

# SACRED PATH FROM 6 TO 7

A 7-figure Playbook for Serious  
Women Building Their  
Transformational Business Empires  
in the Next 12 Months

**Lira Kay**

# Sacred Path From 6 To 7

## Uplevel Your Mindset, Your Programs, and Your Life

*A 7-figure Playbook for Serious Women Building Their  
Transformational Business Empires in the Next 12  
Months*

*By Lira Kay*

*Let's get straight to it!*

*My name is Lira, and just like you, I want to live my life, knowing I had made the difference.*

*Just like you, I sometimes feel unsure about what is possible for me.*

*Since I was a child I knew who I am in this world. I tried to live my life without compromise. I  
had failed along the way. But I never gave up.*

*If anything, I discovered, I am way stronger and smarter than I thought I was.*

*If anything, I celebrated myself for learning and growing myself, doing the work, even when  
things got tough.*

*Why?*

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*Because I am an old soul.*

*You have it in you!*

*You just can't help but loving people and wanting to help.*

*Your passion, your unshakable drive to live your purpose is what's going to move you forward and let you reach your dream, even when most people fail.*

*You know who you are.*

*Your message needs to be heard.*

*Your soul needs to be seen.*

*Your words matter.*

*Your story inspires.*

*Remember this, when it's your time to let go of your limitations and step into the brilliant genius entrepreneur and a transformational leader you were born to be!*

*Lira*

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# Module 1: \$20K Masterminds

**Stop Overwhelm: Path to Easy Additional \$30K/month Via High Ticket Masterminds.**

Launch Your School, Academy or Certification

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**2 Bonuses:**

An Easy Upsell Script

Fill Out Your \$20K Mastermind Template

**Most women coaches sabotage their marketing and sales out of subconscious fear of feeling overwhelmed.**

They say that want a huge 7-figure business...

But in reality they dread taking on more responsibility and dealing with more people on the daily basis.

So!

What if I gave a perfect business model that helps you cut your hours in half and serve more people without compromising your integrity.

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Yes! I know, you want to sleep well at night!

Me too!

Here is a perfect way to keep serving your clients at the highest possible level, yet, do it in style.

### **Group Coaching Programs and Rolling Enrollments!**

Yes, that easy.

Before I give you a super fun exercise to set yourself up for success, let's handle objections you may have in your head right now.

Mine were all about quality.

How can I deliver my value, while putting my 1 on 1 clients in a group, since they are so used to having personal attention from me?

How can I still charge premium for the group program, while everybody knows that one on one coaching is so much more lucrative?

### **Answer:**

I invite you to think about alternative ways to deliver your value.

Who said that sitting with you on the call every week will guarantee best results for your clients?

Think creatively about your offers.



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For example my Founders Lounge offers only one monthly call throughout the year. Also I am offering 3 high impact transformational retreats that my clients find irresistible.

Would you prefer to sit with me every week on the zoom call and I teach you how to create your marketing, or come to the stunning location on the beach and let me create your marketing for you?

Let's face it, having somebody to keep you accountable to your higher vision during your fancy photo and video shoots is invaluable... and is exactly the difference between having a marketing that is so-so and a marketing that converts for years to come!

Would you want me to step by step learn how to launch an online course, or take you to the recording studio and let my team produce an amazing product for you.

We are talking a real potential for additional 7-figures of passive income right here done for you literally in a matter of days... not months!

Would you try and fail at finding an amazing therapist, mindset coach and a healer among this pool of cheap and under qualified coaches out there, or come and bring your family with you on the personal and spiritual growth retreat with your own trusted mentor, who happen to have done cutting edge psychotherapy trainings , written award winning books, had been speaking globally on the topic of women and healing?

Would you go to a random therapist for months or even years, or rather work with an expert with 30 years of experience of healing trauma, fixing marriages and helping people to find love, quit addictions, lose weight and become charismatic?

On my calls this is the part most of my prospects get the most excited about!

On the practical level, ask yourself a question: why your group program now is so much better than the one on one coaching your clients had before?

