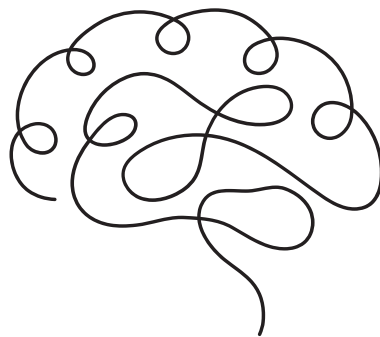


THE JOURNAL TO

unleash

YOUR

niche



Let's touch the surface with a few things

FIVE QUALITIES I LOVE ABOUT MYSELF

FIVE QUALITIES ABOUT MYSELF I CAN IMPROVE ON

FIVE PEOPLE I SURROUND MYSELF WITH & WHAT WE DO TOGETHER

We will talk about why all of this important, I promise.

Next up.

What is your WHY?

Your WHY is the number one BIGGEST factor of all of this.
I could talk about X, Y, Z but nothing is going to matter if your why is not big enough.

And I mean that.

Why is your future self, the one you talked about in the previous page,
the one you desire to be?

What does that person mean to you?

What about your life right now, do you feel like it needs to change?

If this part doesn't mean much to you, then you won't change your habits,
your lifestyle, and you won't become that person you envision for yourself.

And I say that with the most tough love I can.

Because I have been her.

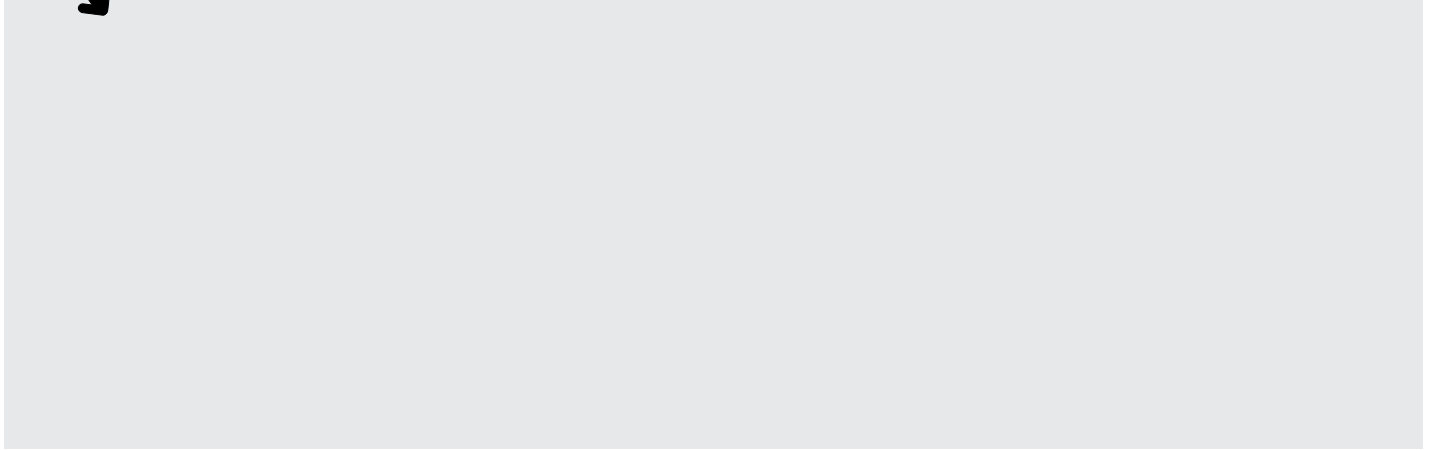
Time and time again, I have made the same mistakes.

So take it from me, this needs to hit deep in the heart for it to happen.

What is your why?



OK, take all of the previous pages and we are smooshing it into one mission statement.
Who do you want to be? Give me like 5 sentences to summerize it up.



So.. Why all the mooshy gooshy day dreaming?

It's called manifestation, you can't live the life you want with the habits you have right now. That's why you bought this e-book because you feel stuck and unsure how to get to where you want to go.

This e-book is not going to give you answers, it is going to give you the skillset and mindset to achieve the life you want.

The first step is acting as if you are already that person.

