



# WHAT BURNOUT BURRIED

*23 Methods to Uncover Hidden Income Opportunities in Just 72 Hours*



# INTRODUCTION

hello!

WELCOME TO MY I AM WEALTH BLUEPRINT™

Welcome, and thank you for supporting the Women Healing and Thriving Movement. This Initiative was created from a simple but powerful belief: women deserve more than survival—they deserve healing, wholeness, and the opportunity to thrive.

Before you read another word, ask yourself this:

What if the exhaustion, self-doubt, and struggle you've carried for years were never personal failures—but inherited survival patterns passed through generations?

Many women spend their lives trapped in cycles of over giving, overworking, people-pleasing, proving, and sacrificing themselves for everyone else. We are taught that our worth is measured by how much we can endure.

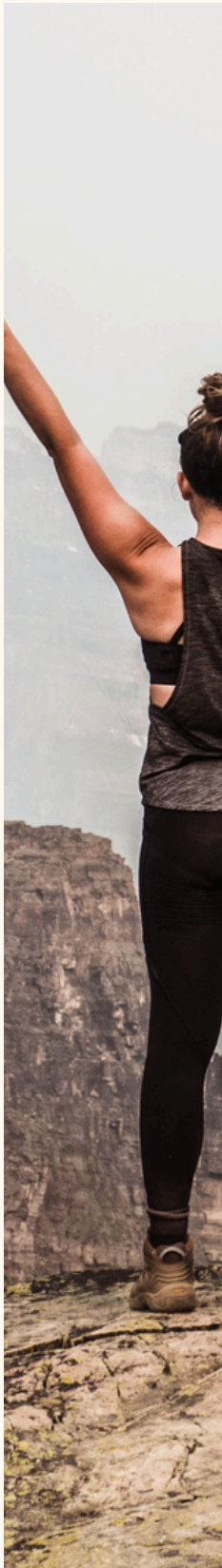
We learn to carry more, accept less, and apologize for taking up space.

The result? Burnout, resentment, disconnection, and the feeling that no matter how much we achieve, it is never enough.

This book exists to help you understand why, correct your current narrative, and alchemize that into making money.

For generations, women inherited survival, not freedom. We were handed beliefs, behaviors, and wounds that kept us functioning but never truly thriving. Those patterns still show up today—in our relationships, careers, finances, health, and even in how we treat one another. Instead of questioning systems that drain us, many of us turn the pain inward or against each other, competing for scraps while remaining disconnected from our own power.

I know this because I lived it. I have been in an unhealthy relationship with Emergency Department Nursing for years. Healthcare has felt less like a profession and more like a toxic marriage. It demanded loyalty no matter how much it took from me. It expected me to keep giving when I was exhausted, depleted, and breaking. It rewarded self-sacrifice while punishing boundaries. It told me I was valuable while treating me as replaceable. And because so many women were carrying their own unhealed wounds outside of work, inside of work added fuel to the fire. The fire of scarcity, survival, and conditioning. The pain then turns inward. Instead of questioning the Patriarchal system, women learn to cut each other down, talk behind each other's backs, behave as crabs in the bucket, compete for scraps, and police one another's worth. Patterns that are rooted in our lineage, as women, still show up today. Expressing in modern times.



hello!

# INTRODUCTION

## WELCOME TO MY I AM WEALTH BLUEPRINT™

This guidebook is an invitation to break that cycle. To uncover what has been buried beneath years of conditioning. To heal, reclaim your voice, and remember who you are beyond survival. Because the wealth, gifts, opportunities, and power you've been searching for were never lost. They've been waiting beneath the conditioning, exhaustion, and survival patterns.

I watched brilliant, compassionate women become trapped in cycles of resentment, comparison, emotional spending, paycheck-to-paycheck living, burnout, and distraction. All that energy that could have been used to heal (irony), create, build wealth, discover purpose, and uncover God-given gifts. Instead, a large portion was spent surviving drama, seeking approval, defending reputations, proving value, and fighting battles that never should have existed. All the while, the hidden gems, talents, wisdom, and prosperity buried within us sat untouched beneath the noise.

After seeing and feeling enough pain and suffering, I took a permanent step and internal shift in my healing journey. I realized that the LIFE FORCE I had spent surviving & pouring into others, could be redirected. Restoration reveals prosperity.

The energy I had spent proving, could be used to create.

The energy I had spent seeking validation could be invested in myself.

I realized that the wealth I was searching for was not outside of me—it was buried beneath the wounds, the conditioning, the exhaustion, and the endless need to earn my worth. Feeling worthy enough to be free is the root of the bloom. *And it is beautiful.*

When I chose to put myself first when needed, honor the woman my Creator made me to be, and heal the parts of myself that had been abandoned for generations, everything changed.

I no longer chase worthiness because I know I am worthy.

I no longer abandon myself to earn love, approval, belonging, or success.

I no longer confuse being useful with being loved.

I no longer measure my value by how much of myself I can give away. I am not a martyr.

The woman I become when I honor my Creator, heal my wounds, & uncover the treasures hidden within me is peaceful, prosperous, abundant, and free. That woman is no longer becoming.

That woman is who I am.

I am healing.

The cycle is broken.

The healing is permanent.

The old story is finished.

Now, this is who I am.





hello!

# INTRODUCTION

## WELCOME TO MY I AM WEALTH BLUEPRINT™

The same is true for you.  
Everything you've survived.  
Everything you've learned.  
Everything you've overcome.  
Everything you've taught.  
Everything you've done naturally for years.  
It all matters.  
Much of it has the potential to become an income-producing opportunity when paired with the right market, the right strategy, and the right mindset that no longer self-sabotages' in In this day and age.

This roadmap was created to help you uncover those opportunities.  
Not years from now.  
Not someday.  
Within the next 72 hours.

Inside these pages, you'll learn how to identify your hidden strengths. Evaluate your experiences through a new lens, discover what people are actively willing to pay for, leverage modern tools including AI, & create a personalized Skill-to-Profit Blueprint designed specifically for your life and goals.

You'll begin replacing doubt with clarity.  
Confusion with confidence.  
Overwhelm with action.  
*Because the life you want may not require becoming someone new.*  
**It may simply require becoming aware of who you already are.**  
As you move through this guide, remember:  
**I am** valuable.  
**I am** resourceful.  
**I am** capable of creating new opportunities.  
**I am** not starting over.  
**I am** building from experience.  
**I am** worthy of freedom, abundance, and a future **I am** excited to wake up to.

*The hidden skill you've been searching for may already be part of who you are.  
Let's uncover it together.*



### HOW HEALING CREATES PROSPERITY

Burnout doesn't just drain energy. It can hide gifts, strengths, and opportunities beneath years of survival. When we're focused on getting through the day, we often overlook the value we've gained through our experiences, challenges, and growth.

Healing brings clarity.

Clarity reveals gifts.

Gifts create value.

Value creates income.

Income creates freedom.

The purpose of this guide is not to help you become someone new. It is to help you recognize the skills, wisdom, and opportunities that may have been buried beneath burnout all along.

Let's begin uncovering them.



*Gelas Escape.*



GELAS ESCAPE.

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# ADDITIONAL PROSPERITY TOOLS

WELCOME TO MY I AM WEALTH BLUEPRINT™

## Bonus 1:

50 Day Challenge.

## Bonus 2:

What to do when fear & doubt show up & why 23 is my favorite number.

## Bonus 3:

50 AI Prompts for Opportunity Discovery.



## Bonus 4:

50 Non-Healthcare Income Opportunities for Women & Healthcare Professionals.

## Bonus 5:

The I AM Wealth Blueprint Guided Exercise.

## Fin:

You were never starting from scratch.





# chapter 1

THE DIAMOND BENEATH THE PRESSURE.



*Precious Gem*

Pressure did not destroy the diamond. It revealed it.  
What burnout buried, healing is about to uncover.

# WHY MOST PEOPLE NEVER DISCOVER THEIR HIDDEN GENIUS.

Before we begin, we need to pull up the weeds that keep us stuck, to confront the real reason so many of us stay stagnate, burned out, and financially limited.

We're searching for treasure in places it was never hidden.

Most people spend years chasing the next answer outside themselves.

- Another certification?
- Another degree?
- Another business opportunity?
- Another side hustle?
- Another trend?
- Another tool?
- Another course?

They've been taught that value is something they must acquire.

But what if the treasure was never missing?



## LOOK DEEPER.

*whats your I AM?*

What if the greatest opportunity you'll ever discover isn't something you need to find—but something you need to uncover?

Buried beneath your experiences, skills, struggles, wisdom, and natural gifts is a hidden asset most people never recognize. They overlook it because it feels ordinary to them. Familiar. Obvious.

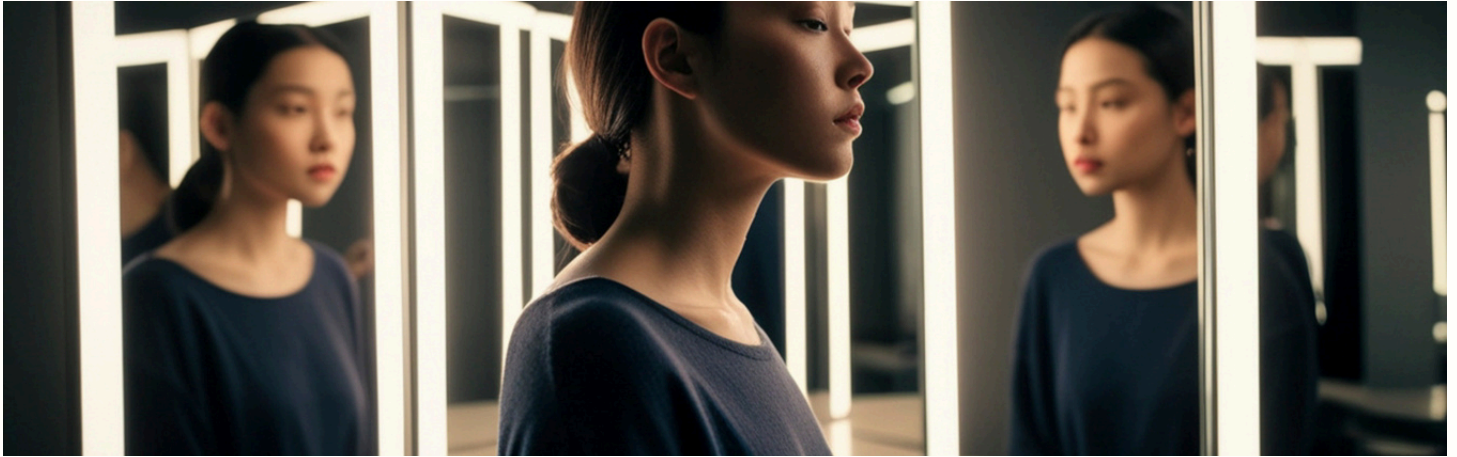
Yet the opportunities that create the most meaningful income often emerge from what you've already lived, learned, overcome, and become. Before you can discover what to build, sell, teach, create, or share, you must first discover the truth of your own "I AM."

Because the treasure is not outside of you. The treasure is hidden within the person you've already become.

*Gelas Escape.*







## Mastering the Art of True Perspective & Embracing Your Inner Genius.

### Why Most People Never Find Their Highest-Value Skill

Most people don't lack value—they lack visibility. Not seeing one's own gifts. They know they're capable, skilled, and hardworking, but they struggle to see what others would actually pay for. You can't monetize what you cannot clearly recognize.



**Capturing the Essence of Your Healed Self.**

Many people unknowingly sabotage their income because their identity doesn't match their potential. If your internal "I am" is "I'm just a nurse," "I'm just an employee," or "I'm not an expert," you'll overlook opportunities that already exist around you.

*Your income often reflects your self-worth.* When you believe your knowledge, experience, and abilities have value, you stop hiding them and start sharing them.

A major myth keeps people stuck: "I don't have any special skills." The truth is that most people compare their everyday knowledge to someone else's public success and underestimate themselves. What feels normal to you may be life-changing to someone else. A nurse sees routine experience; a student sees expertise. A person who lost weight sees a personal journey; someone struggling sees a solution. Your greatest value is often hidden inside what comes naturally to you.





# Living My Vision Every Day



## Routine Builds Your Inner Strengths When Seen & Embraced.

Think about breathing.

You never notice it because it happens automatically.

Your strengths often operate the same way.  
You don't recognize them because they have become second nature.

### You may naturally:

- Communicate clearly
- Comfort anxious people
- Solve problems quickly
- Organize chaos
- Explain complicated topics
- Research effectively
- Learn new skills fast
- Build trust with strangers



## Familiarity Breeds Contempt.

The Curse of Familiarity

One of the biggest reasons people struggle to identify profitable skills is what psychologists call familiarity blindness.

The more naturally you do something, the less valuable it appears to you.



# Can You See Your Own Innate Gifts?

Meanwhile, someone else struggles with abilities you are talented in every day.

What is ordinary to you may be extraordinary to someone else.

That is why many people overlook their highest-income opportunities.

They dismiss their greatest strengths because those strengths feel easy.



## ***Pro Tip:***

*See the beauty & skill in yourself that the world never taught you to recognize.*

*The thing you've been searching for may already be looking back at you*



Most people define skills far too narrowly.

When asked what skills they have, they often list:

- Nursing
- Teaching
- Accounting
- Sales
- Management

Those are certainly skills.

But they are not the whole picture.

Your most valuable assets often exist in four categories:

Professional Skills

What you've been paid to do.

Examples:

- Patient education
- Communication
- Documentation
- Training
- Leadership
- Problem solving



# PROPER SELF REFLECTION

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Self-esteem plays a powerful role in our ability to earn, keep, and grow wealth because we rarely allow ourselves to receive more than we believe we deserve. When our self-worth is rooted in scarcity, shame, or unhealed beliefs, we may unconsciously sabotage financial freedom by undercharging, overspending, settling for less, or rejecting opportunities that require us to see our true value.

Once I recognized my transferable skills, new opportunities appeared. I explored becoming a travel business owner, affiliate marketing, writing, digital products, AI tools, health and wellness opportunities, website building, and work from home online business.

Some ventures succeeded and some failed, but every experience revealed a valuable lesson: the opportunity was never missing.

My awareness was.



For years, I believed my income was tied to my career & ability to be seen inside it by the patriarchal society, patients, loved ones, and colleagues.

I thought my earning potential existed only inside a hospital.

Eventually, I realized my real assets were communication, education, leadership, trust-building, problem-solving, and helping people through uncertainty.

Those skills didn't belong to a job title—they belonged to me.



# THE GREAT SKILL MYTH

There is a dangerous myth that keeps intelligent, hardworking people stuck for years.

The myth sounds like this:

"I don't have any special skills."

Or:

"Other people are experts. I'm not."

Or:

"What I know isn't valuable enough."

The reality?



Most people dramatically underestimate their value because they compare their everyday knowledge to someone else's public success.

What feels normal to you may be life-changing to someone else.

A nurse who has worked in emergency medicine may think:

"I'm just doing my job."

A new nursing student sees:

"That's exactly what I need help learning."

A woman who successfully lost weight may think:

"It wasn't that big of a deal."

Someone struggling with their health sees:

"She achieved something I've been trying to do for years."

A frequent traveler may think:

"Everyone knows how to travel."

A first-time traveler sees:

"I would pay someone to help me avoid costly mistakes."

Your value often hides inside your familiarity.



# LIFE

What you've learned through life.

Examples:

- Caring for aging parents
- Navigating divorce
- Raising children
- Relocating
- Healing after trauma
- Building resilience

Personal Strengths & Natural Abilities.

Examples:

- Empathy
- Listening
- Creativity
- Adaptability
- Persistence
- Relationship building

Acquired Knowledge

Information you've gathered through curiosity.

Examples:

- Travel
- AI tools
- Nutrition
- Personal development
- Language learning
- Investing
- Wellness

Every one of these categories contains monetizable opportunities.

The challenge is learning how to recognize them.



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BUSINESS

TIME TO HEAL

## YOUR I AM.

Ironically, highly capable  
Women often struggle  
the most with identifying  
opportunities.

Why?

Because they become  
trapped inside a  
professional identity.

A nurse thinks:

"I'm a nurse."

A teacher thinks:

"I'm a teacher."

An accountant thinks:

"I'm an accountant."

But those are job titles.

Not complete identities.

Underneath every title  
are dozens of valuable  
skills.

A nurse is also:

- A communicator
- A teacher
- A crisis manager
- A researcher
- A leader
- A coordinator
- A problem solver

The wider your  
perspective becomes, the  
more opportunities  
appear.

# PROFESSIONAL

## WHY BURNED- OUT PROFESSIONAL S STRUGGLE MOST



FREEDOM .



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# THE NEW ECONOMY REWARDS SKILL TRANSFER

*Vision*



*The economy is  
changing rapidly.  
AI is  
transforming  
industries.*



*Remote work is  
expanding.  
Digital products are  
growing.  
Online education  
continues to rise.*



*Package value.  
Communicate  
value.  
And solve  
meaningful  
problems.*



*The future belongs  
to adaptable  
learners.  
People who can  
identify value.*



*The individuals who thrive will not necessarily be those with the most  
credentials.*

*They will be those who understand how to transfer their skills into new  
opportunities.*





# THE FREEDOM QUESTION

*Before moving forward,  
ask yourself:*

What if the answer isn't learning something new?

What if the answer is finally recognizing what you've already learned?

What if your next income stream is hidden inside:



- Your experiences
- Your challenges
- Your strengths
- Your passions
- Your recovery
- Your resilience
- Your curiosity

What if the thing you've been searching for has been with you all along?

Because for many people, that's exactly what happens. They stop chasing opportunities. And start uncovering them.





# RESEARCH SNAPSHOT

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Insight.

## Creator Economy Reality

Nearly half of creators earn less than \$10,000 annually.

More than half earn less than \$15,000 annually.

Only a small percentage generate six-figure incomes.

The lesson?

Creating content is not enough.

The people who succeed learn how to identify and package skills that solve real problems.

## Side Hustle Growth

Millions of people are actively searching for:

- Additional income
- Flexible work
- Digital products
- Affiliate income
- Online businesses
- AI opportunities

The demand for opportunity discovery has never been higher.



## Financial Pressure Is Real

Many households struggle to cover unexpected expenses.

This is one reason so many professionals are actively seeking additional income streams.

People don't just want more money.

They want more options.

More freedom.

More security.

More control over their future.

# ACTION STEPS

WHAT NOW?



## KEY TAKEAWAY

- Keep Reading!
- Complete the Hidden Skill Awareness Audit
- Identify at least 10 transferable skills
- List 10 life experiences that taught valuable lessons
- Write down 5 problems you have successfully solved

✓ Highlight anything people regularly ask your advice about

You are not starting from zero.

You are starting from inventory.

Your skills.

Your experiences.

Your resilience.

Your lessons.

Your curiosity.

Your story.

Your strengths.

The opportunities you seek are often hidden inside the person you have already become.