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Find 10 good reasons for your clients upgrade with you from one on one into your high level high impact mastermind. Then go and tell everybody about it.

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Now this is out of the way, let's get to the fun part!

**Stop Overwhelm: Path to Easy Additional \$30K/month Via High Ticket Masterminds.**

I had been very conservative here.

If you are signing just one and a half :)) client per month, that would bring you additional \$30K/month of income without working any extra hours for it.

Later you will learn many different ways you can be bringing in these awesome \$20K clients in consistently. For now, let's focus on your new 7-figure business model.

## Sacred Numbers Exercise

How much money you want to make in the next 12 months?

How much money did you make the previous year?

What is the gap?

Instead of trying to divide the money you must make per year into 12 month, consider, that at first you would need to get a momentum. So increase your numbers gradually!

I call it Compassionate GROWTH Plan!

For example if you need to be making \$1,000,000 this year, you won't go from making \$20K/month you are making now to a \$80K/month just from the get go.

The first month you will make \$25K

The second \$40K.

The third \$45K.

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So on, until you reach \$80K/month and then go to \$100K, \$140K until eventually you'll make your \$1,000,000 in 12 months.

This is just an example.

Now you create your Compassionate GROWTH plan:

Month 1

Month 2

Month 3

Month 4

Month 5

Month 6

Month 7

Month 8

Month 9

Month 10

Month 11

Month 12

# Launch Your School, Academy or Certification

You can launch your own school, academy or certification because you will be teaching people your method to achieve success.

**To position yourself as an expert who has her own proprietary system is a must, if you are looking to leverage your expertise and time.**

In my [Advanced Coaches and Healers Certification program](#) this is exactly what I teach my clients to do. **To define and perfect their OWN METHOD.**

Once you understand HOW you get results for your clients every time you work with them, you must develop a system that would potentially work without you.

This way you can outsource the delivery of your program to another coach or team of coaches.

## **So here's your exercise number 1: define your method and system.**

**1 How do you get results for your clients?**

**2 How is it different, better and faster than what your competitors offer?**

**3 How can you package your special method into 3 different coaching programs: a low ticket entry program, your main group mastermind, and a VIP one on one premium program?**

## 1 Entry Level Offer

1. How long
2. What's included
3. Expected Results

## 2 Main Group Mastermind

1. How long
2. What's included
3. Expected Results

## 3 VIP One on One Premium Program

1. How long
2. What's included
3. Expected Results

## Transition From 1:1 into High Level Groups

1) The easiest way to sell your high ticket mastermind is to upgrade your existing clients.

**Get you BONUS N 1 My Easy Upsell Scrip here.**

2) The second easiest way to sign up new premium clients is to reach out to your best qualified leads and make an irresistible proposal.

**Here is your BONUS N 2 Fill Out Your \$20K Mastermind Template.**

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Simply record a short video invitation that tells them you want to work with them. Give them legitimate reasons why they would be a perfect client for you, and what's in it for them.

**3) You can also make a powerful Facebook Live video that inspires them to work with you at the highest level.**

What do you need to say to help them make a decision to work with you right now?

Record your video and tag them, to let them know, you want them in your group.

I know, I know, this part (the direct reach out), freaks most people out!

But, what if I told you, that this had been by far the MOST effective way to get at least 10 qualified clients to launch your group immediately.

***If you need help with getting into the right mindset for that, watch my ["Heal Your Dark Lilith Video Training" here.](#)***

You are not alone in feeling scared of making the first move. But by Law of Energy and Attraction, everything (and everybody) we want does already exist in our reality. We just don't have courage to take it.

Are you willing to get over your fears and step up for your people? They had been waiting for you this whole time.

Jumpstart your 7-figure business by taking inspired action today!

# Rolling Enrollments and Creative Delivery

Now, we will be talking about creative ways to deliver your programs in detail later on. And I had already shared with you some of my examples, that might inspire you to let go of the traditional boring time consuming coaching calls method.

Now it's your turn to learn and embrace the new business model that allows you to take it easy and never stress about 'launching' anything ever again.

