

The Roadmap

How to use the tools and coach myself through anything

COACHING QUESTIONS TO ALWAYS HAVE IN MY BACK POCKET:

HIFSO

H- Happening: *What is happening right now?*

I- Interpretation: *What is my interpretation of what is happening?*

F- Feeling: *What am I feeling?*

S- Show Up: *How do I show up in my business/life when I feel this way?*

O- Opposite: *What if the opposite of my interpretation were true?*

MAINTENANCE (things to be doing routinely):

How To Coach Yourself Workshop ([Client Portal- Bonus workshop](#))

Strategic Self Coaching ([The Elevation Experience Workbook Page 68](#))

WHAT TO DO WHEN: A coaching tool/worksheet/ or workshop for every scenario:

I Want to Go After a Goal

The 60 Day Goal ([60 day goal Workbook](#))

Your Belief Plan ([The Elevation Experience Workbook Page 16](#))

Action Plan ([The Elevation Experience Workbook Page 61](#))

The CEO That I Am Becoming ([The Elevation Experience Workbook Page 19](#))

#DressedAsMyFutureSelf ([The Elevation Experience Workbook Page 17](#))

Embodying The Energy Of a Miracle Will Happen Today ([The Elevation Experience Workbook Page 87](#))

The Feeling Challenge ([The Elevation Experience Workbook Page 56](#))

How To Set and Hit Goals ([Client Portal- Bonus workshop](#))

When I am feeling lack (of time, self-worth, clients)

Extracting Your Capital “P” Purpose ([The Elevation Experience Workbook Page 81](#))

Spiraling UP Instead of going in a downward spiral ([The Elevation Experience Workbook Page 66](#))

Connecting to Abundance ([The Elevation Experience Workbook Page 81](#))

Building Your Receiving Muscle ([The Elevation Experience Workbook Page 86](#))

How To Create And Receive Money ([Client Portal- Bonus workshop](#))

Embodying The Energy Of a Miracle Will Happen Today ([The Elevation Experience Workbook Page 87](#))

Shedding Old Identities ([Client Portal- Bonus workshop](#))

When my Plans for the day go haywire (sick kid, nanny cancels, etc)

Planning For “exceptions” or challenging circumstances ([The Elevation Experience Workbook Page 32](#))

Extracting The Purpose from a Specific Event ([The Elevation Experience Workbook Page 89](#))

Trusting In a Higher Source: Assessment ([The Elevation Experience Workbook Page 77](#))

Spiraling UP Instead of going in a downward spiral ([The Elevation Experience Workbook Page 66](#))

Increasing Your Capacity to FEEL ([The Elevation Experience Workbook Page 51](#))

When I am feeling an Intense Emotion (overwhelm, fear, anxiety)

Increasing Your Capacity to FEEL ([The Elevation Experience Workbook Page 51](#))

Calm Your Body and Think Like a CEO ([Calm Your Body Bonus Workbook](#))

Internal Sustainability ([The Elevation Experience Workbook Page 34](#))

Extracting The Purpose from a Specific Event ([The Elevation Experience Workbook Page 89](#))

Spiraling UP Instead of going in a downward spiral ([The Elevation Experience Workbook Page 66](#))

Shedding Old Identities ([Client Portal- Bonus workshop](#))

When I feel stagnant (ie: confused/bored/ not motivated)

Shedding Old Identities ([Client Portal- Bonus workshop](#))

Desirability ([Client Portal- The Elevation Experience Live event](#))

Spiraling UP Instead of going in a downward spiral ([The Elevation Experience Workbook Page 66](#))

Extracting The Purpose from a Specific Event ([The Elevation Experience Workbook Page 89](#))

Extracting Your Capital “P” Purpose ([The Elevation Experience Workbook Page 81](#))

When Something in my business isn’t going as planned (launch not selling, leads dry up, social engagement tanks)

Evaluating Your Results and Growing Through Troubleshooting ([Client Portal- Bonus workshop](#))

Troubleshooting ([The Elevation Experience Workbook Page 36](#))

Increasing Your Desirability ([The Elevation Experience Workbook Page 43](#))