And in the next section, we will uncover the identity shift that allows those opportunities to

become visible



# ***CHAPTER 2***

## **The I AM Method.**







# THE *I AM* METHOD

## WHY IDENTITY CREATES INCOME BEFORE STRATEGY EVER DOES.

Most people think they have an income problem.  
They believe they need:

- A better side hustle
- A better business model
- A better opportunity
- A better marketing strategy
- A better AI tool
- A better course

## WHAT'S YOUR IDENTITY?

But what if the real problem isn't strategy?

What if the real problem is identity?

Because the truth is this:

You will never consistently outperform the way  
you see yourself.

Your income eventually reflects your self-  
concept.

Your opportunities reflect your self-beliefs.

Your actions reflect your identity.

## IS YOUR GLASS HALF FULL?

This is why two people can have access to the  
exact same information and produce completely  
different results.

One sees possibility.

The other sees obstacles.

One takes action.

The other hesitates.

One believes opportunity is available.

The other believes opportunity is reserved for  
someone else.

The difference isn't intelligence.

The difference is identity.

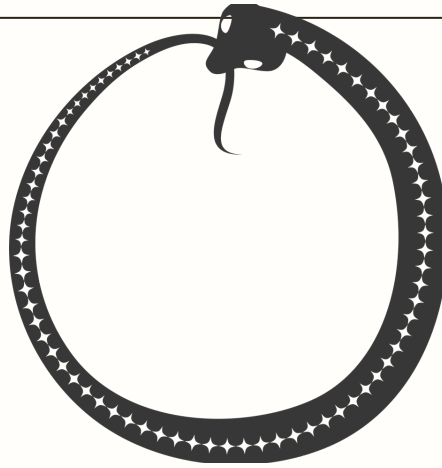






## The Hidden Income Ceiling

Most people have an invisible income ceiling. Not because of talent. Not because of education. Not because of opportunity. Because of self-perception. Like the serpent eating its own tail, burnout becomes a cycle.



If you secretly believe:  
"I'm not entrepreneurial."  
You will unconsciously reject opportunities.

If you believe:  
"I'm bad at technology."  
You will avoid learning AI tools.

**Whats the story you keep repeating?**

If you believe:  
"Nobody would pay me for what I know." You will never package your knowledge. If you believe:  
"Successful people are different than me." You will sabotage your own progress.

Your mind works tirelessly to prove your beliefs true.  
That is why identity must be addressed before strategy.



*Gelas Escape.*





# THE STORY *YOU* KEEP REPEATING

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**Every person carries an internal story.**

Some stories empower.

Some stories imprison.

You may not say these thoughts out loud,  
but many burned-out professionals quietly  
carry beliefs such as:



- 
- I'm too old to start over.
  - I missed my opportunity.
  - Technology moves too fast.
  - Other people are more qualified.
  - I don't know enough.
  - I'm not confident enough.
  - I don't have enough followers.
  - I don't have enough money.

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These beliefs feel true because you've repeated  
them so often.

But repetition does not create truth.

It creates familiarity.

And familiarity often disguises itself as reality.  
The first step toward freedom is recognizing the  
story.

The second step is rewriting it.



# *The Science Behind Identity*



01

## **I am capable.**

Through neuroplasticity, your brain strengthens the pathways you use most often. The more you believe you can succeed, the more your brain begins noticing opportunities and solutions.



02

## **I am adaptable.**

Your brain is designed to learn and change. Neuroplasticity allows you to develop new skills and behaviors throughout your life.



03

## **I am resilient.**

Research shows that overcoming challenges can strengthen stress-response systems and increase emotional adaptability. Setbacks become lessons instead of permanent barriers.



04

## **I am valuable.**

Your brain's Reticular Activating System (RAS) filters information based on what you believe is important. When you recognize your value, you become more aware of the value you provide others.



05

## ***Your identity acts like a filter.***

Through neuroplasticity, your brain strengthens the pathways you use most often. The more you believe you can succeed, the more your brain begins noticing opportunities and solutions.

# My Personal Identity Shift

The two most powerful words in the human language are:

## *I AM*

For years, I identified myself almost exclusively through my profession & how much I could prove worthiness to my loved ones in this role.

The title of an emergency room nurse. That title carried pride, purpose, and responsibility. Yet somewhere along the way, I unconsciously attached my income potential, value, integrity, & identity to a single role.

Like many women, mothers, caregivers, & professionals, I had been taught to serve, sacrifice, and keep going. I worked shifts, covered responsibilities, endured canceled plans, disrespect, exhaustion, and the unspoken pressure placed on women by generations of conditioning.

The message was often the same: work harder, give more, & put yourself last.

We are replaceable, expendable, & not seen or heard in this capacity as women.



Then life began teaching me something different. Through family struggles, personal growth seasons, business failures, career burnout, and moments of physical, emotional, and spiritual exhaustion, a deeper truth emerged. I was never defined by a job title. I was defined by qualities. I was resilient. I was adaptable. I was resourceful. I was determined. I was solution oriented. I was willing to learn. Those qualities became the foundation for every opportunity that followed. Whether I explored travel-related income opportunities, affiliate marketing, writing, digital products, health & wellness, AI tools, or entrepreneurship, the opportunities changed. The identity remained. That realization changed everything.



# THE **I AM** REBUILD FRAMEWORK

The purpose of this rebuilding exercise is not positive thinking.

It is *identity reconstruction*.

Many people spend years focusing on what they lack.

This exercise helps you *focus* on what already exists.



# I AM Resourceful

You have already solved hundreds of problems throughout your life.

You may not have every answer.

But you have repeatedly figured things out.

Complete the following exercise before moving to Section 2.

**Question 1**

What do people consistently ask you for help with?

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**Question 2**

What problems have you successfully overcome?

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**Question 3**

What subjects could you discuss for an hour without preparation?

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**Question 4**

What skills have helped you succeed professionally?

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**Question 5**

What life experiences have taught you lessons others could benefit from?

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**Question 6**

What activities give you energy instead of draining it?

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# THE 50 I AM EXERCISE

This exercise may feel uncomfortable.

That is exactly why it works.

**Instructions:** Write fifty empowering statements that begin with "I AM."

I AM

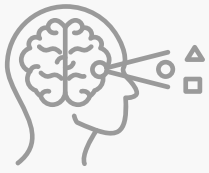
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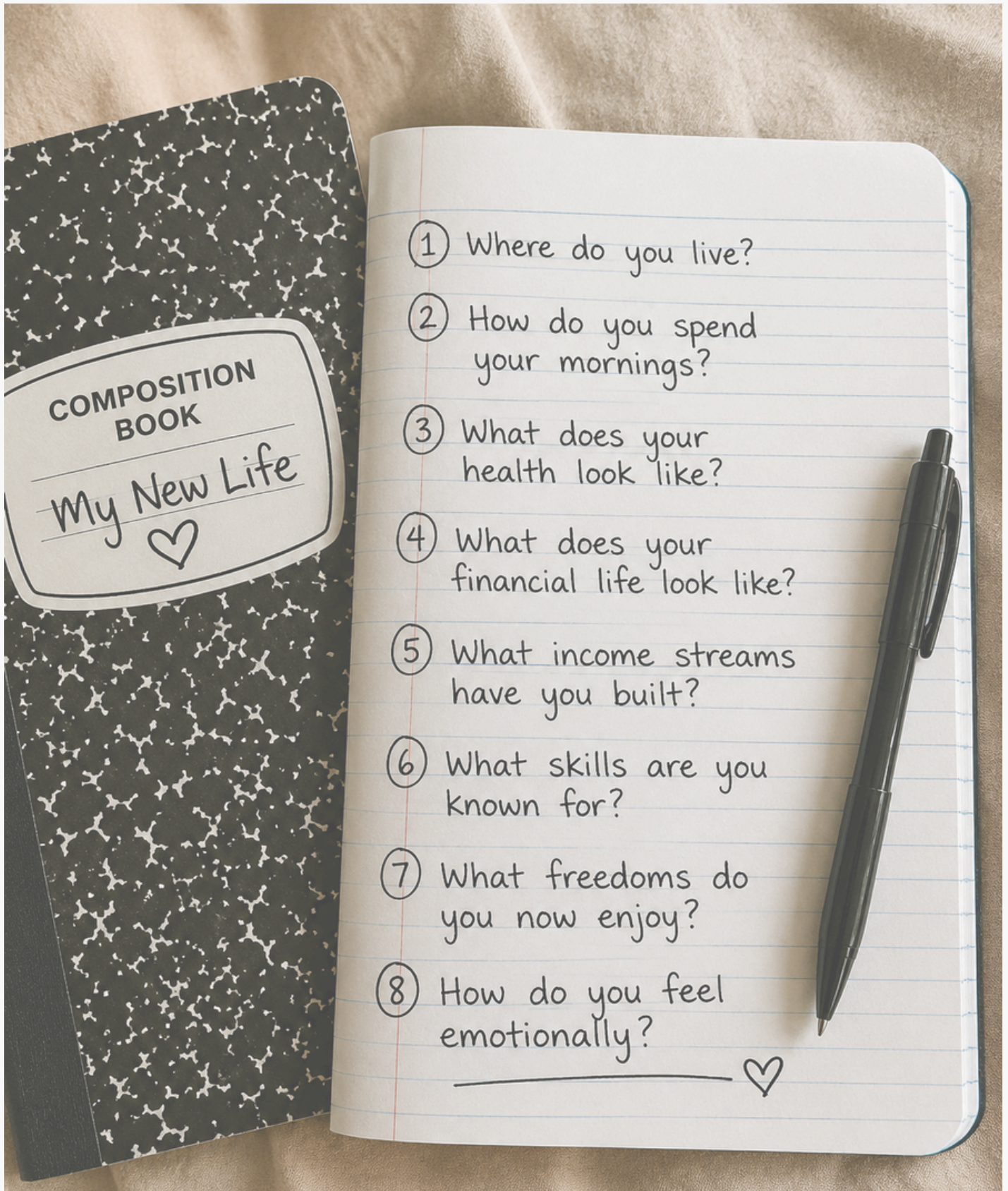




# FUTURE SELF VISUALIZATION



Close your eyes. Imagine it is three years from today.  
You have successfully applied everything in this guide.  
Answer the following questions.





# VISUAL PLACEHOLDER

## THE IDENTITY PYRAMID

**Top Layer**  
**Income**



Second Layer  
**Actions**



Third Layer  
**Beliefs**



**Foundation Layer**  
**Identity**



Caption:

**"Your income is built on actions. Your actions are built on beliefs. Your beliefs are built on identity."**



# THE SPIRITUAL UNDERTONE OF CREATION

Issue No. IX – Today.

## BECOMING

### FREEDOM

There comes a point when you stop asking:  
"What should I do?"  
And begin asking:  
"Who am I becoming?"  
Every opportunity in your life is connected to growth.  
Every challenge carries a lesson.

Money is a tool.  
The deeper goal is freedom.  
Freedom to choose.  
Freedom to heal.  
Freedom to travel.  
Freedom to learn.  
Freedom to serve.  
Freedom to create.  
Freedom to live intentionally.

Every setback contains information.  
Every season of struggle can become wisdom.  
The strongest people are not those who avoid hardship.  
They are those who transform hardship into purpose.  
The goal of this guide is not simply to help you make money.

### STRUGGLE

The wisdom gained through struggle is not meant to remain trapped in the lessons of the past. It is meant to be applied. Every challenge teaches resilience. Every disappointment reveals a truth. Every obstacle develops a skill, perspective, or strength that can be carried into the next season of life. What once felt like your greatest burden can become the very thing that helps you rise.

### FLY

The cocoon was never your destination. It was preparation for your wings.



### COCOON

Like a caterpillar entering the cocoon, there are seasons in life when it feels as though nothing is moving forward. Growth becomes invisible. The old version of you begins to dissolve, and uncertainty can make the process feel like failure. Yet what appears to be a setback is often transformation taking place beneath the surface.

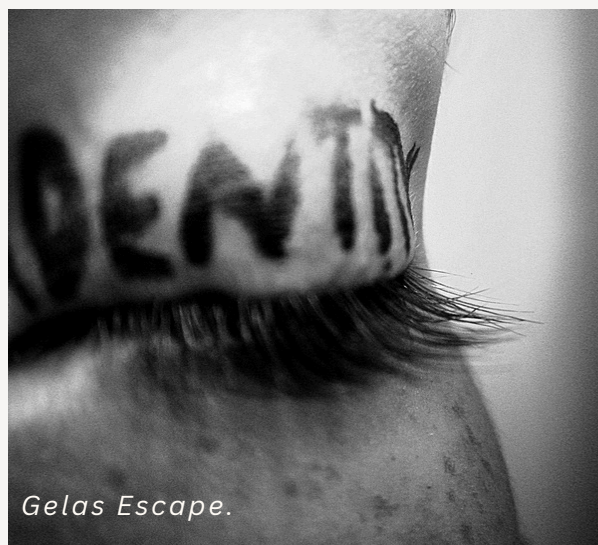




**Read this aloud:** I no longer define myself by the stories that were handed to me. I am not my limitations, my fears, my failures, or the wounds I have carried. Those experiences shaped me, but they do not own me. Healing has taught me that my past may explain where I started, but it does not determine where I can go. I release the belief that I am destined to repeat cycles of struggle, scarcity, or survival.

## THE IDENTITY COMMITMENT

I recognize that my value has never been tied to how much I suffer, sacrifice, or prove myself. My worth is inherent. The more I heal, the more I understand that abundance begins with self-worth. When I know my value, I stop settling for less than I deserve. I stop shrinking my gifts, undercharging for my expertise, and questioning whether I am worthy of success. I allow myself to receive as fully as I have learned to give.



*Gelas Escape.*



I am resourceful, resilient, adaptable, and capable. Every challenge I have survived has developed skills that cannot be taught in a classroom. My setbacks created wisdom. My obstacles-built strength. My hardships sharpened my ability to solve problems, lead, create, and persevere. What once felt like my greatest disadvantages have become the foundation upon which I build my future.

I embrace growth as a lifelong process. I am learning, evolving, and expanding beyond old identities that kept me confined. I create opportunities where others see barriers. I trust myself to navigate uncertainty and take aligned action even when the path is not fully visible. As I heal, my vision becomes clearer, my confidence becomes stronger, and my capacity to create wealth, freedom, and impact continues to grow.

Every day, I become the person my future requires. I am no longer building a life from survival; I am building a life from purpose, possibility, and abundance. The freedom I seek is not outside of me—it begins within me. As I heal, I rise. As I rise, I create. As I create, I prosper.

## INSTRUCTIONS CONCLUDING CHAPTER TWO.

# ACTION STEPS

Before you discover your highest-value opportunity, you must first recognize your highest-value asset.

That asset is not your degree.

Not your certifications.

Not your social media following.

Not your job title.

***It is you.***

Your identity determines what opportunities you see, what actions you take, and what results you create.

The moment you begin changing how you see yourself, you begin changing what becomes possible.

**Take the active choice in Implementing the tools provided.  
Create your life intentionally.**

Once you begin to see yourself differently, your daily habits must begin to reflect that new identity. A vision without structure remains a wish. The most powerful way to reinforce your growth is through a routine that aligns with the person you are becoming. When your days are intentionally designed around your goals, healing, learning, and wealth-building activities, you stop waiting for transformation and start practicing it. Your routine becomes evidence of your new identity, and over time, those small daily actions compound into extraordinary results.



## ***Instruction***

### INSTRUCTIONS PRIOR TO MOVING FORWARD:

- Complete the 50 I AM Exercise
- Fill out every section of the Identity Rebuild Framework
- Complete the Future Self Visualization
- Read the Identity Commitment daily for the next seven days
- Identify three limiting beliefs that need to be replaced
- Shift your vision in this process



# CHAPTER

# 3

23 METHOD SYSTEM



# 23 METHOD SYSTEM

## TO EXTRACT THE HIDDEN SKILLS YOU HAVE WITHIN



In this section, you will complete 23 simple methods designed to uncover your hidden strengths, life experiences, knowledge, interests, and marketable skills. By the end, you will have a clear picture of the value you already possess and a list of opportunities you can build on.

The second half of this book will show you how to turn these discoveries into real income streams. But first, you need to know what you're working with. Let's begin.

## GOAL OF THE 23 STEP SYSTEM

The goal of this section is simple.

By the end, you will have a full list of your:

- Skills
- Experiences
- Knowledge
- Strengths
- Passions
- Natural talents
- Marketable expertise



## How Thought Patterns Shape Action

When someone says:

“I don't have anything special to offer.”

What they often mean is:

“I have spent so long surviving that I have overlooked the skills I've been using every day.”

When someone says:

“I missed my chance.”

What they often mean is:

“I am measuring my future through the lens of my past instead of the possibilities in front of me.”

When someone says:

“Nobody would pay for what I know.”

What they often mean is:

“The knowledge that comes naturally to me has become so familiar that I no longer recognize its value.”



# Stop Looking Outside Yourself First

1

- ✦ Most people begin by asking:  
"What business should I start?"
- ✦ Start with a better question:  
"What value do I already carry?"

You may feel tired. You may feel stuck.  
You may feel burned out. You may feel unsure.

**That does not mean you have no value.**

It means you have not named it yet.

Your first job is not to chase a trend.

Your first job is to see what you already carry.



1

What are three things people regularly come to you for help with?




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2

What knowledge, skills, or life experiences have become "normal" to you but might be valuable to someone else?




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3

Think about the challenges you've overcome.  
What strengths did those experiences help you develop?




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4

When do you feel most confident, capable, or useful?




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5

If someone described your greatest strengths, what would they say?




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## A Gentle Reminder ♡

- ✦ You are not starting from nothing.
- ✦ You are starting from experience.
- ✦ You are starting from lessons learned.
- ✦ You are starting from skills developed over years of living, working, serving, surviving, and growing.

## Key Takeaway

Your first job is not to chase a trend.

Your first job is to recognize  
what you already carry.



# DO A CAREER Skill Audit

2

Use your own skills!

Most professionals underestimate how many skills they have gained at work.

This is especially true for healthcare professionals.

You may think:

“

**“I just do my job.”**

But that job may require many valuable skills.



## FOR EXAMPLE:

An emergency room nurse may use:

- ✓ Communication
- ✓ Crisis management
- ✓ Education
- ✓ Documentation
- ✓ Time management
- ✓ Team leadership
- ✓ Problem solving
- ✓ Emotional intelligence
- ✓ Decision making
- ✓ Organization
- ✓ Adaptability
- ✓ Conflict resolution

These skills do not only belong in healthcare.

*They are transferable.*

Transferable skills create opportunities.