## Rolling Enrollments.

This system revolutionized work of so many coaches.

What's required is an online curriculum and ... that's it.

Rolling enrollments system means you sign up clients into your group without a firm starting date and let them learn at their own pace. Your job is to give them support according to the structure of your program and your contract.

My clients have access to my other two weekly masterminds, where they can focus on sales and content creation or certification process. This is an easy no-brainer bonus. Doesn't cost me anything to provide, but means everything to them!

Instead of teaching on the calls, I do what is the MOST impactful, which is to give feedback and course-correct. The biggest transformations happen because my clients work in a small group and can receive personal coaching from me when needed.

Everything else, like trainings, updates, accountability check ins, money making challenges, workshops, happen online, without me ever needing to be present and in person at all times.



Watch out for the module 5 in this playbook to set yourself up for success, even if you had not created an online curriculum before.

# Module 2: Positioning

**Leverage Fame: Beat Your Competition and Stay in High Demand to Attract Premium Clients to You in Large Quantities.**

If at some point someone had told you, you don't need to be anybody, or know anything, or have any skills to make it to 7-figures, run!

Honestly!

We all know, that positioning, fame, reputation - sells.

So, instead of trying to avoid building a reputable brand, let's dive into HOW you can position yourself to be the expert in demand as fast as it's humanly possible.

One of the fastest ways to become famous in the transformational coaching industry is to become a speaker.

And the easiest way to become a speaker is to publish a book.

So here's how it's done!

I had published my book with a publisher, became an international bestselling author... however, that book did not bring me a dime!

**My three other books I published myself, I call 'my 6-figure books'... because each of those books brought me at least \$100,000 via high ticket clients reaching out to me after getting my books for free.**

I hope, you realized, I didn't make a bank by selling my books for 10 bucks on Amazon :)

Most of the time I gave my books away for free. Either through my blogs or funnels. Or had sent them to my keen prospects myself.

Looking back, often what sells is not just the content of your book itself, but also the buzz you launching a book online creates.

One of my beautiful clients reached out to me within 10 min after I announced publishing of my third book on Facebook. She paid me \$20,000 to work with me because the previous book I gifted her had changed her life.

## Become an Author

**So here's you exercise number 2: write and publish a book in the next two months (or two weeks, like my clients had done).**

1 Title of your highly converting book

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2 Who is your audience. Pick a one perfect client and describe them here in detail.

### Demographics

1 Who

2 Age

3 Gender

4 Occupation

5 Family and status

6 Income

7 Hobbies

### Psychographics

1 What do they want

2 What is their pain/issue/problem

3 Their deepest desire

4 Their deepest fear

5 What would they pay any money for

6 What is the biggest transformation they need

# Sacred Path From 6 To 7

7 Where are they looking for answers already

**You**

1 Why listen to you

2 What is your solution to their problem

3 What is so different and wonderful about that

4 What's in your personal story qualifies you to be their best mentor

5 What are the failures that make you relatable and even a better mentor than

anybody who is perfect out there

6 Why do you care about them

7 What are you willing to put on the line to make a stand for your perfect client/reader

**Outline**

Chapter 1

Chapter 2

Chapter 3

Chapter 4

Chapter 5

Chapter 6

Chapter 7

[Now click here for your BONUS 3 a book template and start typing!](#)

If you need any help [reach out and let me help you](#) write a highly engaging highly converting book that puts you to be the number one source of inspiration and action for your perfect clients.

## Become a Speaker

Strictly speaking, you don't have to be a celebrity author or anything, to start speaking on stages today.

It's simply a matter of being pro-active.

I want you to brainstorm where can you be speaking on stages this month.

Then take your [Bonus n 4 The Speakers Kit](#) that shows you how to book yourself a speaking gig in no time.

**Speaking gigs for the next 90 days:**

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(A tip: go where your clients are! Research conferences, meetups, local and global communities, big and small events that attract your ideal clients in huge quantities. Play big. Who doesn't dare, won't get it!)