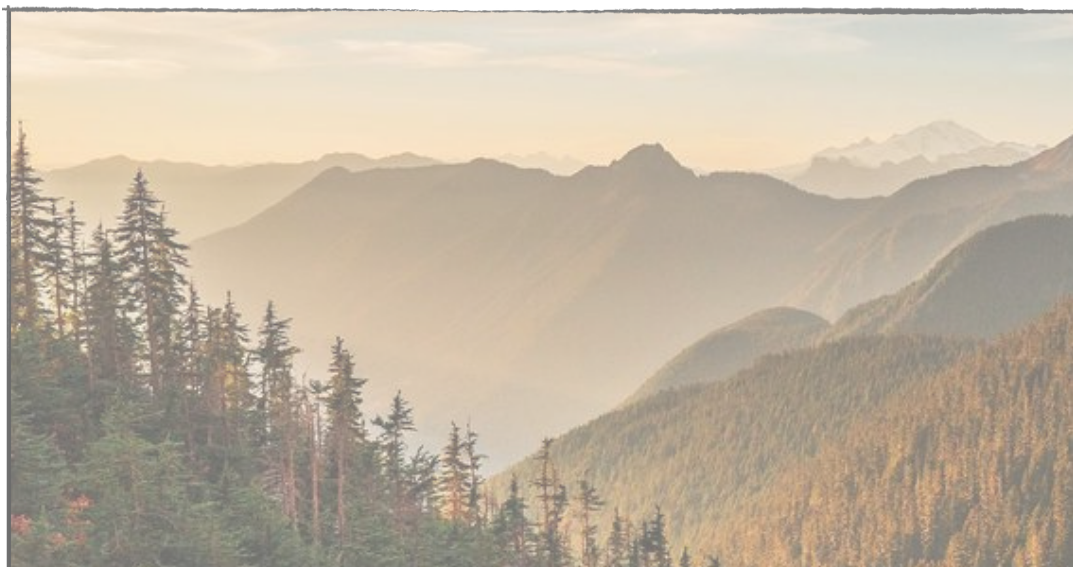
HUH.. how.. I can't live like a millionaire and get my nails done every week, I don't have the funds for that..

Don't lose me now.

I know, right NOW you cannot buy everything you want or live where you want, but, let's just keep that vision you have for yourself. Remember who she is?

Great, you remember.

Okay, then let's get in it.



Your tribe matters

Remember a few pages ago, I asked you who you spend your time with and what activities you do with them?

This is the page for that.

The people that you surround yourself with determine the type of human you are and the life you live.

These people will either help sling shot you forward and be the supportive tribe you need, or they will drag you back because that's not the life they want.

Not everyone in your life is meant to stay there forever, and that is OKAY. I PROMISE.

You will have to say no a lot, only at the beginning, in order to live the life you want.

What I mean by this is.

Your friends are going to want to go out shopping, out to eat, go out drinking and you will probably have to say no based on your goals.

You don't have the money (yet) to do those things, or maybe you are trying to be sober, and going out and surrounding yourself with those people will only lead to a failure of a the life style you envision for yourself.

(this isn't going to apply for everyone, these are just examples.)

And along the way, you might lose some "friends". You will grieve those friendships, yes I know, it's scary losing people around you.

But if you envision that life for yourself, the life you described on page three, and these so called "friends" are tempting you to steer the other way, then they aren't really your friends anyway.

This life you dream of is going to require sacrifices, which comes with being uncomfortable, but being uncomfortable means you are headed in the right direction.

(we will get more into this on the next page)

but as you start to live the life you have wanted, you will have grown so much and your vibrations will attract the right people into your life.

These people will compliment your life, make it better, encourage you to keep going, to strive for better.

This is when you know you have found your tribe.



Change requires a change.

Yes, that's right, no need to over complicate it.
But let's talk about this a bit more.

Whatever stage of life you are in, your feelings are valid.

Do not ever forget that.

What you are feeling is true, it is your truth.

Don't ever let anyone else tell you otherwise.

Your dreams are also valid, you are fucking worthy of the life you want.

You hear me?

You fucking deserve the life you envision for yourself.

Please say that out loud, scream it, pray it, whatever you have to do to remind yourself
of this.

Now keep coming back to your mission statement.

Who the fuck you are.

Keep thinking about it.

Write it down, put it on a sticky note and leave it in your bathroom.

Make it your screen saver on your phone.

Because it can be easy to lose sight of that person.

And you will be tempted to fall back in old ways.

remember,

YOU are worth it.

YOU deserve that life.

YOU deserve to be that person,

to have that life.

Short term sacrifices are worth it for the long term vision.

Congratulations

You have found your niche.

You have found your target market.

Your niche is your passion. it is not forced. it does not sounds sales-y when talking to someone about it. it should feel organic and natural and not forced.

Your niche gives you butterflies when you think about creating content and talking to other people about it.

Your niche might even get you a little hyped up and anxious because you are that passionate about it.

You found your target market. this is typically going to be a younger version of yourself.

Take YOU - five or ten years ago - what problems did you have, what questions did you need answers to? Ok now go find those people with the same problems and questions. Because guess what..? You lived through it, no one knows better than you do. Go find them and help them.

Your story, your passion, is what people will buy.

MY WEEK

SCHEDULE

MON

TUE

WED

THU

FRI

SAT

SUN

PRIORITIES

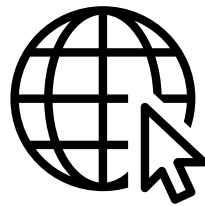
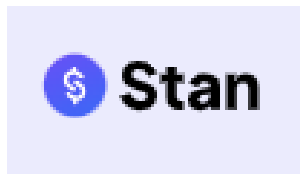
TO DO



Thank you
FOR REAL

you have the tools for success!

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