**Write down the skills you use (or have used) in your career.**

Then identify how these skills can be used in other areas or industries.

| SKILL<br>(What you do well) | HOW YOU USED IT<br>(Examples from your job) | WHERE ELSE IT CAN BE USED<br>(Other careers, industries, or ways to create value) |
|-----------------------------|---------------------------------------------|-----------------------------------------------------------------------------------|
| 1.                          |                                             |                                                                                   |
| 2.                          |                                             |                                                                                   |
| 3.                          |                                             |                                                                                   |
| 4.                          |                                             |                                                                                   |
| 5.                          |                                             |                                                                                   |
| 6.                          |                                             |                                                                                   |
| 7.                          |                                             |                                                                                   |
| 8.                          |                                             |                                                                                   |
| 9.                          |                                             |                                                                                   |
| 10.                         |                                             |                                                                                   |
| 11.                         |                                             |                                                                                   |
| 12.                         |                                             |                                                                                   |
| 13.                         |                                             |                                                                                   |
| 14.                         |                                             |                                                                                   |
| 15.                         |                                             |                                                                                   |



*Remember:*

You have more skills than you think.  
Your experience is your foundation.  
Your skills are your power.

Your next opportunity is built  
on what you already know.



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# I AM LIST EVERY TASK

## You Do in a Normal Week

3

### Quick Reflection

Most people overlook valuable skills because they overlook the tasks they perform every day.

- ✦ Do not judge the list.
- ✦ Do not ask if it can make money yet.
- ✦ Just capture everything.

✦ **Small tasks still count.**

### FOR EXAMPLE ONLY

*Use your own tasks and experiences below.*

- |                                                          |                                                               |
|----------------------------------------------------------|---------------------------------------------------------------|
| <input checked="" type="checkbox"/> Answer questions     | <input checked="" type="checkbox"/> Explain procedures        |
| <input checked="" type="checkbox"/> Educate patients     | <input checked="" type="checkbox"/> Solve unexpected problems |
| <input checked="" type="checkbox"/> Train coworkers      | <input checked="" type="checkbox"/> Document information      |
| <input checked="" type="checkbox"/> Handle complaints    | <input checked="" type="checkbox"/> Calm people down          |
| <input checked="" type="checkbox"/> Coordinate schedules | <input checked="" type="checkbox"/> Make quick decisions      |



### YOUR TASK INVENTORY

Write down every task you perform during a normal work week.

| #   | TASK I PERFORM |
|-----|----------------|
| 1.  |                |
| 2.  |                |
| 3.  |                |
| 4.  |                |
| 5.  |                |
| 6.  |                |
| 7.  |                |
| 8.  |                |
| 9.  |                |
| 10. |                |

| #   | TASK I PERFORM |
|-----|----------------|
| 11. |                |
| 12. |                |
| 13. |                |
| 14. |                |
| 15. |                |
| 16. |                |
| 18. |                |
| 18. |                |
| 19. |                |
| 20. |                |



### LOOK FOR PATTERNS

- Which tasks appear most often?

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- Which tasks require the most skill?

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- Which tasks do others struggle with that seem easy to you?

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### Remember

The goal is not to find a business idea today.

The goal is to uncover the skills hiding inside your daily routine.



**Opportunities are often disguised as ordinary tasks.**



# FIND THE SKILL

## *Behind Each Task*



After you list your tasks, ask:

**"What skill is required  
to do this well?"**

That is where the value lives.



### EXAMPLE:

| TASK              |   | SKILL             |
|-------------------|---|-------------------|
| Patient education | → | Teaching          |
| Documentation     | → | Communication     |
| Scheduling        | → | Organization      |
| Crisis management | → | Leadership        |
| Problem solving   | → | Critical thinking |



Write the skill behind each task.

Complete **at least 25 examples**. You may be surprised by how much value appears.

| TASK | SKILL BEHIND THE TASK | TASK | SKILL BEHIND THE TASK |
|------|-----------------------|------|-----------------------|
| 1.   |                       | 14.  |                       |
| 2.   |                       | 15.  |                       |
| 3.   |                       | 16.  |                       |
| 4.   |                       | 17.  |                       |
| 5.   |                       | 18.  |                       |
| 6.   |                       | 19.  |                       |
| 7.   |                       | 20.  |                       |
| 8.   |                       | 21.  |                       |
| 9.   |                       | 22.  |                       |
| 10.  |                       | 23.  |                       |
| 11.  |                       | 24.  |                       |
| 12.  |                       | 25.  |                       |
| 13.  |                       |      |                       |

*Remember* ♥

You have more skills than you think.  
Every task you do well is a skill.

**Every skill has value.**



**You already have value.**

*Let's uncover it.* ♥



# IDENTIFY YOUR Transferable Skills

5

Now look at your list again.

Ask:

"Which of these skills  
could help people outside  
my current job?"



## EXAMPLES:



**Teaching** can become  
courses, guides, workshops, or coaching.



**Communication** can become  
writing, speaking, content, training, or consulting.



**Organization** can become  
systems, planning, templates, or operations help.



**Problem solving** can become  
strategy, coaching, troubleshooting, or advisory work.



Look at the skills from Method #4.

Which of these skills could help people outside your current job or industry?

*List at least 20 transferable skills below.*

| #   | SKILL | HOW IT COULD HELP PEOPLE OUTSIDE MY CURRENT JOB<br>(Examples: courses, coaching, content, consulting, systems, etc.) | WHO IT COULD HELP<br>(Examples: nurses, new grads, caregivers, small business owners, etc.) |
|-----|-------|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| 1.  |       |                                                                                                                      |                                                                                             |
| 2.  |       |                                                                                                                      |                                                                                             |
| 3.  |       |                                                                                                                      |                                                                                             |
| 4.  |       |                                                                                                                      |                                                                                             |
| 5.  |       |                                                                                                                      |                                                                                             |
| 6.  |       |                                                                                                                      |                                                                                             |
| 7.  |       |                                                                                                                      |                                                                                             |
| 8.  |       |                                                                                                                      |                                                                                             |
| 9.  |       |                                                                                                                      |                                                                                             |
| 10. |       |                                                                                                                      |                                                                                             |
| 11. |       |                                                                                                                      |                                                                                             |
| 12. |       |                                                                                                                      |                                                                                             |
| 13. |       |                                                                                                                      |                                                                                             |
| 14. |       |                                                                                                                      |                                                                                             |
| 15. |       |                                                                                                                      |                                                                                             |
| 16. |       |                                                                                                                      |                                                                                             |
| 17. |       |                                                                                                                      |                                                                                             |
| 18. |       |                                                                                                                      |                                                                                             |
| 19. |       |                                                                                                                      |                                                                                             |
| 20. |       |                                                                                                                      |                                                                                             |



*Remember* ♥

You are not starting from zero.

You are starting from  
skills you already use.

Your skills have value.

Your experience has value.

Your next opportunity is built on  
*what you already know.* ♥

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# DO A LIFE

## Experience Audit



Some of the best opportunities do not come from job titles.

They come from life experience.

*Ask yourself:*

**"What have I personally experienced that others are struggling with right now?"**



### EXAMPLES:

- ✓ Divorce
- ✓ Grief
- ✓ Caregiving
- ✓ Anxiety
- ✓ Burnout
- ✓ Relocation
- ✓ Weight loss
- ✓ Financial recovery
- ✓ Parenting
- ✓ Career transition

Experience creates wisdom.

Wisdom creates value.

*Value creates opportunity.*



Think about your life beyond your job.

List the challenges you've faced, lessons you've learned, and experiences you've lived through.

*List at least 15 life experiences below.*

| #   | LIFE EXPERIENCE | WHAT I LEARNED<br>(The wisdom this experience gave me) |
|-----|-----------------|--------------------------------------------------------|
| 1.  |                 |                                                        |
| 2.  |                 |                                                        |
| 3.  |                 |                                                        |
| 4.  |                 |                                                        |
| 5.  |                 |                                                        |
| 6.  |                 |                                                        |
| 7.  |                 |                                                        |
| 8.  |                 |                                                        |
| 9.  |                 |                                                        |
| 10. |                 |                                                        |
| 11. |                 |                                                        |
| 12. |                 |                                                        |
| 13. |                 |                                                        |
| 14. |                 |                                                        |
| 15. |                 |                                                        |



*Remember:* ♥

Your story is more valuable than you may realize.

**Your experience can be the solution someone else is searching for.**

You already have what it takes.

You've lived it.

Now it's time to use it.

*Your experience is your advantage.*





# LIST 20 SIGNIFICANT *Life Experiences*



Write down 20 major life experiences.

These can be hard experiences, meaningful experiences, painful experiences, or growth experiences.

♡ *Do this for each experience.*

Your life may contain more  
value than you think.



## EXAMPLE:



**Experience:** Career burnout



**Lesson:** How to recognize toxic work environments and rebuild purpose.



**Potential opportunity:** Burnout recovery content, coaching, writing, education, workshops, or digital guides.

| #   | LIFE EXPERIENCE<br>(What happened?) | WHAT IT TAUGHT ME<br>(The lesson or wisdom I gained) | POTENTIAL OPPORTUNITY<br>(How this could help others<br>or create value) |
|-----|-------------------------------------|------------------------------------------------------|--------------------------------------------------------------------------|
| 1.  |                                     |                                                      |                                                                          |
| 2.  |                                     |                                                      |                                                                          |
| 3.  |                                     |                                                      |                                                                          |
| 4.  |                                     |                                                      |                                                                          |
| 5.  |                                     |                                                      |                                                                          |
| 6.  |                                     |                                                      |                                                                          |
| 7.  |                                     |                                                      |                                                                          |
| 8.  |                                     |                                                      |                                                                          |
| 9.  |                                     |                                                      |                                                                          |
| 10. |                                     |                                                      |                                                                          |
| 11. |                                     |                                                      |                                                                          |
| 12. |                                     |                                                      |                                                                          |
| 13. |                                     |                                                      |                                                                          |
| 14. |                                     |                                                      |                                                                          |
| 15. |                                     |                                                      |                                                                          |
| 16. |                                     |                                                      |                                                                          |
| 17. |                                     |                                                      |                                                                          |
| 18. |                                     |                                                      |                                                                          |
| 19. |                                     |                                                      |                                                                          |
| 20. |                                     |                                                      |                                                                          |



*Remember:* ♡

Every experience has a lesson.  
Every lesson has value.

**Every value can become  
an opportunity.**

“

Your past is not a setback.  
It's the foundation of your purpose.



# USE THE PAIN-TO-PROFIT Method

This may become one of your **highest-value exercises**.

Your greatest struggle may contain your greatest opportunity.

⇒ *Why?* ⇒

☆ Because people pay for shortcuts.

If you have already walked a hard road, you may have a roadmap someone else needs.

*Ask yourself:*

- ✓ What have I survived?
- ✓ What have I overcome?
- ✓ What challenge changed me?
- ✓ What problem did I solve the hard way?
- ✓ What do I wish someone had taught me sooner?

## FOR EXAMPLE ONLY

*Use your own experiences below.*

| CHALLENGE             | POTENTIAL OPPORTUNITY                 |
|-----------------------|---------------------------------------|
| Emotional healing     | Writing, workshops, coaching          |
| Toxic relationships   | Education, content, support resources |
| Debt                  | Budgeting guides, financial education |
| Career change         | Career coaching, transition resources |
| Weight loss           | Accountability, wellness content      |
| Business failure      | Lessons learned, consulting           |
| Health recovery       | Recovery education, support tools     |
| Confidence rebuilding | Personal growth content               |



## MY PAIN-TO-PROFIT DISCOVERY EXERCISE

Think about your life and fill in the table below.

| #   | CHALLENGE OR STRUGGLE | WHAT IT TAUGHT ME | HOW IT COULD HELP OTHERS |
|-----|-----------------------|-------------------|--------------------------|
| 1.  |                       |                   |                          |
| 2.  |                       |                   |                          |
| 3.  |                       |                   |                          |
| 4.  |                       |                   |                          |
| 5.  |                       |                   |                          |
| 6.  |                       |                   |                          |
| 7.  |                       |                   |                          |
| 8.  |                       |                   |                          |
| 9.  |                       |                   |                          |
| 10. |                       |                   |                          |
| 11. |                       |                   |                          |
| 12. |                       |                   |                          |
| 13. |                       |                   |                          |
| 14. |                       |                   |                          |
| 15. |                       |                   |                          |



*Remember*

- ✦ Your scars may contain solutions.
- ✦ Your struggles may contain wisdom.
- ✦ Your experiences may contain opportunities.

“

Sometimes the thing that hurt you becomes the thing that

*helps someone else heal.*





# SEPARATE THE WOUND FROM THE Wisdom



This part matters.

**The wound is not the business.**  
**The wisdom is.**



People are not paying for your pain.  
They are paying for the roadmap  
you built because of the pain.



*Example:*

- ✗ **Pain:** Burnout
- ✓ **Wisdom:** How to spot warning signs, set boundaries, recover energy, and rebuild your life.

★ That wisdom can become content, a guide, a course, coaching, speaking, consulting, or a support-based offer.



## EXAMPLE



**Pain / Wound:**  
Burnout



**Wisdom Gained:**  
How to spot warning signs, set boundaries, recover energy, and rebuild my life.



**How It Can Help Others:**  
Help others avoid burnout and create a healthier, more balanced life.



**Potential Offers:**  
Content, guide, course, coaching, speaking, consulting, support program.



## YOUR WOUND-TO-WISDOM CLARITY WORKSHEET

Look at your experiences. Separate the pain from the purpose.

| #   | THE WOUND (What hurt, was hard, or was a struggle) | THE WISDOM (What I learned because of it) | HOW IT CAN HELP OTHERS (The value or solution I can provide) | POTENTIAL OFFERS (Ways I can share it) |
|-----|----------------------------------------------------|-------------------------------------------|--------------------------------------------------------------|----------------------------------------|
| 1.  |                                                    |                                           |                                                              |                                        |
| 2.  |                                                    |                                           |                                                              |                                        |
| 3.  |                                                    |                                           |                                                              |                                        |
| 4.  |                                                    |                                           |                                                              |                                        |
| 5.  |                                                    |                                           |                                                              |                                        |
| 6.  |                                                    |                                           |                                                              |                                        |
| 7.  |                                                    |                                           |                                                              |                                        |
| 8.  |                                                    |                                           |                                                              |                                        |
| 10. |                                                    |                                           |                                                              |                                        |
| 11. |                                                    |                                           |                                                              |                                        |
| 12. |                                                    |                                           |                                                              |                                        |
| 13. |                                                    |                                           |                                                              |                                        |
| 14. |                                                    |                                           |                                                              |                                        |
| 15. |                                                    |                                           |                                                              |                                        |



*Remember:*

- ♥ You are not your wound.
- ♥ Your pain is not the product.
- ♥ Your wisdom is the value.
- ♥ Your story can be someone else's shortcut.

“

Your scars are not the end of your story.  
They are the beginning of

*someone else's breakthrough.*



# DO A HOBBY MONETIZATION AUDIT

*Discover. Enjoy. Earn.*

Many people overlook profitable ideas because they dismiss hobbies.

**Never dismiss curiosity.**

Curiosity often points toward opportunity.

*Remember:*

- ✓ Write down 20 things you enjoy.
- ✓ Do not filter.
- ✓ Do not judge.

## COMMON MONETIZABLE INTERESTS:



Travel



Photography



Languages



Reading



Journaling



Personal development



Fitness



Technology



Wellness



AI tools



Gardening



Home organization



## MY HOBBY MONETIZATION AUDIT

List 20 things you enjoy (no limits, no rules).

| #   | THINGS I ENJOY | #   | THINGS I ENJOY |
|-----|----------------|-----|----------------|
| 1.  |                | 11. |                |
| 2.  |                | 12. |                |
| 3.  |                | 13. |                |
| 4.  |                | 14. |                |
| 5.  |                | 15. |                |
| 6.  |                | 16. |                |
| 7.  |                | 17. |                |
| 8.  |                | 18. |                |
| 9.  |                | 19. |                |
| 10. |                | 20. |                |



*Remember:*

- ★ Your joy can create value.
- ★ Your interests can become income.
- ★ Your curiosity can create impact.

**Opportunities often hide  
inside your hobbies.**

“

What you enjoy today  
can become the freedom  
you are looking for tomorrow.







# LOOK AT YOUR HOBBY LIKE AN ENTREPRENEUR

*The hobby stays the same. The perspective changes.*

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Most people stop at:

*"I enjoy this."*



Entrepreneurs ask:

*"How could this  
create value for  
someone else?"*

The difference is not the hobby.

The difference is the lens.

## FOR EXAMPLE ONLY

*(Use your own hobby below.)*



**TRAVEL**  
(4 Ideas)

- Can I become a **travel agent**?
- Can I create travel guides?
- Can I create travel content?
- Can I help busy people plan trips?

The travel industry  
is a **TRILLION  
DOLLAR** industry.

**ASK ME HOW!**



**HEALTH &  
WELLNESS**  
(4 Ideas)

- Can I sell **peptides & GLPs**?
- Can I create wellness content?
- Can I design fitness or nutrition programs?
- Can I help people manage stress and improve mindset?

**THIS IS BOOMING!**

*Ask me how!*



**REAL ESTATE /  
COACHING /  
RESEARCH**  
(2-3 Ideas Each)

### Real Estate Investing

- Can I help people buy, sell, or invest?
- Can I create guides or resources?

### Coaching

- Can I help people set goals and take action?
- Can I offer 1:1 or group coaching?

### Research

- Can I do research and summarize valuable info?
- Can I create reports, blogs, or newsletters?



## MY ENTREPRENEUR LENS EXERCISE

Choose one hobby or interest:

My Hobby: \_\_\_\_\_

| QUESTION                                     | MY ANSWER |
|----------------------------------------------|-----------|
| ① What do people struggle with in this area? | _____     |
| ② What do I know that could help someone?    | _____     |
| ③ Could I create content about this?         | _____     |
| ④ Could I create a guide or checklist?       | _____     |
| ⑤ Could I recommend resources?               | _____     |
| ⑥ Could I teach beginners?                   | _____     |
| ⑦ Could I build a community?                 | _____     |
| ⑧ Could I offer a service?                   | _____     |
| ⑨ Could I combine it with another interest?  | _____     |
| ⑩ What opportunity do I see now?             | _____     |



## OPPORTUNITY BRAINSTORM

Write at least 10 ways this hobby could create value.

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



## CONNECTION TO PART TWO

Hobbies can become income streams.  
Here are just a few ways:

- ✓ Content
- ✓ Digital products
- ✓ Affiliate income
- ✓ Guides
- ✓ Newsletters
- ✓ Paid communities
- ✓ Coaching
- ✓ Service offers

One hobby. Many possibilities.



## REMEMBER

You do not need a new passion.  
You may simply need a new perspective.



*The opportunity may already be  
hiding inside something you enjoy.*



**ASK ME HOW!**



# USE THE FRIEND ADVICE TEST

*Pay attention to what people already ask you for help with.  
Repeated questions reveal perceived expertise.*

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## ASK YOURSELF:

- ☒ Do friends ask me for travel advice?
- ☒ Relationship advice?
- ☒ Career advice?
- ☒ Health advice?
- ☒ Technology advice?
- ☒ Parenting advice?
- ☒ Financial advice?
- ☒ Workplace advice?
- ☒ Emotional support?