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## BONUS 4 The Speakers Kit

## Module 3: Lead Generation

**Leverage Social Media: Become a Highly Recognizable Face of Your Brand.**

Let's explore the 7-figure lead generation systems.

Excited!?

Scared?!

Both!?

I feel you!

We gonna go step by step here.

When it comes to creating a huge leap in your business lots goes down to the brand.

Really, it's not the amount of times you are showing up on Social Media, it is HOW you show up.

# Organic Marketing

First of all, let's begin with evaluation of your audience now.

Are you getting objections on your sale calls?

Do you feel that people in your audience don't have THAT KIND OF MONEY to buy your stuff?

**What do you think attracts these people to you:**

### **1 Topics you talk about**

What is the change you are going to make to upgrade your audience for your new 7-figure brand

1

2

3

### **2 Questions and issues you discuss on social media**

What is the change you are going to make to upgrade your audience for your new 7-figure brand

1

2



3

### **3 Solutions you provide**

What is the change you are going to make to upgrade your audience for your new 7-figure brand

1

2

3

### **4 Your self image**

What is the change you are going to make to upgrade your audience for your new 7-figure brand

1

2

3

### **5 Your level of confidence**

What is the change you are going to make to upgrade your audience for your new 7-figure brand

1

2

3

### **6 Message of your brand**

What is the change you are going to make to upgrade your audience for your new 7-figure brand

1

2

3

### **7 Who do you need to become for your audience to sustain a 7-figure business with full authenticity, integrity and ease**

What is the change you are going to make to upgrade your audience for your new 7-figure brand

1

2

3

# Paid Traffic

**Paid Traffic is a next stage of growing your business to 7 figures fast.**

Creating funnels is the most common way to start bringing in fresh leads and warming them up to buying your high ticket programs from you.

If you think about it, it's just the same as what you were doing in your organic marketing, just boosted with Facebook ads. Or any other ads available.

Your special BONUSSES will give you a super short introduction to creating a sales funnel and your lead magnet.

There're many cool strategies available for transformational coaches specifically.

From my experience, both, personal brand and consistent presence online, and paid traffic via automated funnels, work well together.

Even though, it might be tempting to think you can completely disappear from social media and still make money online... in reality, more and more old marketing gurus, started showing up and 'serving' their audience, no matter how much cash they spend on advertising daily.

One thing I want to say. When it comes to paid ads, prepare to be patient and spend money and time to test your offers and your funnels, before you build that one perfect one that you can scale and become a millionaire over night.

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Most overnight success stories had been 7 or so years in making!

Remember, game of funnels is not a sprint. It's a marathon.

Having right expectations will help you not give up and reach your online empire dream sooner than you think.

**Grab your 2 BONUSES here:**

70 Irresistible Lead Magnet Ideas

Easy Guide to Creating a Profitable Sales Funnel

# Module 4: High Ticket Sales

**Principles of Always Making a Sale: Offers and Proposals That Inspire a “Yes”**

Confidently Close \$20K Sales Paid in Full

Unscripted: Authentic Sales Process That Guarantees Results.

**First I want you to think strategically.**

For consistent cash flow you need two strategies to make money: long term and short term.

To have short term cash making strategies in place is going to assure you have a budget to market and automate your lead gen and your sales processes.

Long term strategies are the ones that will grow your business in years to come.

## **Long term strategies vs short term strategies:**

**Tip: have both in place. While developing and launching a new project or program, make sure your existing source of cash is active.**

1. Automate as much lead generation as you can
2. Analyze all the ways you bring in prospects, pick one that works the best, turn up the volume on that. (Speaking, FB lives, Networking, so on)

### LONG TERM STRATEGIES

To do this you need to spend a little time to CREATE your up-sell, down-sell programs or products.

#### 2 Offer upgrade to your existing clients

Tip: ask them for testimonial or takeaways, show them you already delivered them value, then offer them the next step of your program.