Evaluating a “FAIL” ([The Elevation Experience Workbook Page 73](#))

Embodying The Energy Of a Miracle Will Happen Today ([The Elevation Experience Workbook Page 87](#))

Spiraling UP Instead of going in a downward spiral ([The Elevation Experience Workbook Page 66](#))

Desirability ([Client Portal- The Elevation Experience Live event](#))

Calm Your Body and Think Like a CEO ([Calm Your Body Bonus Workbook](#))

When I need to Make a Decision (to invest, pricing, etc)

How To Make a CEO Decision ([The Elevation Experience Workbook Page 63](#))

Getting Your Brain On Board with Your CEO Decisions ([The Elevation Experience Workbook Page 65](#))

Deepening Your Intimacy and Sensitivity with You ([The Elevation Experience Workbook Page 41](#))

Shedding Old Identities ([Client Portal- Bonus workshop](#))

When I want help with Marketing

Creating Intimacy Through Marketing ([The Elevation Experience Workbook Page 45](#))

Increasing Your Desirability ([The Elevation Experience Workbook Page 43](#))

Copy Checker ([The Elevation Experience Workbook Page 45](#))

The Best Fit Client ([The Elevation Experience Workbook Page 46](#))

The DLT-ME Process ([The Elevation Experience Workbook Page 63](#))

Creating Success Through Feeling Successful Now ([Client Portal- Bonus workshop](#))

Evaluating Your Results and Growing Through Troubleshooting ([Client Portal- Bonus workshop](#))

Desirability ([Client Portal- The Elevation Experience Live event](#))

When I want help with Selling

Evaluating Your Results and Growing Through Troubleshooting ([Client Portal- Bonus workshop](#))

Sales Secrets for Sensitive Souls ([Client Portal- Bonus workshop](#))

How To Lead a Sales Call ([Client Portal- Bonus workshop](#))

Desirability ([Client Portal- The Elevation Experience Live event](#))

When I want help with being a Leader

Shedding Old Identities ([Client Portal- Bonus workshop](#))

The Yin and Yang Of Your Business ([The Elevation Experience Workbook Page 8](#))

Extracting Your Style ([The Elevation Experience Workbook Page 10](#))

Your Belief Plan ([The Elevation Experience Workbook Page 11](#))

The CEO That I Am Becoming ([The Elevation Experience Workbook Page 19](#))

#DressedAsMyFutureSelf ([The Elevation Experience Workbook Page 17](#))

Style Vision Board ([The Elevation Experience Workbook Page 18](#))

When I want help with Money

How To Create and Receive Money ([Client Portal- Bonus workshop](#))

Creating Success Through Feeling Successful Now ([Client Portal- Bonus workshop](#))

Building Your Receiving Muscle ([The Elevation Experience Workbook Page 86](#))

Connecting To Abundance ([The Elevation Experience Workbook Page 83](#))

Spiritual Workout Routine ([The Elevation Experience Workbook Page 78](#))

Calm Your Body and Think Like a CEO ([Calm Your Body Bonus Workbook](#))

When I want help with my long Term Vision

The three Year Plan ([Client Portal- The Elevation Experience Live event](#))

Shedding Old Identities ([Client Portal- Bonus workshop](#))

The Yin and Yang Of Your Business ([The Elevation Experience Workbook Page 8](#))

Extracting Your Style ([The Elevation Experience Workbook Page 10](#))

Your Belief Plan ([The Elevation Experience Workbook Page 11](#))

The CEO That I Am Becoming ([The Elevation Experience Workbook Page 19](#))

#DressedAsMyFutureSelf ([The Elevation Experience Workbook Page 17](#))

Style Vision Board ([The Elevation Experience Workbook Page 18](#))

When I want to create systems and processes to optimize my business

The three Year Plan ([Client Portal- The Elevation Experience Live event](#))

Creating a Sustainable Schedule ([The Elevation Experience Workbook Page 25](#))

Optimizing Your Client Experience ([The Elevation Experience Workbook Page 28](#))

Internal Sustainability ([The Elevation Experience Workbook Page 34](#))

The DLT-ME process ([The Elevation Experience Workbook Page 49](#))