## FRIEND ADVICE AUDIT

Think about the last 6–12 months.  
What are people in your life already asking  
you for help or guidance with?

*Write them below.*

- ① \_\_\_\_\_
- ② \_\_\_\_\_
- ③ \_\_\_\_\_
- ④ \_\_\_\_\_
- ⑤ \_\_\_\_\_
- ⑥ \_\_\_\_\_
- ⑦ \_\_\_\_\_
- ⑧ \_\_\_\_\_
- ⑩ \_\_\_\_\_



People usually  
ask for help from  
someone they **trust**.



Trust often  
points to **value**.



## WHAT THIS REVEALS

The topics people ask you about most  
may be your strongest opportunities.  
These are areas where you are already  
seen as helpful and trusted.



## YOUR NEXT STEP

Choose your top 1–3 from your list and explore how you could turn  
your advice, experience, or support into content, products, services,  
or a helping-based offer.





FINISH THIS  
SENTENCE 10 TIMES

13



WRITE THIS SENTENCE:

*"People constantly ask me about..."*

## EXAMPLES:

- People constantly ask me about how to **stay calm at work**.
- People constantly ask me about **travel planning**.
- People constantly ask me about **burnout**.
- People constantly ask me about **health questions**.
- People constantly ask me about **AI tools**.
- People constantly ask me about **organizing my life**.
- People constantly ask me about **productivity**.
- People constantly ask me about **real estate investing**.

Now it's your turn. Finish the sentence 10 different ways.

- ① People constantly ask me about \_\_\_\_\_.
- ② People constantly ask me about \_\_\_\_\_.
- ③ People constantly ask me about \_\_\_\_\_.
- ④ People constantly ask me about \_\_\_\_\_.
- ⑤ People constantly ask me about \_\_\_\_\_.
- ⑥ People constantly ask me about \_\_\_\_\_.
- ⑦ People constantly ask me about \_\_\_\_\_.
- ⑧ People constantly ask me about \_\_\_\_\_.
- ⑩ People constantly ask me about \_\_\_\_\_.



## THIS IS SIMPLE, BUT POWERFUL.

Your market may already be talking to you.  
Listen. They are showing you what they need.





# USE THE COMPLIMENT COLLECTION METHOD

74



## COMPLIMENTS LEAVE CLUES.

Most people ignore them.

**Start collecting them.**

### COMMON EXAMPLES



"You explain things clearly."



"You're so organized."



"You always know what to say."



"You make difficult things simple."



"You're great with people."



"You stay calm under pressure."



"You make people feel safe."



"You always figure things out."



Every compliment  
points toward a  
**possible strength.**



### MY COMPLIMENT COLLECTION

Write down compliments you have  
received from friends, family, coworkers,  
clients, or anyone in your life.

①

---

②

---

③

---

④

---

⑤

---

⑥

---

⑦

---

⑧

---

⑨

---

⑩

---



### WHAT TO DO NEXT

Look for patterns in your compliments.  
Patterns reveal strengths. Strengths create opportunities.







# FIND THE PATTERN IN YOUR COMPLIMENTS

15



## COMPLIMENTS ARE CLUES.

They reveal what others see in you.  
The patterns reveal your strengths.



### STEP 1: LIST THE 10 COMPLIMENTS YOU RECEIVE MOST OFTEN

Write the compliments you hear again and again  
from friends, family, coworkers, clients, or others.

- ① \_\_\_\_\_
- ② \_\_\_\_\_
- ③ \_\_\_\_\_
- ④ \_\_\_\_\_
- ⑤ \_\_\_\_\_
- ⑥ \_\_\_\_\_
- ⑦ \_\_\_\_\_
- ⑧ \_\_\_\_\_
- ⑨ \_\_\_\_\_
- ⑩ \_\_\_\_\_



### STEP 2: LOOK FOR PATTERNS

Which strengths show up most often?  
Check all that apply.

- ☐ People compliment my teaching or how I explain things.
- ☐ People compliment my calm energy.
- ☐ People compliment my planning or organization.
- ☐ People compliment my leadership.
- ☐ People compliment my creativity.
- ☐ People compliment my ability to explain hard things.
- ☐ People compliment my emotional strength.
- ☐ People compliment my problem solving.
- ☐ Other: \_\_\_\_\_



### THESE PATTERNS MATTER.

They may point to gifts you no longer  
notice because they feel normal to you.



### STEP 3: REFLECT

What patterns do you see? \_\_\_\_\_  
What strengths are people recognizing in you? \_\_\_\_\_  
How could these strengths create value for others? \_\_\_\_\_



WHAT FEELS NORMAL TO YOU  
MAY BE VALUABLE TO SOMEONE ELSE.



16

METHOD #16

# DO AN ENERGY AUDIT



Some skills can make money.  
Other skills can make money  
and give you energy.

**We want both when possible.**

## TRACK ACTIVITIES THAT LEAVE YOU FEELING:



Excited



Curious



Motivated



Inspired



Calm



Useful



Alive

List activities that consistently give you energy.  
Use the scale to rate each one.

| ACTIVITY | HOW OFTEN?<br>(Daily / Weekly / Monthly) | ENERGY SCORE<br>+5 to -5 |
|----------|------------------------------------------|--------------------------|
| ①        |                                          |                          |
| ②        |                                          |                          |
| ③        |                                          |                          |
| ④        |                                          |                          |
| ⑤        |                                          |                          |
| ⑥        |                                          |                          |
| ⑦        |                                          |                          |
| ⑧        |                                          |                          |
| ⑨        |                                          |                          |
| ⑩        |                                          |                          |



## THESE ACTIVITIES ARE IMPORTANT CLUES.

They show where your energy  
naturally wants to go.

Follow that energy.  
It leads to opportunity.

17

METHOD #17

# TRACK WHAT DRAINS YOU



Also track what leaves you feeling:

- Exhausted
- Frustrated
- Depleted
- Angry
- Heavy
- Trapped

## FOR ONE WEEK, USE THIS SIMPLE SCALE:

+5

= Highly  
Energizing

0

= Neutral

-5

= Draining

Track activities that drain your energy.  
Use the scale to rate each one.

| ACTIVITY | HOW OFTEN?<br>(Daily / Weekly / Monthly) | ENERGY SCORE<br>-5 to +5 |
|----------|------------------------------------------|--------------------------|
| ①        |                                          |                          |
| ②        |                                          |                          |
| ③        |                                          |                          |
| ④        |                                          |                          |
| ⑤        |                                          |                          |
| ⑥        |                                          |                          |
| ⑦        |                                          |                          |
| ⑧        |                                          |                          |
| ⑨        |                                          |                          |
| ⑩        |                                          |                          |



## PATTERNS WILL APPEAR QUICKLY.

This does not mean you will never  
do hard things.

It means you should notice what  
gives life and what takes it away.





# DO A CURIOSITY AUDIT



## Pay attention to it.



What topics do I constantly research?



## What videos do I watch?



## What books do I buy?



What conversations  
excite me?



What ideas do I keep coming back to?



What could I talk about for hours?



Write down everything that comes to mind  
for each question.

[illegible]

It may be pointing toward **your next opportunity** before your logical mind understands it.





# LIST YOUR TOP 15 CURIOSITY TOPICS



Curiosity is a powerful clue.  
It can lead to opportunity.

19

## EXAMPLES

Here are some examples  
to get you thinking:

- ☆ Travel
- ☆ Freedom-based businesses
- ☆ Digital products
- ☆ AI
- ☆ Marketing
- ☆ Entrepreneurship
- ☆ Health
- ☆ Personal growth
- ☆ Spiritual growth
- ☆ Financial freedom
- ☆ Burnout recovery
- ☆ Caregiving
- ☆ Writing
- ☆ Education
- ☆ Lifestyle design



Do not ask if  
they make sense yet.  
Just write them down.

## MY TOP 15 CURIOSITY TOPICS

Write down 15 topics you keep returning to.

- ① \_\_\_\_\_
- ② \_\_\_\_\_
- ③ \_\_\_\_\_
- ④ \_\_\_\_\_
- ⑤ \_\_\_\_\_
- ⑥ \_\_\_\_\_
- ⑦ \_\_\_\_\_
- ⑧ \_\_\_\_\_
- ⑨ \_\_\_\_\_
- ⑩ \_\_\_\_\_
- ⑪ \_\_\_\_\_
- ⑫ \_\_\_\_\_
- ⑬ \_\_\_\_\_
- ⑭ \_\_\_\_\_
- ⑮ \_\_\_\_\_



## THE NEXT STEP

The next step is to compare  
curiosity with demand.





DO A LEARNING  
HISTORY AUDIT

Most people underestimate what they know.

Let's measure it.

## STEP 1: CREATE YOUR CATEGORIES

Use these examples or add your own.

-  Professional learning \_\_\_\_\_
-  Personal development \_\_\_\_\_
-  Business \_\_\_\_\_
-  Technology \_\_\_\_\_
-  Health \_\_\_\_\_
-  Spiritual growth \_\_\_\_\_
-  Relationships \_\_\_\_\_
-  Finance \_\_\_\_\_
-  Travel \_\_\_\_\_
- Other: \_\_\_\_\_

## STEP 2: LIST WHAT YOU HAVE BUILT

Fill in what you have learned and experienced.

| CATEGORY | <br>Courses<br>Completed | <br>Certifications<br>Earned | <br>Books<br>Read | <br>Workshops<br>Attended | <br>Skills<br>Practiced | <br>Lessons<br>Learned | <br>Tools<br>Used | <br>Systems<br>Mastered |
|----------|-----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| 1.       |                                                                                                           |                                                                                                               |                                                                                                    |                                                                                                              |                                                                                                            |                                                                                                           |                                                                                                      |                                                                                                            |
| 2.       |                                                                                                           |                                                                                                               |                                                                                                    |                                                                                                              |                                                                                                            |                                                                                                           |                                                                                                      |                                                                                                            |
| 3.       |                                                                                                           |                                                                                                               |                                                                                                    |                                                                                                              |                                                                                                            |                                                                                                           |                                                                                                      |                                                                                                            |
| 4.       |                                                                                                           |                                                                                                               |                                                                                                    |                                                                                                              |                                                                                                            |                                                                                                           |                                                                                                      |                                                                                                            |
| 5.       |                                                                                                           |                                                                                                               |                                                                                                    |                                                                                                              |                                                                                                            |                                                                                                           |                                                                                                      |                                                                                                            |
| 6.       |                                                                                                           |                                                                                                               |                                                                                                    |                                                                                                              |                                                                                                            |                                                                                                           |                                                                                                      |                                                                                                            |
| 7.       |                                                                                                           |                                                                                                               |                                                                                                    |                                                                                                              |                                                                                                            |                                                                                                           |                                                                                                      |                                                                                                            |
| 8.       |                                                                                                           |                                                                                                               |                                                                                                    |                                                                                                              |                                                                                                            |                                                                                                           |                                                                                                      |                                                                                                            |
| 9.       |                                                                                                           |                                                                                                               |                                                                                                    |                                                                                                              |                                                                                                            |                                                                                                           |                                                                                                      |                                                                                                            |
| 10.      |                                                                                                           |                                                                                                               |                                                                                                    |                                                                                                              |                                                                                                            |                                                                                                           |                                                                                                      |                                                                                                            |



## STEP 3: REFLECT ON YOUR LEARNING ASSETS

- What are you most proud of learning? \_\_\_\_\_
- What skills do people often ask you for help with? \_\_\_\_\_
- What knowledge have you gained that could help others? \_\_\_\_\_
- What patterns do you see in your learning history? \_\_\_\_\_



## THE GOAL IS NOT PERFECTION.

The goal is awareness.

You have more knowledge and experience than you think.  
Awareness turns what you know into opportunities.





# BUILD YOUR KNOWLEDGE ASSET INVENTORY



Knowledge gained over decades has value.  
**Never discount it.**

## YOUR KNOWLEDGE MAY INCLUDE:



Formal  
education



Job  
training



Personal  
research



Books



Podcasts



Life  
lessons



Mistakes



Experiments



Failures



Successes

This inventory helps you see what you can **teach, package, write about,**  
**consult on, or use to create offers later.**

## STEP 1: CAPTURE YOUR KNOWLEDGE ASSETS

List everything you know, understand, or have experience with.

| TOPIC / AREA OF KNOWLEDGE | WHAT I KNOW /<br>EXPERIENCE I HAVE | HOW I LEARNED IT<br>(education, job, life, research, etc.) | EXAMPLES / PROOF<br>(projects, results, stories, etc.) | POTENTIAL USE<br>(teach, write, consult,<br>create, offer, etc.) |
|---------------------------|------------------------------------|------------------------------------------------------------|--------------------------------------------------------|------------------------------------------------------------------|
| 1                         |                                    |                                                            |                                                        |                                                                  |
| 2                         |                                    |                                                            |                                                        |                                                                  |
| 3                         |                                    |                                                            |                                                        |                                                                  |
| 4                         |                                    |                                                            |                                                        |                                                                  |
| 5                         |                                    |                                                            |                                                        |                                                                  |
| 6                         |                                    |                                                            |                                                        |                                                                  |
| 7                         |                                    |                                                            |                                                        |                                                                  |
| 8                         |                                    |                                                            |                                                        |                                                                  |
| 9                         |                                    |                                                            |                                                        |                                                                  |
| 10                        |                                    |                                                            |                                                        |                                                                  |
| 12                        |                                    |                                                            |                                                        |                                                                  |
| 12                        |                                    |                                                            |                                                        |                                                                  |
| 14                        |                                    |                                                            |                                                        |                                                                  |
| 15                        |                                    |                                                            |                                                        |                                                                  |



## STEP 2: REVIEW YOUR INVENTORY

- ✓ What areas have the depth and experience to help others?
- ✓ What topics do people already ask you about?
- ✓ What knowledge could solve a problem or shorten someone's learning curve?
- ✓ What could you package, teach, or create from this?



In the second half of the book,  
this becomes fuel for  
digital products, services,  
content, coaching, consulting,  
AI tools, and income streams.







# USE AI TO DISCOVER HIDDEN SKILLS

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Artificial intelligence can help you see patterns you may miss.  
Use it as a **discovery tool**.

## TRY THESE PROMPTS:



### PROMPT #1:

"I am a healthcare professional with experience in the following areas: [list skills]. Identify 25 potential income opportunities that could emerge from these skills."



### PROMPT #2:

"Based on my career history, life experiences, hobbies, and strengths, identify hidden skills I may be overlooking."



### PROMPT #3:

"Act as a business strategist. Identify skills that people would likely pay me for based on this background."



### PROMPT #4:

"Create a list of digital product ideas based on these experiences."



### PROMPT #5:

"What opportunities exist at the intersection of AI, healthcare knowledge, education, travel, and communication skills?"



### AI DOES NOT REPLACE YOUR THINKING.

It helps you see what may be hiding in plain sight.





# USE THE SKILL INTERSECTION METHOD

Breakthrough opportunities happen where four things overlap.  
The center is your **Opportunity Zone**.

## 4 SIMPLE STEPS



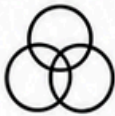
### 1 LIST YOURS

Write down items for each of the 4 areas.

#### FOR EXAMPLE

(Refer to the next page for more room)

- Skills: \_\_\_\_\_
- Experience: \_\_\_\_\_
- Interest: \_\_\_\_\_
- Demand: \_\_\_\_\_



### 2 FIND THE OVERLAP

Look for what exists in two or more areas.

Notes:

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



### 3 FIND THE CENTER

What fits in all four areas?  
That is your **Opportunity Zone**.

Your Opportunity Zone:

\_\_\_\_\_



### 4 PICK ONE IDEA

Choose one idea from your Opportunity Zone and turn it into an offer.

Your Idea:

\_\_\_\_\_



## THE SIMPLE FORMULA

$$1 + 2 + 3 + 4 = \text{★ YOUR OPPORTUNITY ZONE}$$



### HOW TO START TODAY

- ☐ Refer to the next page for the chart to use for this.
- ☐ Draw the 4-circle diagram or use the list above.
- ☐ Write at least 10 items in each area.
- ☐ Highlight overlaps.
- ☐ Circle your Opportunity Zone idea.
- ☐ Take action on it this week.



### EXAMPLES OF OPPORTUNITY ZONE IDEAS

- |                                           |                                                       |
|-------------------------------------------|-------------------------------------------------------|
| <input type="checkbox"/> Digital product  | <input type="checkbox"/> Travel business              |
| <input type="checkbox"/> Course           | <input type="checkbox"/> Health and wellness business |
| <input type="checkbox"/> Coaching program | <input type="checkbox"/> Faceless content             |
| <input type="checkbox"/> Membership       | <input type="checkbox"/> Affiliate marketing          |
| <input type="checkbox"/> Real estate      | <input type="checkbox"/> Book or speaking             |
| <input type="checkbox"/> Content brand    | <input type="checkbox"/> Other                        |



THIS IS THE BRIDGE TO THE NEXT PART





# MY OPPORTUNITY ZONE WORKSHEET

**Step 1: List up to 10 items from each category.**

| SKILLS    | EXPERIENCE | INTERESTS | DEMAND    |
|-----------|------------|-----------|-----------|
| 1. _____  | 1. _____   | 1. _____  | 1. _____  |
| 2. _____  | 2. _____   | 2. _____  | 2. _____  |
| 3. _____  | 3. _____   | 3. _____  | 3. _____  |
| 4. _____  | 4. _____   | 4. _____  | 4. _____  |
| 5. _____  | 5. _____   | 5. _____  | 5. _____  |
| 6. _____  | 6. _____   | 6. _____  | 6. _____  |
| 7. _____  | 7. _____   | 7. _____  | 7. _____  |
| 8. _____  | 8. _____   | 8. _____  | 8. _____  |
| 9. _____  | 9. _____   | 9. _____  | 9. _____  |
| 10. _____ | 10. _____  | 10. _____ | 10. _____ |

**Step 2: Look for words, themes, or ideas that appear in more than one column.**

Write your overlaps below:

---



---



---



---

**Step 3: Complete this sentence.**

People would likely pay me for help with:

---



---



---



---

**Step 4: Circle your strongest Opportunity Zone idea.**

My Opportunity Zone:

**Step 5: What could this become?** (Check all that apply.)

- |                                                |                                                     |
|------------------------------------------------|-----------------------------------------------------|
| <input type="checkbox"/> Digital Product       | <input type="checkbox"/> Health & Wellness Business |
| <input type="checkbox"/> Course                | <input type="checkbox"/> Faceless Content           |
| <input type="checkbox"/> Coaching Program      | <input type="checkbox"/> Affiliate Marketing        |
| <input type="checkbox"/> Membership            | <input type="checkbox"/> AI-Assisted Service        |
| <input type="checkbox"/> Content Brand         | <input type="checkbox"/> Side Income Stream         |
| <input type="checkbox"/> Book or Speaking      | <input type="checkbox"/> Business                   |
| <input type="checkbox"/> Real Estate           | <input type="checkbox"/> Other _____                |
| <input type="checkbox"/> Travel Business _____ |                                                     |



**FORMULA:**

**Skills + Experience + Interests + Demand = Opportunity Zone**

The previous 22 methods helped you fill these four columns.