1. When creating programs, think chronologically: what would you client need to begin with and how they must continue working with you to get the results they want.
2. Upgrade can be:

going from a big group to a smaller mastermind;

going from a group into a private program

doing VIP days and intensives

retreats

live events

### **3 Have down-grade offers**

Tip: on the sales call begin with offering the more expensive program before revealing the smaller offers.

1. Create 'Deep Dive' courses
2. Offer singular deep dive sessions
3. Offer practice sessions
4. Offer 'get it done' sessions or groups
5. Participation in a membership FB group with existing trainings

### **4 Sell some of the features of your program separately**

1. Email access for feedbacks and assignments
2. In person VIP days or half days
3. Extra trainings and bonus courses

## **SHORT TERM STRATEGIES**

You can use these without doing any extra work or spending extra time on creating and developing your offers.

### **1 Upgrade to your existing clients before the end of their existing program**

Tip: show and prove that upgrade is necessary and will benefit your client so much.

Here are some reasons for your client to upgrade immediately:

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1. Deep dive into solving specific issues client has that blocks them from implementing the lower level program
2. Help with more advanced cases your client is working on currently
3. Developing a higher end programs with a higher return on investment

**2 Making a FB live talking specifically with a particular prospect**, addressing the specific issue they have, proving that you are the **ONLY** one to solve this issue and that it is urgent for them to do it.

1. Talk to a prospect before to make sure you know their pain (issue)
2. Speak their language! (your job is NOT to solve the issue in your training/marketing, but to demonstrate that you are the best at solving it) So avoid jargon and talking about your process. Focus on showing them how things need to **CHANGE** now!
3. Send them the FB live or tag them, make sure they see it! Add a personal message and ask for the takeaways.

**3 Create small offers for your FB groups and communities.**

1. Run a poll and ask what people want and need
2. Create an offer that responds to that need and desire
3. Give them what they want and do what they need!

The main principle of these offers that they need to bring in **FAST RESULTS** for your clients. So put your ego aside and focus on doing the only process that actually work.

**Tip: reuse any content you create for these small courses and add them as bonuses to your big programs later.**



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Brainstorm what your clients and (separately) prospects (FB group members) need to know/feel/experience in order to get better results on your programs.

### **Examples:**

Weight Loss, training on how to deal with food addiction (emotional healing) as well as dieting or nutrition training.

Relationship Coaching, training on parenting as well as marriage or dating trainings

Business Coaching, training on time management and productivity, mindset or fears as well as business trainings.

**Here is an awesome exercise to accelerate your sales this month!**

Magic happens when you do this exercise!

With focused INTENTION and focused ACTION you will get results!

## **“9 Choices” exercise**

You always have choices even if it feels to you that you are completely stuck.

State 9 ways you can solve the problem (making cash).

### **Tip: ask yourself**

What would be the easiest thing to do?

What would be the fastest thing to do?

What would be the most powerful thing to do?

What would be the craziest thing to do?

What would be the most outrageous thing to do?

What would be the right thing to do?

What would be the wrong thing to do?

What do I want to do?

What will I do?

### **Create an IMPERFECT OFFER and sell it.**

1. Set a 30 min timer, come up with a definitely imperfect offer.
2. Write a list of 5-20 people who would buy it.
3. Reach out and offer.

Tip: yes, your offer will be imperfect and yes, you might flop... but if you don't do it, you will never know!

To make yourself feel better (soothing your Inner Child) give yourself a treat and celebrate the attempt, not just the results!

**Assignment: what is your IMPERFECT OFFER?**

Write it down.

Who are the people who will buy it today?

Reach out now!

# Unscripted: Authentic Sales Process That Guarantees Results

**1 Rapport** - go deep fast. Prepare for your sales call by researching your prospect and giving them a real insight into why they feel stuck.

**2 Pain** - listen carefully and take notes to qualify your prospect to be your client. Only pitch if you can truly help them and you would love to work with them, based on how they are handling their struggle.

**3 Moment of Truth** - don't be afraid to tell the truth after you listened to what's going on and why your prospect think they are stuck. Tell them directly, things need to change or they are going to fail.

