

Grow Like a Badass

Going from Crickets to Clients



I commit to starting Grow Like a Badass On the Following Date: _____

The Three Days I will hold myself accountable each week (dates and times)

| | | |
|---------|---------|---------|
| _____ | _____ | _____ |
| (day 1) | (day 2) | (day 3) |
| _____ | _____ | _____ |
| (time) | (time) | (time) |

I'm committed to making this change today because:

I promise to show up, do the work and change my life & biz!

Signed, _____



WEEK ONE - YOUR MESSAGE.

- ☐ Introduction Video

DAY ONE - YOUR MESSAGE + PURPOSE

- ☐ Watch Your Message Video
- ☐ Listen to Your Message Audio
- ☐ Fill out Your Message PDF Guide

DAY TWO GENERATE A COMPELLING STORY

- ☐ Generate a Compelling Story Video
- ☐ Generate a Compelling Story Audio
- ☐ Generate your own Compelling online!

DAY THREE REPURPOSING YOUR CONTENT

- ☐ Repurposing Video
- ☐ Repurposing Audio
- ☐ Second Video (create your own workflow!)

WEEK TWO - CREATING EMAIL LISTS

- ☐ Introduction Video

DAY ONE - EMAIL OPT-IN

- ☐ Watch Creating a Free Opt-in Video
- ☐ Fill out Creating a Free Opt-in PDF
- ☐ Watch Creating a Free Optin Video 2

DAY TWO - GENERATING AN EMAIL LIST

- ☐ Generating an email list video 1
- ☐ Generating an email list video 2
- ☐ Generate your email list opt-in on your site

DAY THREE -CONTINUE TO ADD VALUE

- ☐ Video on Adding More Value
- ☐ Audio on Adding more value
- ☐ Worksheet - Map out the value ideas!

WEEK THREE -FACEBOOK

- ☐ Introduction Video

DAY ONE - FEEDING YOUR FOLLOWING

- ☐ Watch Feeding your following video
- ☐ Listen to the Feeding your following Audio
- ☐ Homework: Create posts for each category.

DAY TWO - CREATING CONTENT THAT BUILDS

- ☐ Watch Facebook Content Video
- ☐ Listen to FB Building Audio
- ☐ Fill out Facebook PDF Guide

DAY THREE - GOING LIVE ON FACEBOOK

- ☐ Going Live Intro Video
- ☐ Going Live Training
- ☐ Your Homework is to go live on Facebook!

WEEK FOUR - INSTAGRAM

- ☐ Introduction Video

DAY ONE - CREATE THE BEST INSTAGRAM FEED

- ☐ Instagram Feed Video
- ☐ Study Instagram Examples
- ☐ Do your instagram homework!

DAY TWO- NARRATIVE FOR INSTAGRAM

- ☐ Watch Video
- ☐ Map out your own content
- ☐ Go back and revisit old content and have fun!

DAY THREE - Crickets to Clients Bonus!

- ☐ Watch the Crickets to Clients training!