This page helps you find where they overlap.

**That overlap is where your next opportunity may be hiding.**



THIS WORKSHEET IS THE BRIDGE TO THE NEXT PART OF THE BOOK.



**57**

# TURN YOUR STORY INTO INCOME

*How to Know If People Will Actually Pay for Your Skill*



## CHAPTER 4

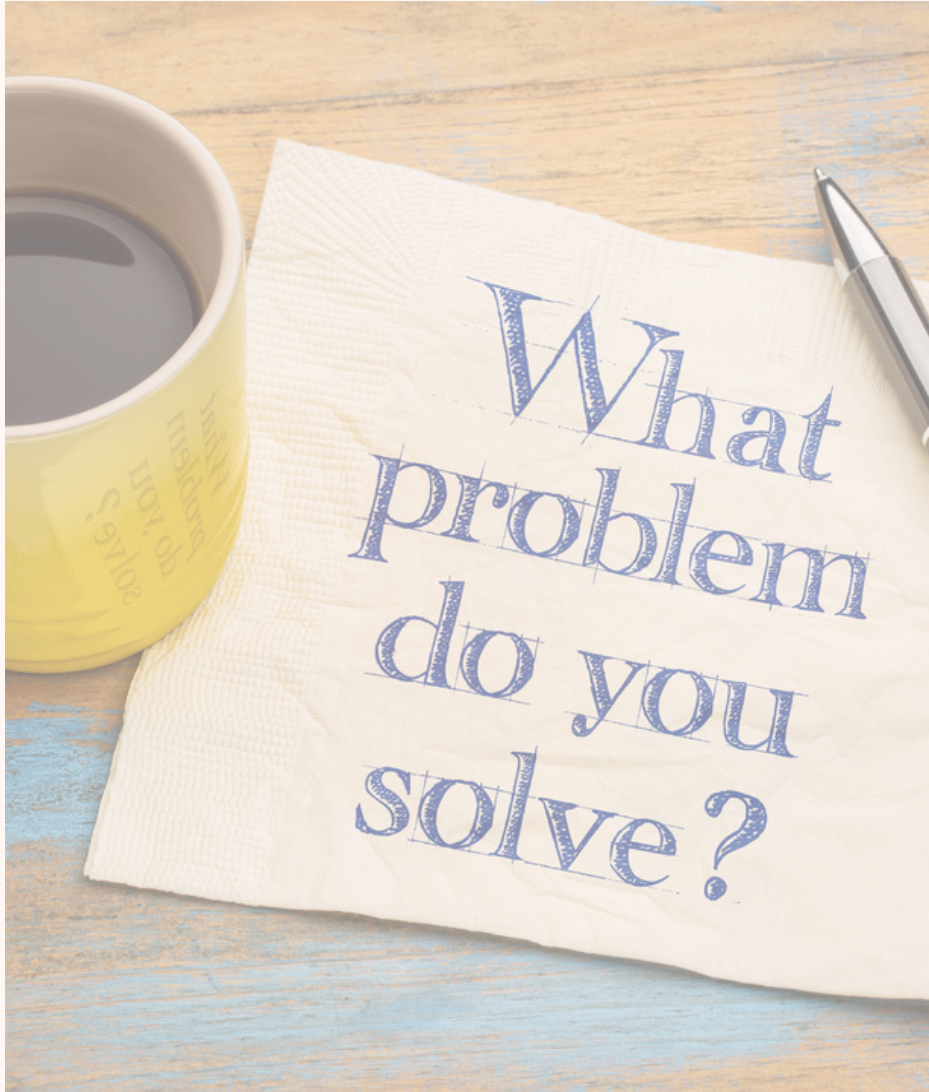
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# THE PROFIT FILTER FRAMEWORK

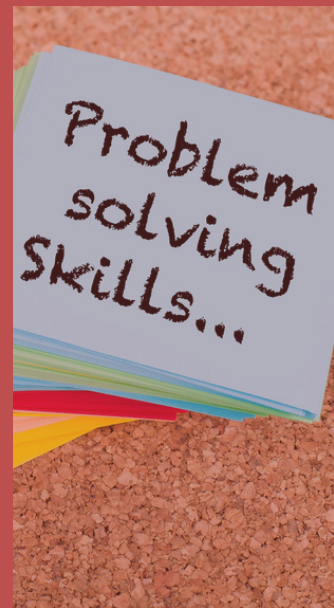
How to Know If People Will  
Actually Pay for Your Skill.



By now, you've uncovered a powerful list of skills, experiences, interests, strengths, and life lessons. That is exciting.

But there is a problem. Not every skill becomes a business. Not every passion becomes income. Not every idea deserves your time. This is where most aspiring entrepreneurs get stuck.

***Become Solution  
Minded.***



**They ask:**

"What should I start?"

**Instead of:**

"What problem am I solving?"

The marketplace does not reward effort.

***The marketplace  
rewards solutions.***

The question isn't, "Can I make money from this?"  
The question is, "Whose problem does this solve?"

Profitable opportunities are often found in the problems people face every day.

The most successful businesses identify a specific pain point and provide a solution that saves time, reduces stress, creates convenience, or delivers a desired outcome. By understanding what people struggle with and offering a meaningful solution, you create value in the marketplace. The greater the problem you solve, the greater the potential for income, impact, and long-term business growth.

**People pay when:**

- A problem is painful
- A result is desired
- A solution feels achievable
- A transformation feels valuable
- Your job is not to find a perfect idea.
- Your job is to find a valuable problem.



# *THE BIGGEST BUSINESS LESSON I EVER LEARNED*

**HOW TO  
KNOW IF  
PEOPLE  
WILL  
ACTUALLY  
PAY FOR  
YOUR  
SKILL?**

One of the reasons many businesses fail is because they start with the creator instead of the customer.

Profitable businesses are built around customer outcomes.  
Not creator preferences.

The Creator says:

"I love this."

The customer asks:

"How does this help me?"

The creator says:

"I worked really hard on this."

The customer asks:

"Will this solve my problem?"

The creator says:

"I think this is a great idea."

The customer asks:

"Why should I care?"



# THE 5 PROFIT FILTERS



Before you invest time, money, energy, or emotion into an opportunity, run it through these five filters. If it passes all five, you may have something powerful.

## FILTER #1:

### PROBLEM SEVERITY

How Painful Is The Problem?

The marketplace rewards problem-solvers.

The more painful the problem, the more valuable the solution.



### Low-Pain Problems

Examples:

- Choosing a journal color
- Picking a desktop wallpaper
- Organizing bookmarks

People may want help.

They rarely pay much for it.

### High-Pain Problems

Examples:

- Burnout
- Weight management
- Career transition
- Additional income
- Confidence rebuilding
- Time management
- Stress reduction
- Retirement planning

People actively seek solutions.

People actively spend money.



### Ask Yourself

Does this solve a:

- Frustrating problem?
- Expensive problem?
- Time-consuming problem?
- Emotional problem?
- Recurring problem?

The more "yes" answers,

the stronger the opportunity.

SCORE

Rate from 1-10

Problem Severity: \_\_\_\_\_

On a scale of 1-10, how painful, frustrating, or costly is this problem for the person

experiencing it?

Score: \_\_\_\_ / 10



# FILTER#2

## MARKET DEMAND

One of the biggest mistakes entrepreneurs make is trying to create demand.  
You don't want to create demand.  
You want to find existing demand.  
The easiest money comes from entering existing conversations.

**Demand Signals**

Look for:

- Search volume
- Facebook groups
- Reddit discussions
- TikTok searches
- YouTube videos
- Amazon books
- Online communities

If thousands of people are already discussing a topic, demand exists.

**Example Search:**

**Search:**  
"How to find a profitable side hustle"  
Strong demand.  
**Search:**  
"How to discover marketable skills"  
Strong demand.



### Discovering the Beauty of Learning New Skills.

**Search:**  
Health  
Millions of searches.  
Strong demand.

**Be specific:**  
GLP-1s and peptides for Health Transformation

**Search:**  
Travel  
Millions of searches.  
Strong demand.

**Be specific:**  
Luxury travel itineraries for women traveling to Iceland.

**AI Validation Prompt**

Ask ChatGPT:  
"What evidence suggests people are actively searching for solutions related to [topic]?"

SCORE 1-10: \_\_\_\_\_  
Market Demand: \_\_\_\_\_



# FILTER #3

## ABILITY TO PAY



Can The Audience Afford Solutions?

This is where many people get uncomfortable.

But business requires honesty.

Some audiences have painful problems but limited purchasing power.

Others actively invest in solutions.

Strong Markets Often Include

- Healthcare professionals
- Business owners
- Executives
- Consultants
- Sales professionals
- Skilled trades
- Retirees with disposable income

Your Audience

Female healthcare professionals.

This is an excellent market.

Why?

Because healthcare professionals already invest in:

- Continuing education
- Certifications
- Professional development
- Career advancement
- Wellness
- Personal growth

The willingness to invest already exists.



### Ask Yourself

Do people in this market

regularly purchase: Books? Courses? Coaching? Tools? Memberships? Training?

If yes, that's a positive sign.

SCORE 1-10

Ability To Pay: \_\_\_\_\_

# FILTER #3

## ABILITY TO PAY



Can The Audience Afford Solutions?

This is where many people get uncomfortable.

But business requires honesty.

Some audiences have painful problems but limited purchasing power.

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Strong Markets Often Include

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Why?

Because healthcare professionals already invest in:

- Continuing education
- Certifications
- Professional development
- Career advancement
- Wellness
- Personal growth

The willingness to invest already exists.



*Ask Yourself:*

Do people in this market

regularly purchase: Books? Courses? Coaching? Tools? Memberships? Training?

If yes, that's a positive sign.

**SCORE 1-10**

**Ability To Pay:**

Gelas Escape.



# FILTER #4

## SPEED OF RESULTS

How Quickly Can The Customer Experience Progress?



Some opportunities produce results quickly. Others take longer to develop.

For example, discovering three viable income opportunities within 72 hours creates visible progress. The opportunities may not be fully built yet, but they now exist. That progress creates momentum. Momentum creates confidence.

On the other hand, some opportunities naturally require more time. Long-term investing, major body transformations, and multi-year business building often produce slower results because they are designed to compound over time.

The goal is not always complete transformation. The goal is visible progress. When people can see movement, they are more likely to stay committed long enough to achieve bigger results.

SCORE

Speed of Results: \_\_\_\_ / 10

# FILTER #5

## SCALABILITY

**Is this an Evergreen Opportunity to make you Longterm Passive Income?**

Some opportunities stop producing income the moment you stop working.

Others continue creating value long after the initial effort is completed.

The goal is not simply to make money.

The goal is to create leverage.

Leverage allows one hour of work to help many people instead of only one person at a time.

Examples of highly scalable opportunities include digital products, ebooks, online courses, affiliate marketing, membership communities, templates, and educational resources. Once created, these assets can continue serving people repeatedly.

Some opportunities are less scalable because they depend entirely on your time. Examples include one-on-one services, hourly consulting, and work that requires your constant involvement.

There is nothing wrong with service income. In fact, many successful businesses begin there. However, long-term freedom often increases when value can be delivered more than once without starting over each time.

SCORE

Scalability: \_\_\_\_\_ / 10





# OPPORTUNITY SCORECARD

Before moving forward, score your opportunity using the five filters from this chapter.

Rate each category from 1–10.

1 = Very Weak | 10 = Very Strong

1

## PROBLEM SEVERITY

Does this solve a real problem people want solved?

Score: \_\_\_\_\_ / 10

2

## MARKET DEMAND

Are people actively searching for solutions?

Score: \_\_\_\_\_ / 10

3

## ABILITY TO PAY

Can the audience realistically spend money on this solution?

Score: \_\_\_\_\_ / 10

4

## SPEED OF RESULTS

Can people see meaningful progress relatively quickly?

Score: \_\_\_\_\_ / 10

5

## SCALABILITY

Can this grow beyond trading time for money?

Score: \_\_\_\_\_ / 10

**TOTAL SCORE** \_\_\_\_\_ / 50

## INTERPRETATION

| 40–50                     | 30–39                        | 20–29                      | BELOW 20                                        |
|---------------------------|------------------------------|----------------------------|-------------------------------------------------|
| <b>STRONG OPPORTUNITY</b> | <b>PROMISING OPPORTUNITY</b> | <b>PROCEED CAREFULLY</b>   | <b>DO NOT INVEST SIGNIFICANT RESOURCES YET.</b> |
| Move forward.             | Needs refinement.            | Further validation needed. |                                                 |

# RED FLAG CHECK

Before investing time, money, or energy,  
review these common traps.

☐

## NOBODY IS LOOKING FOR IT

You love the idea, but nobody  
is actively searching for it.

☐

## NO CLEAR PROBLEM

The topic is interesting, but  
there is no urgent need to solve.

☐

## NO PAYING AUDIENCE

People may enjoy it, but they  
are not willing to spend money on it.

☐

## TREND DEPENDENCY

The opportunity only works  
while a trend remains popular.

☐

## YOU HATE DELIVERING IT

Even profitable opportunities become exhausting  
when they conflict with your values,  
strengths, or interests.

## FINAL QUESTION

After completing this scorecard,  
do I still feel excited about pursuing this opportunity?

YES ☐

NO ☐

MAYBE ☐



I AM

SUCCESSFUL

NOW

# THE OPPORTUNITY TRIANGLE

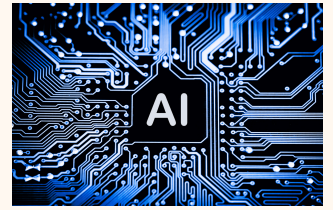
The best opportunities typically sit at the intersection of:



*"Opportunity exists where value, demand, and profitability overlap."*

# OPPORTUNITY

# AI OPPORTUNITY VALIDATION PROCESS



## 20-MINUTE VALIDATION EXERCISE

Before pursuing any idea, perform this 20-minute validation exercise.

STEP  
1



### SEARCH YOUTUBE

Type: "How to \_\_\_\_\_"



Are people  
searching?

\_\_\_\_\_

STEP  
2



### SEARCH TIKTOK

Type: "How to \_\_\_\_\_"



Do videos  
exist?

\_\_\_\_\_

STEP  
3



### SEARCH AMAZON

Look for:

- Books
- Guides
- Workbooks
- Courses



\_\_\_\_\_

STEP  
4



### SEARCH REDDIT

Look for:

- Questions
- Frustrations
- Pain points



\_\_\_\_\_

STEP  
5



### ASK CHATGPT

"What problems do people  
commonly face related to  
this topic?"



\_\_\_\_\_

STEP  
6



### SCORE USING THE PROFIT FRAMEWORK

| P                   | R                | O                 | F                   | I           | T              |
|---------------------|------------------|-------------------|---------------------|-------------|----------------|
| Problem<br>Severity | Market<br>Demand | Ability to<br>Pay | Speed of<br>Results | Scalability | Total<br>Score |
| ___/10              | ___/10           | ___/10            | ___/10              | ___/10      | ___/10         |



# PERSONAL REFLECTION



## THE FREEDOM FILTER

*Before moving forward with any opportunity, ask yourself:*

|                          |                             |          |
|--------------------------|-----------------------------|----------|
| <input type="checkbox"/> | Does this increase freedom? | Yes / No |
|--------------------------|-----------------------------|----------|

|                          |                                 |          |
|--------------------------|---------------------------------|----------|
| <input type="checkbox"/> | Does this align with my values? | Yes / No |
|--------------------------|---------------------------------|----------|

|                          |                                   |          |
|--------------------------|-----------------------------------|----------|
| <input type="checkbox"/> | Can this be maintained long-term? | Yes / No |
|--------------------------|-----------------------------------|----------|

|                          |                                                |          |
|--------------------------|------------------------------------------------|----------|
| <input type="checkbox"/> | Does this excite me enough to stay consistent? | Yes / No |
|--------------------------|------------------------------------------------|----------|

|                          |                                     |          |
|--------------------------|-------------------------------------|----------|
| <input type="checkbox"/> | Does this support my future vision? | Yes / No |
|--------------------------|-------------------------------------|----------|

### RESULTS



#### MOSTLY YES

Continue exploring this opportunity.



#### MOSTLY NO

Keep looking.  
The right opportunity should create alignment, not resistance.



#### FINAL REFLECTION

What is this opportunity helping me move toward?

---

---

---



#### REMEMBER

Income matters.  
Freedom matters too.  
The best opportunities create **both**.

*The goal is not just income. The goal is freedom.*

# PERSONAL REFLECTION

## PROFIT FILTER WORKSHEET



Choose your top three opportunities and score each one from 1–10.



### OPPORTUNITY #1

Opportunity: \_\_\_\_\_

| FILTER                                                                            |                  | SCORE (1–10) |
|-----------------------------------------------------------------------------------|------------------|--------------|
|  | Problem Severity | _____ / 10   |
|  | Demand           | _____ / 10   |
|  | Ability To Pay   | _____ / 10   |
|  | Speed Of Results | _____ / 10   |
|  | Scalability      | _____ / 10   |
| TOTAL SCORE                                                                       |                  | _____ / 50   |



### OPPORTUNITY #2

Opportunity: \_\_\_\_\_

| FILTER                                                                              |                  | SCORE (1–10) |
|-------------------------------------------------------------------------------------|------------------|--------------|
|  | Problem Severity | _____ / 10   |
|  | Demand           | _____ / 10   |
|  | Ability To Pay   | _____ / 10   |
|  | Speed Of Results | _____ / 10   |
|  | Scalability      | _____ / 10   |
| TOTAL SCORE                                                                         |                  | _____ / 50   |



### OPPORTUNITY #3

Opportunity: \_\_\_\_\_

| FILTER                                                                              |                  | SCORE (1–10) |
|-------------------------------------------------------------------------------------|------------------|--------------|
|  | Problem Severity | _____ / 10   |
|  | Demand           | _____ / 10   |
|  | Ability To Pay   | _____ / 10   |
|  | Speed Of Results | _____ / 10   |
|  | Scalability      | _____ / 10   |
| TOTAL SCORE                                                                         |                  | _____ / 50   |



### WINNER

Highest Scoring Opportunity: \_\_\_\_\_

Final Score: \_\_\_\_\_ / 50

Why This Opportunity Won: \_\_\_\_\_

\_\_\_\_\_



# SECTION 4 ACTION STEPS



*Before moving to the next section, complete the following:*

☐

## Score your top three opportunities

Use the Profit Filter Worksheet to compare your ideas.

☐

## Eliminate low-scoring opportunities

Remove ideas that scored poorly or showed major red flags.

☐

## Identify one primary opportunity

Choose the idea with the strongest combination of demand, profitability, and alignment.