**4 Vision** - when exploring the vision and goals with your prospect make sure you have a space in his/her vision. If they are describing a far away gigantic ideal vision, find what part of it you can be helping them to achieve. If you prospect has a small vision, not worth \$20K of investment, you'll be asking them to expand their vision, by calling them out, to reach their potential rather than play it safe.

**5 Offer** - make your offer as fast as possible. Practice your 2-3 min pitch in front of a mirror and record yourself on the video at least 20 times. It's important that you don't stutter when it comes to naming your price.

**6 Closing the deal** - simply ask your prospect which program they prefer. The close doesn't have to be a painful scary process. It's just a matter of making a transaction. After they said 'yes', ask, do they want to pay in full (with a great discount) or make their first installment?

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**7 Ninja Sales Process** - I teach that sales happen via your marketing! Do you have marketing, website, sales pages, testimonials, case studies, FAQ page, that shows your prospect why they need to work with you? Your sales call can become a truly wonderful experience if you, instead of qualifying yourself, will qualify your prospects.

**My sales calls are called Admissions Interviews. My prospects fight to join my programs. This is a great positioning that shortens the time of my sales calls. Instead the call is about practicalities of my programs, transaction, and an Orientation Session in progress.**

**8 Tackling Objections** - Don't leave objections to the end! First of all, your marketing should answer every possible objection your prospects may have. Second of all, use application form to qualify your leads, and only get on the call with prospects who are ready to take action toady.

**Get Your two BONUSES here:**

Application Form Samples

Enrollment Call Steps Printable

## Module 5: Delivery

Let me show you exactly how to create programs that get amazing outstanding results for your clients.

Watch [my special video training here](#) and follow the notes in this playbook to create your own programs that sell.

Obviously, when you have programs like that in place, you'll be **Getting Results for your clients Fast, and have Outstanding Testimonials and Case Studies** to sell your next generation of clients easier and faster than ever before!

### Training How to Charge and Guarantee Results (NOTES from the [video](#) training)

1. What can you guarantee principle (give you trainings and tools, spend time with you, giving you straight personal feedback on your work and personal patterns)
2. Don't overpromise - instead do one thing you promise very well - put it in the contract (my personal feedback is the best - so I prepare to be fit to do that!)
3. Overdeliver - user experience (personal style - what you want them to feel on your program - me:

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- looked after,
- Givers can Receive,
- not patronized - straight direct honest answers,
- trust in your ability to implement or take responsibility for your delays or your level of ambition,
- support your bigger vision and help with that even if it's not in a program,
- offer the next level program when appropriate,
- create extra trainings to support your personally,
- predict sabotage and help to break the pattern,
- give personal attention and love)

**Level 1 - Minimum Benefits:** (most coaches thrive for that! (mistake) - phony business strategists, or 'intuitive' coaches) Recognize by 'copying the content' but never have the same conviction, passion and success.

see how it works

re-sell the program

**Level 2 - Normal Benefits:**

Implement the system and get results.

(In my case: create a program, learn advanced tools to get results for their clients, market sufficiently and get clients, learn sales and use the process to sign up high end clients)

Have a financial leap - triple their fees, work less, take a breath.

Relationships - start dating the right people, learn communication and stop arguing, start having sex, set boundaries and get what you want.

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Health - loose weight, stop addictions, style makeover - new wardrobe

### **Level 3 - Maximum Benefits:**

Understand the Method behind the system and implement that again to create a

1. consistent results business/marriage/health
2. a bigger next level leap triple income/soul-connection, higher standards/fit and strong and beautiful body, inner beauty and confidence, no matter what you wear.

3 repeat (higher standards, bigger vision/dream, next ambition - next business or project/book/program/relationship/health issue)

### **How you SERVE:**

#### **Level 1**

Show the behind the scenes

Tell stories about yourself

Give them a curriculum and workbooks

(Certification, Be Phenomenal Business, Be Phenomenal Mindset, 90 Days to Love Life, Release 20 Pounds of Pain, Sales, Marketing Programs) - all can be used after the program is finished again and again.

