

4 week Biz coaching program



The Overflow Method
PREWORK



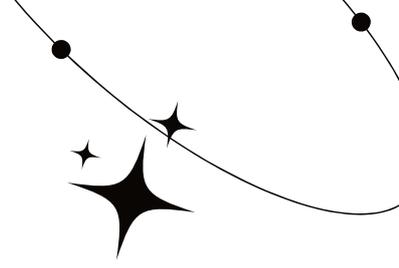
Commit to doing this journaling EVERY DAY of this course for the biggest results.

Step 1: Turn on "abundance frequencies" or meditation music on YouTube or Spotify

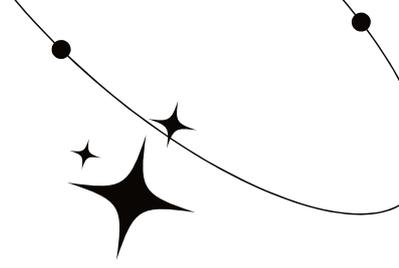
Step 2: Gratitude, write at least 10 things you are grateful for today

Step 3: What I am calling in
(list out the results you are currently manifesting)

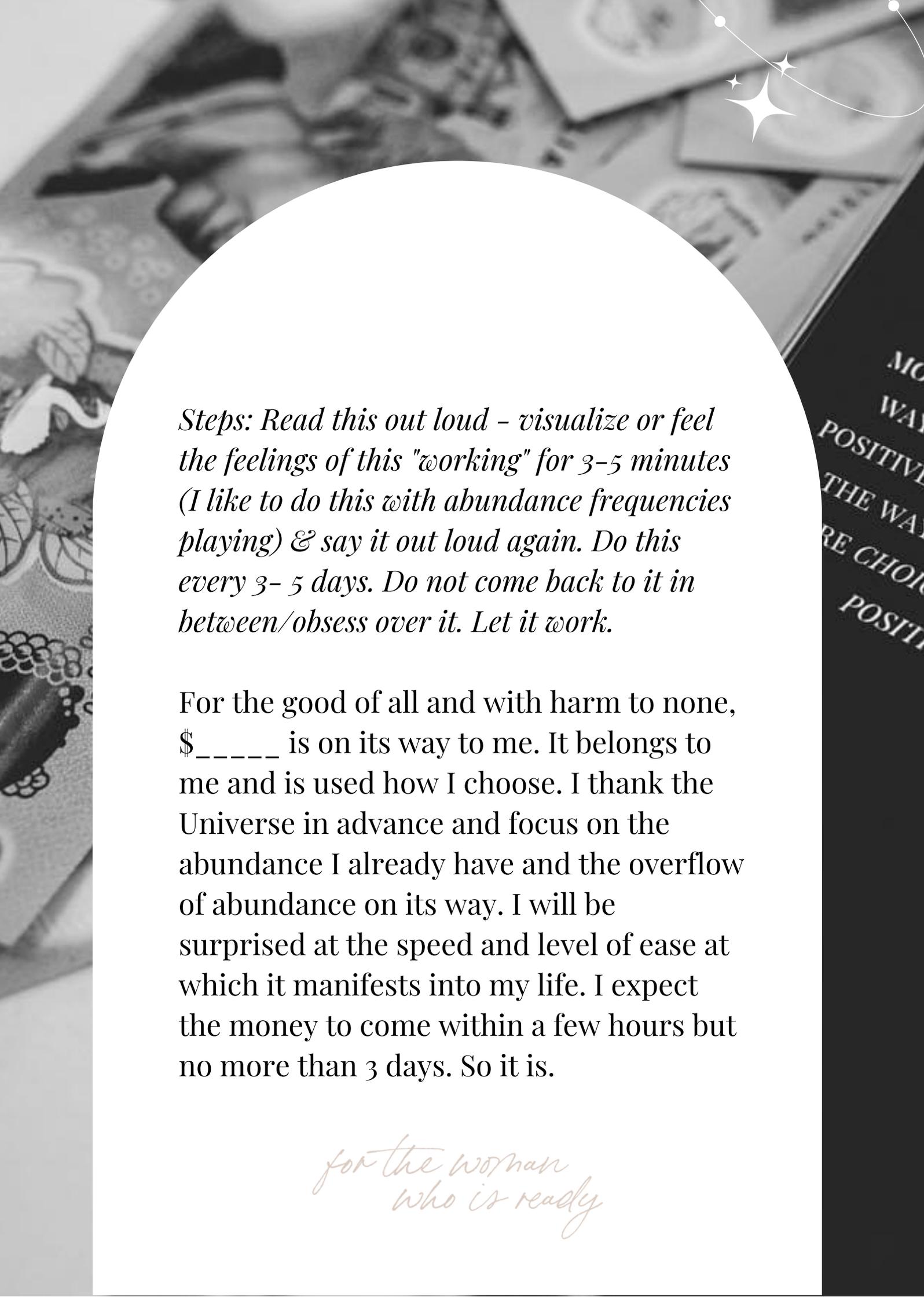
Step 4: Write out your 7-figure beliefs
(affirmations - let them flow - use mine as inspiration)



I am in overflow with money.
Serving my clients is easy.
Selling is easy.
Launching is easy.
Business is easy.
I am the queen at manifesting what I desire.
I am incredible at marketing.
I sell without even trying.
I make sales out of nowhere.
The more me I am the more rich I am.
As I allow myself to be happy and enjoy my life,
potent and profitable content flows through me.
People love to pay me.
People wake up in the morning ready to pay me.
People can't wait to pay me.
Paying me creates instant transformation.
I receive celebrations and testimonials from
clients every single day.
My content is potent and magnetic.
My engagement is through the roof.
I am fulfilled by the work



I make money like magic.
Most days are 4 figure days.
I make thousands of dollars per day.
When I am immersed in my life I receive money
with ease.
I am a queen at selling out offers.
I make sales every day.
My programs sell without me even trying.
I am mindblown by my life every day.
I am in my quantum leap now.
Its all working out perfectly.
Life just gets better and better.
I love serving my clients and creating content.
I blow myself away.
I am in awe of myself.
I love myself.
I am confident.
I am unwavering.
My desires are my roadmap. My desires are
divine. My desires are meant for me.
I am ready of \$_____ months now.
I am capable of \$_____ months now



Steps: Read this out loud - visualize or feel the feelings of this "working" for 3-5 minutes (I like to do this with abundance frequencies playing) & say it out loud again. Do this every 3- 5 days. Do not come back to it in between/obsess over it. Let it work.

For the good of all and with harm to none, \$_____ is on its way to me. It belongs to me and is used how I choose. I thank the Universe in advance and focus on the abundance I already have and the overflow of abundance on its way. I will be surprised at the speed and level of ease at which it manifests into my life. I expect the money to come within a few hours but no more than 3 days. So it is.

*for the woman
who is ready*