*Primary Opportunity:* \_\_\_\_\_

☐

## Identify one backup opportunity

Choose a second opportunity worth exploring if needed.

*Backup Opportunity:* \_\_\_\_\_

☐

## Complete the Freedom Filter

Confirm that your chosen opportunity supports your values, vision, and long-term goals.

☐

## Perform the 20-Minute Validation Exercise

Verify demand before investing significant time, money, or energy.

### READY TO MOVE FORWARD?

☐

Yes, I have completed all action steps.

Date Completed: \_\_\_\_\_

*Progress creates clarity. Clarity creates confidence. Confidence creates action.*

# KEY TAKEAWAY



Most people fail because they choose opportunities based on excitement.

Successful entrepreneurs choose opportunities based on evidence.

Passion matters.

Purpose matters.

But profitability matters too.

The goal is not simply finding something you love.

The goal is finding something that:

- Solves a meaningful problem
- Has proven demand
- Serves people who can invest
- Creates measurable results
- Supports long-term freedom
- Matches well with your personal unique abilities
- 

Because when purpose and profitability align, opportunity becomes powerful.





# WHAT PEOPLE HAPPILY PAY YOU FOR.

---

Discover which part of your I AM people naturally value  
—and how it can become income that grows beyond your  
time.

# Chapter

# 5



## CATEGORY 1

### DIGITAL PRODUCTS

---

Digital products are often a great fit for educators, writers, experts, healthcare professionals, and researchers because they allow you to turn knowledge and experience into something people can use and learn from. Examples include ebooks, workbooks, checklists, templates, journals, guides, and printables.

One of the biggest advantages is that digital products have low startup costs, can be sold repeatedly without creating them again, and can often be created faster with the help of AI tools. If your strengths include communication, education, and valuable life or professional experience, digital products may be a natural opportunity worth exploring.



# CATEGORY 2

## AFFILIATE MARKETING



### Ideal For:

- Connectors
- Educators
- Content Creators
- Reviewers

### Examples:

- Travel resources
- Educational tools
- Productivity software
- Books
- Wellness products

### Benefits:

- ✓ No inventory
- ✓ No customer service
- ✓ Can be combined with content
- ✓ Leverages trust

### Potential Match:

Communication + Recommendations

# TRAVEL OPPORTUNITIES

---

## Why Travel Is Powerful

Travel remains one of the largest industries in the world.

The global travel industry generates trillions of dollars annually.

People consistently spend money on:

- Vacations
- Experiences
- Cruises
- Hotels
- Flights
- Group travel
- Destination events

Travel combines income with lifestyle.

For many people, travel represents freedom.

Not just geographically.

Financially.

Emotionally.

Spiritually.

## Personal Reflection

One reason I was drawn to travel opportunities was simple:

I love freedom.

I love learning.

I love experiencing new places.

I love meeting people from different backgrounds.

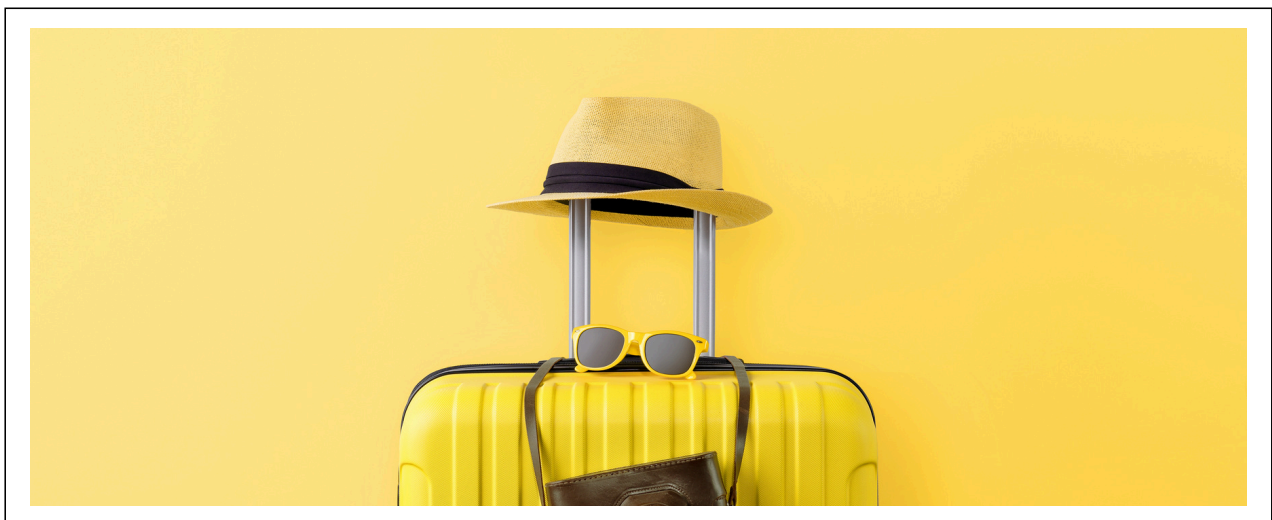
I love creating memories.

And I realized that what I naturally enjoyed could also become an opportunity.

This realization changed how I viewed business forever.

## Ideal For:

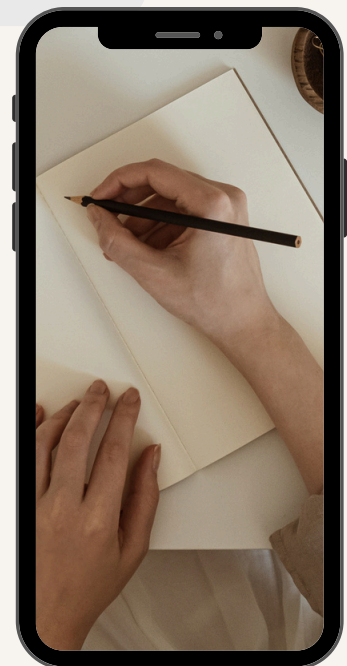
- Freedom seekers
- Adventure lovers
- Relationship builders



## Potential Match:

Travel Experience + Communication + Community





## EDUCATION-BASED BUSINESSES

Ideal For:

- Teachers
- Nurses
- Coaches
- Trainers
- Mentors

Examples:

- Workshops
- Mini-courses
- Masterclasses
- Group programs
- Resource libraries

Benefits:

- ✓ High trust
- ✓ Strong authority
- ✓ Highly scalable

Potential Match:

Knowledge + Transformation

## CATEGORY 4

# EDUCATION-BASED BUSINESSES

# AI-ASSISTED SERVICES

## CATEGORY 5



### Ideal For:

- Problem Solvers
- Early Adopters
- Curious Learners

### Examples:

- Content Creation
- Research Assistance
- Prompt Libraries
- Workflow Systems
- Educational Products

### Benefits:

- ✓ Rapidly growing
- ✓ High demand
- ✓ Low startup costs

### Potential Match:

Curiosity + Technology



# CONTENT CREATION

## CATEGORY 6



### Ideal For:

- Communicators
- Educators
- Storytellers

### Examples:

- YouTube
- Blogging
- Podcasting
- Social Media

### Benefits:

- ✓ Builds trust
- ✓ Supports affiliate marketing
- ✓ Supports digital products
- ✓ Supports long-term brand growth

### Important:

Content is not the business.  
Content supports the business.

# COACHING

## CATEGORY 7



### Ideal For:

- Guides
- Mentors
- Natural Communicators

### Examples:

- Career Coaching
- Mindset Coaching
- Accountability Coaching
- Business Coaching

### Benefits:

- ✓ High impact
- ✓ High connection
- ✓ Immediate feedback

### Remember:

People pay for transformation.  
Not information.



# CONSULTING

## CATEGORY 8



## Ideal For:

- Specialists
- Experienced Professionals
- Industry Experts

## Examples:

- Healthcare Consulting
- Process Improvement
- Education Consulting

## Benefits:

- ✓ High value
- ✓ Leverages expertise
- ✓ Fast monetization



# MEMBERSHIP COMMUNITIES

---



## Ideal For:

- Community Builders
- Leaders
- Educators

## Examples:

- Professional Communities
- Accountability Groups
- Learning Communities

## Benefits:

- ✓ Recurring revenue
- ✓ Strong relationships
- ✓ Long-term retention



# *New Arrival* THE NEW YOU

## Chapter 6.

Use the powerful IAM Method and 23 proven Skill-to-Profit Discovery Methods to uncover hidden income opportunities, activate your personalized income path, and take your first step toward creating money that continues working for you long after you've clocked out.

### YOUR 72-HOUR ABUNDANCE ACTIVATION PLAN



# THE 72-HOUR OPPORTUNITY MATCH SYSTEM



After discovering their skills and evaluating opportunities, many people still get stuck.

Not because they lack ability.

Not because they lack intelligence.

Not because they lack motivation.

They get stuck because they have too many options.

The internet has created an abundance of opportunities.

Every day someone is promoting:

- A new side hustle
- A new AI tool
- A new business model
- A new income stream
- A new opportunity

This creates confusion.

When everything looks like an opportunity, nothing feels clear.

The goal of this section is to eliminate confusion and create alignment.

You are not looking for the "best" opportunity.

You are looking for the best opportunity for you.



# THE BIG REFRAME

---



Stop asking:

"What business should I start?"

Start asking:

"What opportunity best matches my existing strengths, experiences, interests, and desired lifestyle?"

This single question changes everything.

Because success becomes easier when you build around your natural strengths.



# THE SKILL-TO-PROFIT MATCHING FORMULA



Every profitable opportunity starts with a simple equation:

**Skill + Problem + Audience + Delivery Method = Income Opportunity**

## EXAMPLES:

Communication Skill + Burned-Out Nurses + Career Guidance + Digital Product = OPPORTUNITY

Travel Knowledge + Busy Professionals + Travel Planning Resources + Affiliate Income = OPPORTUNITY

Organization Skills + Overwhelmed Entrepreneurs + Templates + Digital Product = OPPORTUNITY



Once you understand this formula, opportunities become easier to recognize.

## 1 STEP 1

### IDENTIFY YOUR TOP FIVE SKILLS

From Section 3, select your strongest skills.

#### EXAMPLE:

- Communication
- Teaching
- Research
- Problem Solving
- Relationship Building

#### YOUR TOP FIVE SKILLS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## 2 STEP 2

### IDENTIFY YOUR MOST VALUABLE EXPERIENCES

People often underestimate experience.  
Experience creates authority.  
Authority creates trust.  
Trust creates opportunity.

#### EXAMPLES

- Emergency Nursing
- Career Burnout
- Entrepreneurship
- Travel
- Weight Loss Journey
- Caregiving
- Parenting
- Personal Development
- Recovery
- Reinvention

#### YOUR TOP EXPERIENCES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## 3 STEP 3

### IDENTIFY WHAT PEOPLE ALREADY ASK YOU ABOUT

This is one of the strongest indicators of demand.  
People reveal opportunities through their questions.

#### EXAMPLES

People ask you:

- How did you become a nurse?
- How do you travel so often?
- How do you stay organized?
- How do you start a side hustle?
- How do you use AI?

Questions reveal market demand.

#### WRITE YOUR TOP 10

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



# 72-HOUR PLAN

## COMPLETION

### HOW THE 72-HOUR PLAN WORKS

Most people never move forward because they get stuck in research.

The purpose of this **72-Hour Challenge** is to help you move from ideas to action.

**By the end of Day 3**, you will have identified a marketable skill, validated that people want a solution, and created your first income-producing asset.

This is not about building a perfect business. It is about building momentum.

A nurse might discover expertise that becomes a health education resource.

A traveler might create a travel guide or affiliate website.

A healthcare sales professional might create educational content for a specific audience.

A future consultant might package knowledge into a simple offer.

An affiliate marketer might identify a problem and build a resource that recommends solutions.

Educators might be great coaches or consultants.

Real Estate might be the place for any of us.

**Different paths.**  
**Same process.**  
**The goal is simple:**  
**Find a problem.**  
**Validate demand.**  
**Build a solution.**





# DAY 1 OF 3

## DISCOVER WORKSHEET INSTRUCTIONS

---

☐ **Step 1: Complete the Skill-to-Profit Matching Formula (Page 91)**

Use your skills, experiences, strengths, and interests to identify potential income opportunities.

☐ **Step 2: Complete Chapter 3 23 self audit tools (Page 35)**

☐ **Step 3: Complete the Opportunity Matching Grid (Page 87)**

Match your skills, experiences, interests, and strengths to potential opportunity categories.

☐ **Step 4: Calculate Your Freedom Score (Page 87)**

Determine which opportunities best fit your desired lifestyle, flexibility, time commitment, and income goals.

☐ **Step 5:**

Review your completed exercises, notes, skills, experiences, strengths, interests, curiosity topics, and Opportunity Zones identified in Chapter 3.

☐ **Step 6: Review the 23 Opportunity Paths**

Carefully review all 23 opportunity paths presented in this chapter.

For each opportunity, assign a score from 1–10 in the following categories:

- Skill Fit \_\_\_\_\_
- Startup Cost \_\_\_\_\_
- Time Required \_\_\_\_\_
- Income Potential \_\_\_\_\_
- Enjoyment Level \_\_\_\_\_

☐ **Step 7: Identify Your Top 3 Opportunities**

After scoring all 23 opportunities, circle your top three.

**IMPORTANT:**

Do not choose based on hype, trends, or what other people are doing.  
Choose the opportunities that best match your:

- Skills
- Experiences
- Strengths
- Interests
- Lifestyle Goals

The best opportunity is not always the most exciting.  
The best opportunity is the one that fits you.



# DAY 2 OF 3

## VALIDATE WORKSHEET INSTRUCTIONS

---

☐

### Step 1: Research

Use the following platforms to validate your opportunity:

- YouTube
- TikTok
- Reddit
- Amazon
- ChatGPT

☐

### Step 2: Choose One Opportunity

Choose one opportunity.

Not five.

One.

☐

### Step 3: Validate the Opportunity

Look for proof of demand, interest, and buyer intent.

Answer the following questions:

- What problems are people talking about?
- What solutions are they looking for?
- What products, content, or services already exist?
- What are people saying they wish they had?
- What keywords, phrases, or questions come up often?

☐

### Step 4: Record Your Findings

Write down what you learn from your research.

Focus on:

- Demand
- Competition
- Content gaps
- Buyer needs
- Potential angles or approaches

☐

### Step 5: Decide

Based on your research, is this a strong opportunity to pursue?

Why or why not?

☐

### Step 6: Move Forward

If yes, continue to Day 3.

If not, choose a different opportunity and repeat Day 2.

#### **IMPORTANT:**

Do not get distracted by too many options.

Focus your time and energy on validating one opportunity at a time.

Clarity comes from focus.

Progress comes from action.



# DAY 3 OF 3

## BUILD WORKSHEET INSTRUCTIONS

---



### **Step 1: Create a Simple Offer**

Write a basic offer for the opportunity you chose.  
Keep it clear and easy to understand.



### **Step 2: Create a Simple Resource That Solves a Problem**

Create one resource that solves a specific problem  
for your ideal audience.  
Keep it helpful and easy to use.



### **Step 3: Create a Simple Lead Magnet**

A lead magnet is a free, valuable resource  
you give away to attract leads.  
Create one that solves a small problem  
and shows how you can help.  
Keep it simple and easy to deliver.



### **Step 4: Create a Simple Product**

Create one simple product or service idea.  
Focus on helping and solving a problem.



### **Step 5: Focus on Progress**

Don't wait for everything to be perfect.  
Take action and keep moving forward.

**Focus on progress.**  
**Not perfection.**

#### **IMPORTANT:**

Your first version does not have to be perfect.  
Small steps create big results over time.  
Take action today.  
Keep it simple. Keep it moving.  
You are building something that matters.



# FINAL TAKE AWAY

I AM LIVING ABUNDANTLY

I AM WHATEVER I SAY I AM.

HEALED.

GELAS ESCAPE.



## KEY TAKE AWAY #1.

You do not need more ideas.

You need alignment.

## KEY TAKE AWAY #2.

The right opportunity is not the one someone else chooses.

It is the one that sits at the intersection of:

- Your skills
- Your experiences
- Your interests
- Market demand
- Your desired lifestyle

## KEY TAKE AWAY #3.

When those elements align, opportunity becomes momentum. And momentum creates freedom.

# DAILY I AM

## THE I AM DECLARATION

Read this aloud daily.

I am resourceful.  
I am resilient.  
I am adaptable.  
I am capable.  
I am valuable.  
I am learning.  
I am growing.  
I am creating opportunities.  
I am creating freedom.  
I am building multiple income streams.  
I am worthy of success.  
I am willing to learn.  
I am willing to act.  
I am willing to trust myself.  
I am becoming the person my future requires.  
I am no longer waiting for permission.  
I am creating a life by design.

## THE 90-DAY COMMITMENT

Complete this sentence:

For the next 90 days, I commit to:

Because:

**NEVER STOP  
SPEAKING  
YOUR I AM.**

EVERY HUMAN  
BEING SHOULD BE  
GRATEFUL





# 6 BONUS

TOOLS.

VOL. 23



## Additional Prosperity Tools.

Designed today, enduring  
tomorrow

**What Makes Simplicity  
So Bright Before it Fades  
Away**

We become what we habitually do.



*Gelas Escape.*

## 90 DAY CHALLENGE

# ACTION PLAN

**NEXT 24 HOURS**

Choose one opportunity.

**NEXT 7 DAYS**

Validate the opportunity.

**NEXT 30 DAYS**

Create your first offer.

**NEXT 50 DAYS**

Improve the offer.

**NEXT 90 DAYS**

Measure results.

Adjust.

Continue.

We are what we habitually do.







# YOUR FIRST

## *24 hours*

# DAY 1 ACTION PLAN

## THE 24-HOUR START PLAN



### WELCOME! THIS IS YOUR DAY 1.

Your mission is simple: complete this 1 action within the next 24 hours to build momentum and set the tone for the next 90 days.

| I AM MINDSET<br>(READ 3 TIMES)                                                                                        | METHOD<br>(OF 23)                                                                                                                                    | TODAY'S ACTION<br>(ONE ACTION ONLY)                                         | DONE                     |
|-----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|--------------------------|
| <ul style="list-style-type: none"><li>• I am capable.</li><li>• I am focused.</li><li>• I am ready to grow.</li></ul> | <b>METHOD 1</b><br><br>Hidden Skill<br>Awareness<br>Audit<br><br> | Identify the skills<br>you already have<br>that others will<br>pay you for. | <input type="checkbox"/> |



### WHAT'S NEXT?

You just took the first step.  
Now we're about to go through 7 days together.  
Each day builds on the last to help you gain clarity,  
confidence, and direction.

**LET'S BUILD YOUR FOUNDATION.**





7

**DAYs TO GO**

*one day at a time.*

**7 DAYS**

BUILD YOUR PASSIVE INCOME

AND GROW YOUR BRAND

**DAYS 2-8**

# 7-DAY PLAN

CONGRATS! YOU COMPLETED DAY 1.



