



Your Sound Byte Answer to “What Do You Do?”

When someone asks, “What do you do,” instead of saying:

I am a _____. (i.e. nutrition coach, holistic health coach, health coach, chiropractor, acupuncturist, naturopath, holistic MD, holistic nurse, etc.)

Say:

I help (target audience) who are struggling with (top challenge) to (result they desire most) so they can (what they most want to achieve, but can't because of their challenge).

Try it! Write yours below. **Hint:** It doesn't have to be perfect and you can change your mind at any time. For now, just go for it.

Practice this over and over until it just flows off your tongue.

Action: Make a commitment to say this to at least 2 people a day.