

**Grow Yourself  
to  
Grow Your Business**

**Master Class**

**Welcome Packet**

# A Message from Liesel

**Welcome to this exciting Master Class!**

Congratulations on taking steps towards greater fulfillment, joy and a **thriving business** by putting up your hand to clear out those old energy patterns that are preventing you from sharing your brilliant light with the world! In this packet you’ll find a program overview and tips for making the most of this opportunity.

This is going be so much fun and In order to maximize your success, you’ll want to take daily/weekly action towards your goals.

A goal is a dream with a deadline! No action, no change, no dream. Together I’d like to see many dreams come true for you, and for others in the Master Class. The more dedicated and committed you are, the more change you’ll experience and the more real your dreams will be.

Be sure to take time to recharge your batteries, dream, and enjoy life. You set the pace, you set your schedule. The group and I will be here to support you and cheer you on.

Keep in the know… The best way to keep up to date on what is going on is to:

1. Get a dedicated notebook so you can keep all of your Master Class notes in one handy location. I’ve created a weekly tracking form for you. You’ll find a master copy in this packet.
2. Depending on the group and their schedules, there will be group coaching calls. We will decide on the dates together and I’ll update you with the details of those calls as needed.
3. Look for update emails with [Masterclass] in the subject lines.
4. Participate in discussions with fellow Masterclass members, in our private Facebook group, which I’ll send you the link to in a day or so.

I’m wishing you much fulfillment and enjoyment on your self-growth and business growth journey and am cheering you on.

With huge appreciation,  
Liesel

**Bonus: Savvy Self-Care Secrets Teleseminar Series**

As a member of the Master Class, you have lifelong access to the first Savvy Self-Care Secrets Teleseminar Series.

I’m so delighted to be able to bring you 13 guest Experts, who share with us incredible information, practical tips and empowering techniques to help us with our daily self-care. As you’ll read later in this document, self-care is so much more than the traditional “massage and vitamins.”

Some of us need permission to do anything good for ourselves. We learned through experiences and parents, teachers, friends, the media, that it’s not okay to look after ourselves. That we’re supposed to take care of others before taking a look at our own well-being. That it’s selfish to think of ourselves first.

I’m here to let you know that there is research that tells us that our energy fields influence people, and everything around us. That means that if we’re not happy, and neglect our self-care, we send that energy of unhappiness out into the field around us. There is new research that has proven that if we choose our own happiness and take responsibility for living lives of meaning and purpose, that people **3 levels of separation away** from us, will benefit from the happy vibes we emit.

That’s great news! And sometimes, when we come from a lifetime of doing things the “self-deprivation” way, we need a bit more information to help us forward on the journey to good self-care. And that’s what I’m excited to bring you!

You’ll benefit the most if you listen to each of the calls and take notes about the methods of self-care that you feel attracted to. Next is taking action on those notes. Until we take action, it’s not going to do anything for us. So each of our experts have provided us with 3 wonderful action steps we can take in order to make Self-Care a reality for us.

Enjoy this empowering journey!

# Self-Growth

We know that our world reflects that which is going on for us on the inside. Our business, too, is a reflection of the beliefs and how we see ourselves and the world.

In this exciting program, we’re going to grab those patterns by the horns, understand them, clear them, empower you to deal with them and give you practical tips, tools and techniques to empower you for a thriving business.

Everything starts from the inside. If we have limiting money beliefs, or beliefs about our worth, or patterns like perfectionism that demand we first know whether something will work before we try it, we’re simply going to stagnate and end up being full of regrets a year or 10 years from now.

Congratulations on taking this step. So much is possible for you, and your budding business, from this point on. I’m holding the space and we’ll celebrate your successes together!

**Getting Started Goals Worksheet**

**Think about your involvement in the Master Class. What excites you most about this opportunity?**

**Look ahead 90 days from now. What do you want to have accomplished? Be as detailed as possible.**

**What skills do you currently possess that will aid you in achieving your goals?**

**To aid you in achieving your 90-day goal, what do you need?**

**What is your motivation for achieving these goals?**

**How will you reward yourself when you accomplish your goals?**

***Weekly Tracking Sheet for the Week of****: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Keep track of your weekly successes, challenges, goals, questions, and progress.*

This Week’s Goals / Plan of Action:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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My Questions and Successes:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Program Content and Support**

**To access your program materials, login to the member’s area and head over to the Master Class dashboard.**

This is where you’ll find support materials and group call recordings (if applicable).

I’ll make the link available in just a few short days.

**Join our private Facebook Group (members only)**

The Facebook group will be where we communicate with each other. I find it more effective than email and more helpful to us as a group. You can send me a message on Facebook, as well as post questions, share resources, and meet others, in our group area. (I’ll make this group available in a day or so.)

**Private Coaching Appointments**

* Coaching appointments are for you to get **direct help with specific areas** in your life and journey. Come to the call **focused** with a few key questions written down.
* **Prior to the call,** do what you need to do to be focused and ready. Write a list, reflect, go for a walk... whatever works for you. Using the coaching call to "find" your questions is not the best use of your time.
* Use our **Facebook group** to ask general questions or if you need immediate answers. Not only do you get a faster response, but it adds value to our group.
* **Schedule time in your calendar for implementation AFTER coaching calls**. Taking action is essential if you want to see results. Simply getting a list of action items is not enough, you need to take ACTION.

**To secure a private coaching slot**

* Keep a look out for emails with [Master Class] in the subject line. You'll receive an invitation to schedule your private coaching session, via my private scheduling desk.

**You!**

* Remember: taking action and implementing are essential but don't let work consume you. Take time to play, enjoy your loved ones, exercise, and eat well. You'll find you get more done in less time when you maintain healthy boundaries in your life and put self-care first.
* I'm thrilled to have this opportunity to work more closely together and I look forward to celebrating your successes!

Warmly,   
Liesel