NOW WE'RE ABOUT TO GO THROUGH 7 DAYS TOGETHER.

Each day builds on the last so you can gain clarity, take action, and move closer to the life you're building.

LET'S KEEP THE MOMENTUM GOING!

| DAY                      | I AM MINDSET<br>(READ 3 TIMES)                                                                                                           | METHOD<br>(OF 23)                                  | TODAY'S ACTION<br>(ONE ACTION ONLY)                                           | DONE                     |
|--------------------------|------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|-------------------------------------------------------------------------------|--------------------------|
| DAY 2<br>(METHOD 2)<br>↓ | <ul style="list-style-type: none"><li>• I am curious.</li><li>• I am open.</li><li>• I am learning.</li></ul>                            | METHOD 2<br>Market<br>Validation &<br>Demand Check | Validate that people need help with what you can offer.                       | <input type="checkbox"/> |
| DAY 3<br>(METHOD 3)<br>↓ | <ul style="list-style-type: none"><li>• I am determined.</li><li>• I am taking action.</li><li>• I am building my future.</li></ul>      | METHOD 3<br>Ideal Client<br>Clarity Map            | Define your ideal client so you can speak directly to their needs.            | <input type="checkbox"/> |
| DAY 4<br>(METHOD 4)<br>↓ | <ul style="list-style-type: none"><li>• I am observant.</li><li>• I am aware.</li><li>• I am asking questions.</li></ul>                 | METHOD 4<br>Competitor<br>Insight Scan             | Identify 3-5 people already solving this problem.                             | <input type="checkbox"/> |
| DAY 5<br>(METHOD 5)<br>↓ | <ul style="list-style-type: none"><li>• I am creative.</li><li>• I am resourceful.</li><li>• I am thinking big.</li></ul>                | METHOD 5<br>Identify Your<br>Unique Angle          | Write down what makes your perspective or approach different.                 | <input type="checkbox"/> |
| DAY 6<br>(METHOD 6)<br>↓ | <ul style="list-style-type: none"><li>• I am focused.</li><li>• I am intentional.</li><li>• I am choosing my path.</li></ul>             | METHOD 6<br>Core Message<br>Blueprint              | Create your one-sentence core message that connects and communicates clearly. | <input type="checkbox"/> |
| DAY 7<br>(METHOD 7)<br>↓ | <ul style="list-style-type: none"><li>• I am organized.</li><li>• I am planning.</li><li>• I am setting myself up for success.</li></ul> | METHOD 7<br>Offer<br>Framework                     | Outline your offer idea using a simple structure (what, who, how, result).    | <input type="checkbox"/> |
| DAY 8<br>(METHOD 8)<br>↓ | <ul style="list-style-type: none"><li>• I am committed.</li><li>• I am confident.</li><li>• I am moving forward.</li></ul>               | METHOD 8<br>Opportunity<br>Selection               | Choose ONE opportunity to explore further.                                    | <input type="checkbox"/> |



YOU'RE BUILDING SOMETHING REAL.

One step at a time. One day at a time.

KEEP SHOWING UP. YOU'VE GOT THIS.

100



# 30 days loading

trust your journey.

KEEP GOING.  
KEEP GROWING.



Methods

# DAYS 9–23 ACTION PLAN



## KEEP BUILDING! YOU'RE MAKING REAL PROGRESS.

We're continuing your 90-Day Action Plan. Each day brings you closer to clarity, confidence, and creating the life you're designed for.

| DAY                        | I AM MINDSET<br>(READ 3 TIMES)                                                                                                                    | METHOD<br>(OF 23)                               | TODAY'S ACTION<br>(ONE ACTION ONLY)                                        | DONE                     |
|----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|----------------------------------------------------------------------------|--------------------------|
| DAY 9<br>(METHOD 9)<br>↓   | <ul style="list-style-type: none"> <li>• I am committed.</li> <li>• I am confident.</li> <li>• I am moving forward.</li> </ul>                    | <b>METHOD 9</b><br>Research:<br>Content Scan    | Search YouTube and record 10 videos related to your chosen opportunity.    | <input type="checkbox"/> |
| DAY 10<br>(METHOD 10)<br>↓ | <ul style="list-style-type: none"> <li>• I am observant.</li> <li>• I am learning.</li> <li>• I am building evidence.</li> </ul>                  | <b>METHOD 10</b><br>Audience<br>Questions       | Record 10 common questions people ask about your topic.                    | <input type="checkbox"/> |
| DAY 11<br>(METHOD 11)<br>↓ | <ul style="list-style-type: none"> <li>• I am resourceful.</li> <li>• I am curious.</li> <li>• I am expanding my knowledge.</li> </ul>            | <b>METHOD 11</b><br>Book<br>Research            | Research 5 bestselling books related to your opportunity.                  | <input type="checkbox"/> |
| DAY 12<br>(METHOD 12)<br>↓ | <ul style="list-style-type: none"> <li>• I am connected.</li> <li>• I am building community.</li> <li>• I am finding my people.</li> </ul>        | <b>METHOD 12</b><br>Community<br>Research       | Join 3 Facebook groups where your ideal audience gathers.                  | <input type="checkbox"/> |
| DAY 13<br>(METHOD 13)<br>↓ | <ul style="list-style-type: none"> <li>• I am exploring.</li> <li>• I am discovering.</li> <li>• I am gathering insights.</li> </ul>              | <b>METHOD 13</b><br>Community<br>Research       | Join 3 Reddit communities related to your opportunity.                     | <input type="checkbox"/> |
| DAY 14<br>(METHOD 14)<br>↓ | <ul style="list-style-type: none"> <li>• I am empathetic.</li> <li>• I am a problem solver.</li> <li>• I am understanding my audience.</li> </ul> | <b>METHOD 14</b><br>Pain Points<br>Discovery    | List the top 10 frustrations your audience faces.                          | <input type="checkbox"/> |
| DAY 15<br>(METHOD 15)<br>↓ | <ul style="list-style-type: none"> <li>• I am strategic.</li> <li>• I am evaluating.</li> <li>• I am choosing wisely.</li> </ul>                  | <b>METHOD 15</b><br>Profit Filter<br>Scorecard  | Complete the Profit Filter Scorecard for your opportunity.                 | <input type="checkbox"/> |
| DAY 16<br>(METHOD 16)<br>↓ | <ul style="list-style-type: none"> <li>• I am clear.</li> <li>• I am purposeful.</li> <li>• I am creating impact.</li> </ul>                      | <b>METHOD 16</b><br>Transformation<br>Statement | Write a one-sentence transformation statement: "I help ____ achieve ____." | <input type="checkbox"/> |
| DAY 17<br>(METHOD 17)<br>↓ | <ul style="list-style-type: none"> <li>• I am creative.</li> <li>• I am a content creator.</li> <li>• I am sharing value.</li> </ul>              | <b>METHOD 17</b><br>Content Ideas               | Create a list of 25 content ideas.                                         | <input type="checkbox"/> |
| DAY 18<br>(METHOD 18)<br>↓ | <ul style="list-style-type: none"> <li>• I am innovative.</li> <li>• I am open to ideas.</li> <li>• I am using technology to grow.</li> </ul>     | <b>METHOD 18</b><br>AI Idea<br>Expansion        | Use AI to generate 25 additional opportunity ideas.                        | <input type="checkbox"/> |
| DAY 19<br>(METHOD 19)<br>↓ | <ul style="list-style-type: none"> <li>• I am building.</li> <li>• I am creating solutions.</li> <li>• I am adding value.</li> </ul>              | <b>METHOD 19</b><br>Offer/Resource<br>Concept   | Choose your first offer or resource idea.                                  | <input type="checkbox"/> |
| DAY 20<br>(METHOD 20)<br>↓ | <ul style="list-style-type: none"> <li>• I am focused.</li> <li>• I am intentional.</li> <li>• I am creating something meaningful.</li> </ul>     | <b>METHOD 20</b><br>Working Title               | Create a working title for your idea.                                      | <input type="checkbox"/> |
| DAY 21<br>(METHOD 21)<br>↓ | <ul style="list-style-type: none"> <li>• I am organized.</li> <li>• I am planning.</li> <li>• I am creating clarity.</li> </ul>                   | <b>METHOD 21</b><br>Outline                     | Create a simple outline for your idea.                                     | <input type="checkbox"/> |
| DAY 22<br>(METHOD 22)<br>↓ | <ul style="list-style-type: none"> <li>• I am helpful.</li> <li>• I am solution focused.</li> <li>• I am transforming lives.</li> </ul>           | <b>METHOD 22</b><br>Transformation<br>Promise   | Write your customer transformation promise.                                | <input type="checkbox"/> |
| DAY 23<br>(METHOD 23)<br>↓ | <ul style="list-style-type: none"> <li>• I am generous.</li> <li>• I am serving.</li> <li>• I am attracting my ideal audience.</li> </ul>         | <b>METHOD 23</b><br>Lead Magnet<br>Concept      | Create your lead magnet idea.                                              | <input type="checkbox"/> |



## YOU'RE LAYING THE FOUNDATION FOR SOMETHING BIG.

Stay consistent. Stay focused. You're becoming the person who gets results.

**LET'S FINISH STRONG!**



# DAYS 24–30 ACTION PLAN



**YOU MADE IT THIS FAR. NOW IT'S TIME TO APPLY IT ALL.**

These final 7 days are focused on putting everything you've learned into action, testing, refining, and preparing for what's next.

**THIS IS WHERE YOU BUILD MOMENTUM THAT LASTS.**

| DAY                            | I AM MINDSET<br>(READ 3 TIMES)                                                                                                       | THOUGHT<br>(PAIRING TOPIC)                                                                                                                             | TODAY'S ACTION<br>(ONE ACTION ONLY)                                     | DONE                     |
|--------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|--------------------------|
| <b>DAY 24</b><br>(DAY 24)<br>↓ | <ul style="list-style-type: none"> <li>• I am focused.</li> <li>• I am taking action.</li> <li>• I am building my future.</li> </ul> |  <b>CLARITY</b><br>Focus on what matters most right now.              | Choose your #1 priority for the next 30 days and write it down.         | <input type="checkbox"/> |
| <b>DAY 25</b><br>(DAY 25)<br>↓ | <ul style="list-style-type: none"> <li>• I am confident.</li> <li>• I am prepared.</li> <li>• I am showing up.</li> </ul>            |  <b>FOCUS</b><br>Eliminate distractions and stay in your lane.       | Remove or limit one major distraction from your life.                   | <input type="checkbox"/> |
| <b>DAY 26</b><br>(DAY 26)<br>↓ | <ul style="list-style-type: none"> <li>• I am disciplined.</li> <li>• I am consistent.</li> <li>• I am committed.</li> </ul>         |  <b>HABITS</b><br>Small daily actions lead to big results.          | Choose one daily habit that supports your goals and commit to it today. | <input type="checkbox"/> |
| <b>DAY 27</b><br>(DAY 27)<br>↓ | <ul style="list-style-type: none"> <li>• I am creative.</li> <li>• I am resourceful.</li> <li>• I am finding solutions.</li> </ul>   |  <b>PROBLEM SOLVING</b><br>Every challenge has a door behind it.    | Identify one challenge you're facing and write down one solution.       | <input type="checkbox"/> |
| <b>DAY 28</b><br>(DAY 28)<br>↓ | <ul style="list-style-type: none"> <li>• I am valuable.</li> <li>• I am making an impact.</li> <li>• I am helping others.</li> </ul> |  <b>VALUE</b><br>Your value creates the impact you want.            | Do one thing today that provides value to someone else.                 | <input type="checkbox"/> |
| <b>DAY 29</b><br>(DAY 29)<br>↓ | <ul style="list-style-type: none"> <li>• I am adaptable.</li> <li>• I am open.</li> <li>• I am growing.</li> </ul>                   |  <b>ADAPTABILITY</b><br>Be willing to pivot and keep growing.       | Adjust one plan, idea, or approach based on what you've learned.        | <input type="checkbox"/> |
| <b>DAY 30</b><br>(DAY 30)<br>↓ | <ul style="list-style-type: none"> <li>• I am grateful.</li> <li>• I am proud.</li> <li>• I am ready for more.</li> </ul>            |  <b>CELEBRATION</b><br>Celebrate progress and fuel your next level. | Celebrate how far you've come and set one new 90-day goal.              | <input type="checkbox"/> |



**YOU DID THE WORK. NOW KEEP BUILDING.**

The next 90 days are yours to design. Stay consistent, stay focused, and never stop becoming the person you're meant to be.

**YOU'VE GOT THIS!**





gelas Escape.

lets keep the momentum going!

3

50

## DAYS 31-50

Annual planning is where clarity begins. Where teams align, priorities sharpen, and sustainable growth takes shape.

Gelas Escape.



104



# DAYS 31-40 ACTION PLAN



## YOU'RE MOVING FORWARD!

These next 10 days are about deepening your progress, taking consistent action, testing, refining, and building momentum that leads to real results.

**STAY FOCUSED. STAY CONSISTENT. KEEP GOING!**

| DAY                       | I AM MINDSET<br>(READ 3 TIMES)                                                                                                     | TODAY'S ACTION<br>(ONE ACTION ONLY)                       | DONE                     |
|---------------------------|------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|--------------------------|
| <b>DAY 31</b><br>(DAY 31) | <ul style="list-style-type: none"> <li>I am persistent.</li> <li>I am focused.</li> <li>I am building daily.</li> </ul>            | Review your 30-day progress and write down 3 wins.        | <input type="checkbox"/> |
| <b>DAY 32</b><br>(DAY 32) | <ul style="list-style-type: none"> <li>I am open.</li> <li>I am willing.</li> <li>I am learning.</li> </ul>                        | Ask for feedback on your idea or offer from one person.   | <input type="checkbox"/> |
| <b>DAY 33</b><br>(DAY 33) | <ul style="list-style-type: none"> <li>I am improving.</li> <li>I am growing.</li> <li>I am becoming.</li> </ul>                   | Make one improvement based on feedback or new insight.    | <input type="checkbox"/> |
| <b>DAY 34</b><br>(DAY 34) | <ul style="list-style-type: none"> <li>I am disciplined.</li> <li>I am consistent.</li> <li>I am committed.</li> </ul>             | Take one action that moves your offer or project forward. | <input type="checkbox"/> |
| <b>DAY 35</b><br>(DAY 35) | <ul style="list-style-type: none"> <li>I am valuable.</li> <li>I am creating impact.</li> <li>I am making a difference.</li> </ul> | Help one person without expecting anything in return.     | <input type="checkbox"/> |
| <b>DAY 36</b><br>(DAY 36) | <ul style="list-style-type: none"> <li>I am strategic.</li> <li>I am focused.</li> <li>I am intentional.</li> </ul>                | Identify one area in your plan that needs more focus.     | <input type="checkbox"/> |
| <b>DAY 37</b><br>(DAY 37) | <ul style="list-style-type: none"> <li>I am creative.</li> <li>I am powerful.</li> <li>I am solution-focused.</li> </ul>           | Brainstorm 10 ideas to grow your offer or audience.       | <input type="checkbox"/> |
| <b>DAY 38</b><br>(DAY 38) | <ul style="list-style-type: none"> <li>I am organized.</li> <li>I am on track.</li> <li>I am in control.</li> </ul>                | Organize one part of your business or system today.       | <input type="checkbox"/> |
| <b>DAY 39</b><br>(DAY 39) | <ul style="list-style-type: none"> <li>I am confident.</li> <li>I am capable.</li> <li>I am showing up.</li> </ul>                 | Share your offer or content with one new person.          | <input type="checkbox"/> |
| <b>DAY 40</b><br>(DAY 40) | <ul style="list-style-type: none"> <li>I am grateful.</li> <li>I am positive.</li> <li>I am moving forward.</li> </ul>             | Write down 3 things you're grateful for right now.        | <input type="checkbox"/> |



## YOU'RE BUILDING SOMETHING GREAT.

Keep stacking days. Keep showing up. The momentum you create now will transform your future.

**YOU'VE GOT THIS!**



# DAYS 41-50 ACTION PLAN



## YOU'RE MOVING FORWARD!

These next 10 days are about deepening your progress, taking consistent action, testing, refining, and building momentum that leads to real results.

**STAY FOCUSED. STAY CONSISTENT. KEEP GOING!**

| DAY                       | I AM MINDSET<br>(READ 3 TIMES)                                                                                                          | TODAY'S ACTION<br>(ONE ACTION ONLY)                               | DONE                     |
|---------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|--------------------------|
| <b>DAY 41</b><br>(DAY 41) | <ul style="list-style-type: none"> <li>• I am adaptable.</li> <li>• I am flexible.</li> <li>• I am growing.</li> </ul>                  | Adjust your plan, idea, or strategy based on what you've learned. | <input type="checkbox"/> |
| <b>DAY 42</b><br>(DAY 42) | <ul style="list-style-type: none"> <li>• I am focused.</li> <li>• I am determined.</li> <li>• I am on a mission.</li> </ul>             | Set one specific goal for the next 7 days.                        | <input type="checkbox"/> |
| <b>DAY 43</b><br>(DAY 43) | <ul style="list-style-type: none"> <li>• I am productive.</li> <li>• I am efficient.</li> <li>• I am getting results.</li> </ul>        | Do one high-impact task that brings you closer to your goal.      | <input type="checkbox"/> |
| <b>DAY 44</b><br>(DAY 44) | <ul style="list-style-type: none"> <li>• I am improving.</li> <li>• I am evolving.</li> <li>• I am leveling up.</li> </ul>              | Learn something new that helps you grow your skills or business.  | <input type="checkbox"/> |
| <b>DAY 45</b><br>(DAY 45) | <ul style="list-style-type: none"> <li>• I am inspiring.</li> <li>• I am leading.</li> <li>• I am setting an example.</li> </ul>        | Share something that inspires or helps your audience.             | <input type="checkbox"/> |
| <b>DAY 46</b><br>(DAY 46) | <ul style="list-style-type: none"> <li>• I am consistent.</li> <li>• I am showing up.</li> <li>• I am building trust.</li> </ul>        | Post or create content that provides real value.                  | <input type="checkbox"/> |
| <b>DAY 47</b><br>(DAY 47) | <ul style="list-style-type: none"> <li>• I am patient.</li> <li>• I am trusting the process.</li> <li>• I am staying steady.</li> </ul> | Take a step back, reflect, and evaluate your direction.           | <input type="checkbox"/> |
| <b>DAY 48</b><br>(DAY 48) | <ul style="list-style-type: none"> <li>• I am bold.</li> <li>• I am courageous.</li> <li>• I am taking action.</li> </ul>               | Take one action that challenges you.                              | <input type="checkbox"/> |
| <b>DAY 49</b><br>(DAY 49) | <ul style="list-style-type: none"> <li>• I am generous.</li> <li>• I am helpful.</li> <li>• I am adding value.</li> </ul>               | Provide a valuable resource, tip, or guide to your audience.      | <input type="checkbox"/> |
| <b>DAY 50</b><br>(DAY 50) | <ul style="list-style-type: none"> <li>• I am committed.</li> <li>• I am focused.</li> <li>• I am unstoppable.</li> </ul>               | Review your goal and celebrate how far you've come in 50 days.    | <input type="checkbox"/> |



## YOU'RE BUILDING SOMETHING GREAT.

Keep stacking days. Keep showing up. The momentum you create now will transform your future.

