready for Your Next Step?

You've just taken the first step toward building a business you never want to retire from.

Now let's figure out your next step.
Every business journey looks different.

Maybe you're...

- ✓ Ready to discover your niche.
- ✓ Trying to figure out what kind of business to start.
- ✓ Wanting to launch a YouTube channel.
- ✓ Thinking about coaching or consulting.
- ✓ Wondering if a membership is right for you.
- ✓ Looking for clarity on how to turn your experience into income.

Wherever you are, you don't have to figure it out alone.

Book Your FREE Momentum Call

During our call, we'll spend time talking about you.

Together we'll identify:

- ✨ Where you are right now.
- ✨ Where you want to go.
- ✨ What's keeping you stuck.
- ✨ The next best step for your life and business.

You'll leave with greater clarity, intentional action steps and a plan you can begin implementing right away.

No pressure. No obligation.

Just a genuine conversation focused on helping you move forward.

👉 Book Your FREE [Momentum Call](#)

💜 I Can't Wait to Meet You.

One of my favorite parts of what I do is getting to know incredible women who are ready to reinvent this next chapter of their lives.

If that's you...

Let's talk.

— Norma