#### **Level 2**

Coach live, give feedback, keep accountable, help on the need-to-know basis

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(9 month weekly sessions) - what is implemented will get results long term, short term - be straight what would be expected to change.

Example: do the 'Shadow work' and you will get over your fear of success and succeed: do the assignment after the session - 'incorporate your shadow into your FB live - get a client.

Heal your parental programming - gain confidence and permission to make \$1K per day - heal the 'over-the-top ambition - father issues, stop hustling and become strategic and focused - mother issues.

Do the 52 Marketing topics the way I teach you - you will have a marketing for a year, consistently attracting clients.

Brand yourself, publish a book - get recognized, raise your prices

Network, speak, do the Fb lives the way I teach you - get people reach out to you.

Set up a website with the automated sign-up system and cut your hours in half, have better prospects on the sales calls.

Have the work ethics/business model I teach - have an better easier going business, less hustle, more confidence, more money.

### Level 3

Be a role model, let clients in (show them what deeper work you do) - take them on the journey with you - my summer camp (spiritual and personal growth program)

Teach the concept



Explain the context within which you apply the concept/method and show how else it affects and can affect their life

**BONUS:** watch your training on [How to Charge for Coaching Programs now!](#)

# Best Practices to Successfully Launch Your Program Even If You're Not Feeling 100% Ready

Well, you probably heard of it, but were afraid to actually do it.

Create your program on demand.

Meaning, ask your clients (or your audience) what would they want to know, what kind of service they want and desperately need.

Ask them how much are they willing to pay for it.

Then invite them to join and record everything you are teaching them as you go.

Here we are, a great way to create content that is guaranteed to sell and will serve your clients at the highest level.

**To be able to pull this off you need to change your mindset most of all.**

I know, I know, it's hard to give up on the Perfectionist and the Critic...

It's hard to just let go, and ENJOY yourself in your business.

## Sacred Path From 6 To 7

But it is necessary, if you want to create a balanced, beautiful, fulfilling life that you deserve.

**There's no need to sacrifice yourself, your sanity, your health, your relationships, in order to prove your parents right.**

It's OK, not to work hard.

It's OK to love what you do and make money with it.

You are a grown up now.

Nothing can stop you from creating your own business model, work from your heart. Be a woman. Be a leader. Be a healer you are meant to be.

Who said that martyrdom comes with living your purpose?

You won't be happy wearing that badge of suffering, or badge of honor, that comes with not loving yourself.

The truth is, there's plenty of burnt out, exhausted, cashpoor 7-figure entrepreneurs out there.

May be the BIGGEST pain of women playing at that level, is that they tried to find a better business model to do their life's work... and had not found any.

I'd love for you, if you had not done it yet, watch my video training on [Healing Your Dark Lilith to Make Those 5-figure Sales](#). Spiritual Approach to Healing Your Feminine Wounds, so You Can Ask and Get What You Deserve in Business and in Love. It's truly a life and business savior!

**Click to get your exclusive access now.**

A portrait of Lira Kay, a woman with blonde, wavy hair, wearing a red top. She is resting her chin on her hand and looking towards the camera with a slight smile.

# About the Author

Lira Kay is an international bestselling author, founder of School Of Inspired Life, a professional training center for expert coaches and healers to become world-class and in high demand. Lira has been assisting people to transform their lives for almost 30 years, through spiritual healing workshops, psychotherapy, art, international curatorial projects, coaching, speaking and publishing.

Lira started her life coaching business 6 years ago and successfully led many transformational programs, such as 90 Days to Love, Be Phenomenal: Mindset To Empower, \$10K From Monday To Friday and a \$100K in 100 Days Challenge.

Her most popular one year programs Advanced Coaches and Healers Certification and Founders Lounge help successful coaches and thought leaders launch their own schools and academies and creates a solid foundation for a 7-figure transformational business. After traveling the world Lira lives in Walnut Creek, CA with her husband and their 5 daughters. You can learn more about Lira's work at

[www.schoolofinspiredlife.com](http://www.schoolofinspiredlife.com)