**YOU'VE GOT THIS!**



evaluate.

# 50 DAYS



Stop, breathe, and look back at the woman who started this journey 50 days ago.

Notice the shifts in your mindset, habits, healing, and confidence, then evaluate what is working, what needs adjustment, and where you want to go next.



# BONUS #2

WHAT TO DO WHEN FEAR & DOUBT SHOW UP

DOUBTS

# FEARS



## alchemize

gelas escape.



# what to do when fear shows up.

## FEAR.

Not all fear is created equal.

There is fear that protects you from genuine danger, and there is fear that appears when you stand at the edge of growth. One is a warning signal. The other is a doorway.

The fear that keeps you trapped in old patterns, small thinking, and familiar limitations often disguises itself as safety. Yet the fear that emerges when you pursue a bigger vision, speak your truth, invest in yourself, or step into an unknown future is often evidence that you are expanding beyond who you have been.

The goal is not to eliminate fear. The goal is to develop the wisdom to recognize which fear is protecting you and which fear is preventing you from becoming the person you are meant to be. Growth begins when you stop obeying every fear and start discerning which ones deserve your attention.



# FEAR & DOUBT

## THE RESILIENCE PRINCIPLE.

You did not arrive here by accident.

There were moments that should have broken you. Seasons where you carried more than anyone knew.

Times when you were forced to make decisions while exhausted, afraid, grieving, heartbroken, overwhelmed, or completely uncertain of what came next. Yet somehow, you kept going.

Most people underestimate the value of what they have survived.

The pain you endured taught you something.

The mistakes taught you something. The disappointments, betrayals, failures, losses, and setbacks taught you something. Every difficult season required you to develop skills, awareness, resourcefulness, and strength that did not exist before the challenge arrived.

What if the very experiences you wish had never happened are the experiences that created your greatest value?

Healing is not pretending the pain never happened.

Healing is extracting the wisdom from it. The moment you stop seeing yourself as damaged by your story and start recognizing what your story taught you, everything changes. Your struggles become lessons. Your lessons become expertise.

Your expertise becomes value. And value is what the marketplace rewards.

Your experiences were not wasted.

Your setbacks were not wasted.

Your survival was not wasted.

Somewhere inside the life you have already lived are the insights, solutions, and perspectives that someone else desperately needs.

The question is no longer, "Why did this happen to me?" The question becomes, "How can I use what I've learned to create impact, freedom, and abundance?"

That is resilience.

Not surviving the storm.

Building something valuable from what the storm left behind.

discovery  
alchemy  
chemistry  
especially

## Every breakthrough begins in a place most people try to escape.

*Not in confidence. Not in certainty.  
Not in success. But in pain.*

*The kind of pain that keeps you awake at night replaying conversations you wish had gone differently. The kind that leaves you questioning your worth after rejection, failure, betrayal, loss, or disappointment. The kind that convinces you that everyone else has something you don't.*

*Yet history reveals a strange truth:  
The people who change their lives are rarely the ones who avoid suffering. They are the ones who learn how to transform it.*

*The word alchemy comes from an ancient practice whose ultimate goal was the transformation of ordinary metals into gold.*

*While many sought physical gold, the deeper meaning of alchemy was always transformation itself—the process of taking something seemingly worthless and refining it into something precious.*

*That is the invitation before you.  
Your fear can become courage.*

*Your rejection can become resilience. Your heartbreak can become wisdom. Your scars can become strength. And your pain can become purpose.*

*A forest fire appears destructive, yet many species of trees release their seeds only when exposed to intense heat. What looks like devastation is often the very event that unlocks new life.*

*Human beings are no different.*

*Many of the greatest gifts within us remain dormant until adversity cracks open the shell protecting them. The very thing you wish had never happened may contain the lesson, strength, calling, or mission you were meant to discover.*

*That is alchemy.*

*My favorite number has always been **23**. Not because of luck.*

*Because of what it represents.*

*Michael Jordan, widely regarded as one of the greatest basketball players of all time, wore the number 23. Long before championships, global fame, and six NBA titles, he experienced something most people would have allowed to define them forever.*

## The Alchemy of Pain: Turning Wounds Into Gold

*He was cut from his high school varsity basketball team. Imagine that moment. The future greatest player in the world standing in disappointment, humiliation, and self-doubt.*

*Lorem ipsum dolor sit amet, consectetur adipiscing elit. Etiam viverra malesuada lobortis. Fusce tincidunt magna nunc, tempor molestie purus accumsan vel. Mauris placerat quam non tellus sollicitudin tempor.*



*Many people would have accepted that rejection as proof they weren't good enough.*

*Jordan chose a different path.*

*He used the pain as fuel.*

*He trained harder.*

*He worked longer.*

*He became obsessed with improvement.*

*He alchemized rejection into relentless determination.*

*The setback that could have broken him became the foundation that built him.*

*History is filled with people who did the same.*



## FAMOUS FAILURES:

*History is filled with people who transformed failure into success.*

- Oprah Winfrey was fired from television.
- Walt Disney was told he lacked imagination.
- Colonel Sanders faced over 1,000 rejections.
- J.K. Rowling was rejected by numerous publishers.
- Thomas Edison failed thousands of times before creating a practical light bulb.

*Different stories. Same formula.*

*The world celebrates the gold but forgets the fire that created it.*

*Gold is refined by fire. Diamonds are formed under pressure. The strongest trees survive storms because their roots grow deeper.*

*Pressure is not always punishment.*

*Sometimes it is preparation.*

*What if your greatest setback is actually your greatest qualification?*

*What if the struggle you're trying to hide is the very thing that equips you to help others?*

*Every obstacle contains a lesson. Every lesson contains wisdom. Every wisdom contains value.*

*Your story is not proof that you are broken.*

*It is proof that you survived.*

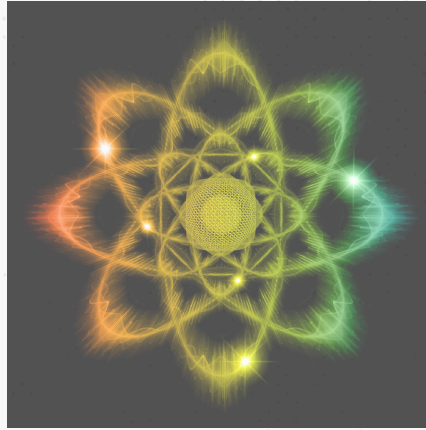
*The goal is not to erase the pain.*

*The goal is to transform it.*

*That is alchemy.*

*That is power.*

*That is where transformation begins.*



*One of the most beloved modern books ever written on transformation is *The Alchemist* by Paulo Coelho.*

*The reason this book has touched millions of lives around the world is because it reminds us of a truth that most people spend their entire lives trying to understand:*

*The treasure we seek is often hidden within the journey itself.*

*In the story, Santiago leaves everything familiar in search of a treasure he believes exists somewhere far away. Along the way he faces uncertainty, setbacks, fear, loss, and disappointment. Yet each challenge reveals a deeper lesson. What appears to be an obstacle becomes a guide. What appears to be a delay becomes preparation. What appears to be a failure becomes wisdom.*

*That is the essence of alchemy.*

*Not merely turning metal into gold, but transforming the ordinary experiences of life into something extraordinary.*

## TRANSFORMATION

*Transforming fear into faith.*

*Transforming setbacks into strength.*

*Transforming wounds into wisdom.*

*Transforming pain into purpose.*

*This is one reason the number 23 has always resonated with me. Michael Jordan wore number 23, but long before he became one of the greatest basketball players of all time, he experienced rejection. He was cut from his high school varsity basketball team. Many people would have let that moment define them. Instead, Jordan transformed disappointment into discipline, rejection into determination, and doubt into relentless effort. He alchemized the pain.*

*The same pattern appears throughout history. Oprah Winfrey was told she wasn't fit for television. Walt Disney was fired for lacking imagination. J.K. Rowling faced countless rejections. Colonel Sanders heard "no" over a thousand times. Thomas Edison failed thousands of times before creating the light bulb.*

*Different stories. Same formula.*

*The world celebrates the gold but rarely sees the fire that forged it.*

*That is why *The Alchemist* by Paulo Coelho continues to inspire millions. It reminds us that what feels like a setback may actually be preparation. What feels like failure may be refinement.*

*Your pain is not the end of your story. It may be the very material from which your gold is made.*

OPPORTUNITY

AI



# 50 AI PROMPTS

FOR OPPORTUNITY  
DISCOVERY



# 50 AI PROMPTS

for

## OPPORTUNITY DISCOVERY

Find Hidden Skills, Income Ideas, and Opportunities  
You Can Build From What You Already Know

### THE FIRST 10 POWERFUL PROMPTS

1

Based on my career, life experiences, strengths, and interests, identify **25 income opportunities** I may be overlooking.

2

Analyze this list of skills and tell me which ones could **solve problems** people already pay for: **[paste skills]**.

3

What **hidden strengths** might I have based on these experiences: **[paste experiences]**??

4

Turn my **life lessons** into 10 possible offers, services, guides, or workshops.

5

What **problems** have I already solved that other people may need help solving?

6

Create **20 income ideas** from my professional background without requiring a new degree.

7

Identify 10 opportunities at the **intersection** of my skills, experience, personality, and lifestyle goals.

8

What **audience** would benefit most from my story, skills, or knowledge?

9

Turn this **challenge** I overcame into a helpful resource people would value: **[challenge]**.

10

Create a **Skill-to-Profit map** using this formula: skill + problem + audience + offer.

# 50 AI PROMPTS

*for*

## OPPORTUNITY DISCOVERY

Find Hidden Skills, Income Ideas, and Opportunities You Can Build From What You Already Know

### PROMPTS 11–20: REAL ESTATE OPPORTUNITIES

11

Identify **25 real estate-related income opportunities** for someone who does not want to become a realtor.

12

What **services** do real estate agents, property managers, landlords, or investors need help with?

13

Create **20 real estate support business ideas** using skills like organization, communication, research, writing, or customer service.

14

What problems do **new homebuyers** commonly face that could become a guide, checklist, workshop, or service?

15

What problems do **first-time landlords** face that I could help solve?

16

Create **15 service ideas** for helping **short-term rental** owners improve guest experience, organization, reviews, or operations.

17

What are **20 opportunities** around **aging-in-place, downsizing, relocation, or multigenerational living**?

18

Create **10 real estate content ideas** for educating beginners about buying, renting, relocating, or preparing for homeownership.

19

What **real estate-adjacent opportunities** exist for nurses, caregivers, or healthcare professionals?

20

Create a beginner-friendly offer that helps families **prepare a home** for aging parents, caregiving, or safer living.



# 50 AI PROMPTS

for

## OPPORTUNITY DISCOVERY

Find Hidden Skills, Income Ideas, and Opportunities  
You Can Build From What You Already Know

### PROMPTS 21–30: AI + SERVICE OPPORTUNITIES

21

What **AI-assisted services** could I offer using my current skills?

22

Create 20 **AI-powered business ideas** for beginners who are organized, helpful, and good at communication.

23

How could I use AI to help small businesses **save time**?

24

Create 10 **done-for-you service ideas** using AI for research, writing, planning, or organization.

25

What **AI-assisted services** could help **real estate** agents or property managers?

26

Create a list of **simple AI services** I could offer without advanced tech skills.

27

Turn this skill into an **AI-enhanced service**: [skill].

28

What **repetitive tasks** do professionals hate doing that I could help automate or simplify?

29

Create 10 **prompt packs** or **template ideas** based on my experience.

30

What **AI tools** or **workflows** could help my audience save time, reduce stress, or make better decisions?



# 50 AI PROMPTS

for

## OPPORTUNITY DISCOVERY

Find Hidden Skills, Income Ideas, and Opportunities  
You Can Build From What You Already Know

### PROMPTS 31–40: OFFER + AUDIENCE DISCOVERY

**31** Who is most likely to **pay** for help with this problem: **[problem]**?

**32** Create 10 **niche audiences** for this idea: **[idea]**.

**33** What urgent **pain points** does this audience have: **[audience]**?

**34** Create a simple offer using this structure:  
I help **[audience]** achieve **[result]** without **[pain]**.

**35** Turn this idea into a:

- **Low-ticket** offer
- **Mid-ticket** offer
- **Premium** offer

**36** Create a **72-hour action plan** someone could complete after using this resource.

**37** What **bonus resources** would make this offer more valuable?

**38** Create **10 names** for this offer that sound clear, helpful, and transformational.

**39** Write a **value stack** for this offer: **[offer]**.

**40** What **objections** would someone have before buying this, and how can I answer them?



# 50 AI PROMPTS

for

## OPPORTUNITY DISCOVERY

Find Hidden Skills, Income Ideas, and Opportunities  
You Can Build From What You Already Know

### PROMPTS 41–50: VALIDATION & NEXT STEPS

41

How can I **validate demand** for this idea in 24 hours?

42

What should I search on YouTube, Reddit, Amazon, TikTok, or Facebook groups to **validate this opportunity**?

43

Create a **5-question survey** to test whether people want this solution.

44

What signs show that people are **already paying** for this problem to be solved?

45

**Analyze this idea** using problem severity, demand, ability to pay, speed of results, and scalability.

46

What would make this idea **stronger, clearer,** or **more profitable**?

47

Identify the **red flags** in this opportunity before I spend time building it.

48

Compare these three ideas and tell me which has the **best income potential**: **[list ideas]**.

49

Create a simple **first version** of this offer I could launch quickly.

50

Based on everything I discovered, recommend my **top 3 best opportunities** and explain why.

117

# 50 INCOME OPPORTUNITIES FOR HEALTHCARE PROFESSIONALS

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## Digital & Affiliate Income

- Affiliate Marketing
- Amazon Influencer Program
- TikTok Shop Affiliate Marketing
- YouTube Affiliate Marketing
- Blog Affiliate Marketing
- Email Newsletter Affiliate Marketing
- Software Affiliate Programs
- Travel Affiliate Programs
- Luxury Brand Affiliate Programs
- Financial Services Referral Programs



## Real Estate, Finance, & Career Pivots

- Airbnb Investing
- Short-Term & Mid-Term Rental Investing
- Fix and Flip Homes
- Real Estate Investing
- Real Estate Agent
- Financial Advisor
- Mortgage Loan Officer
- Insurance Agent
- Self-Storage Investor
- Parking lot owner



## Travel Industry Opportunities

- Travel Agent Business
- Cruise Travel Specialist
- Disney Travel Planner
- Group Travel Coordinator
- Luxury Travel Advisor
- Wellness Retreat Planner
- Travel Membership Club
- Travel Content Creator
- Travel YouTube Channel
- Destination Event Planning





# 50 INCOME OPPORTUNITIES FOR HEALTHCARE PROFESSIONALS

## Tech

- Write an Ebook
- Create Digital Courses
- Host Paid Webinars
- Sell Digital Templates
- Sell Printable Resources
- Launch a Podcast
- Build a YouTube Channel
- Public Speaking
- Brand Sponsorships
- Build a Personal Brand



## Other

- Print-on-Demand T-Shirt Store
- Etsy Digital Shop
- eBay Reseller
- Amazon FBA Seller
- Sticker Shop Owner
- Custom Button Business
- Journal Publisher
- Coloring Book Publisher
- Subscription Box Business
- 3D Printing Business





A person is sitting on a dark, wet beach. Their legs are bent, and they are wearing a dark, patterned dress. Their right hand is resting on the sand, with white-painted fingernails. The background is a dark, textured surface of sand and water.

# Solution Minded

The purpose of the list is not to encourage you to work more hours.

It is to help you see opportunities.

Some require a certification. Some require a license. Some require a degree. Others can be started with little more than a laptop, consistency, and a willingness to learn.

The common thread is this:

Every opportunity begins when you recognize that your knowledge, experience, and interests can be transformed into value.

And when value solves a problem, income follows.

**TRAVEL**

*GELAS ESCAPE.*



# THE I AM WEALTH BLUEPRINT WORKBOOK.

Gelas Escape.

I AM .....



I AM TRAVELING



I AM HEALTHY



I AM A  
MILLIONARE NOW

# I AM Wealth Blueprint Guided Exercise.

## 10 Foundational I AM Prompts

### I AM

\* I AM healed.

*What have I already survived that proves my ability to recover and rebuild?*

\* I AM safe.

*What evidence exists that I can trust myself to make good decisions?*

\* I AM smart.

*What evidence exists that I can trust myself to make good decisions?*

\* I AM resilient.

*What knowledge, skills, or experience have I gained that others may find valuable?*

\* I AM resilient.

*What challenges have strengthened me rather than broken me?*

\* I AM capable.

*What have I accomplished that once felt impossible?*

\* I AM resourceful.

*How have I found solutions when resources were limited?*

\* I AM valuable.

*What problems can I solve because of my life experience?*

\* I AM worthy of wealth.

*What beliefs about money am I ready to release?*

\* I AM creating opportunities.

*What opportunities already exist around me that I may have overlooked?*



# I AM Wealth Blueprint Guided Exercise.

10 Foundational I AM Prompts

I AM

\* I AM building freedom.

What action can I take today that moves me one step closer to financial freedom?

\* I AM

\* I AM

\* I AM

\* I AM

\* I AM

\* I AM

\* I AM

\* I AM

\* I AM

## FINAL MESSAGE FROM THE AUTHOR

If there is one thing I hope you take from this guide, it is this:

You are not starting over.

You are starting from experience.

You are starting from wisdom.

You are starting from resilience.

You are starting from lessons learned through challenges, victories, mistakes, and growth.

For years, I believed my future depended on working harder.

Eventually I discovered something different.

The answer wasn't more effort.

The answer was greater awareness.

Awareness of my strengths.

Awareness of my opportunities.

Awareness of the value I already possessed.

That awareness led me toward new possibilities.

Travel.

Writing.

Digital products.

Affiliate marketing.

Business ownership.

AI-powered opportunities.

Multiple income streams.

Most importantly, freedom.

Not perfect freedom.

Not instant freedom.

But increasing freedom.

And that is available to you as well.

You do not need to become someone else.

You simply need to recognize who you already are.

The skills are there.

The experiences are there.

The opportunities are there.

Now it is your turn.



## FINAL KEY TAKEAWAY

Your hidden skill is not really hidden.

It has been with you all along.

Your mission is not to become valuable.

Your mission is to recognize, package, and share the value that already exists.

The world does not need another copy of someone else.

It needs the wisdom that only you can provide.

And your next opportunity may begin the moment you decide to believe that.

THE END

Remember:

You are not searching for opportunity.

You are uncovering it.

*Gelas* *Escape.*



