

Day 5



Grant Yourself  
*Permission*

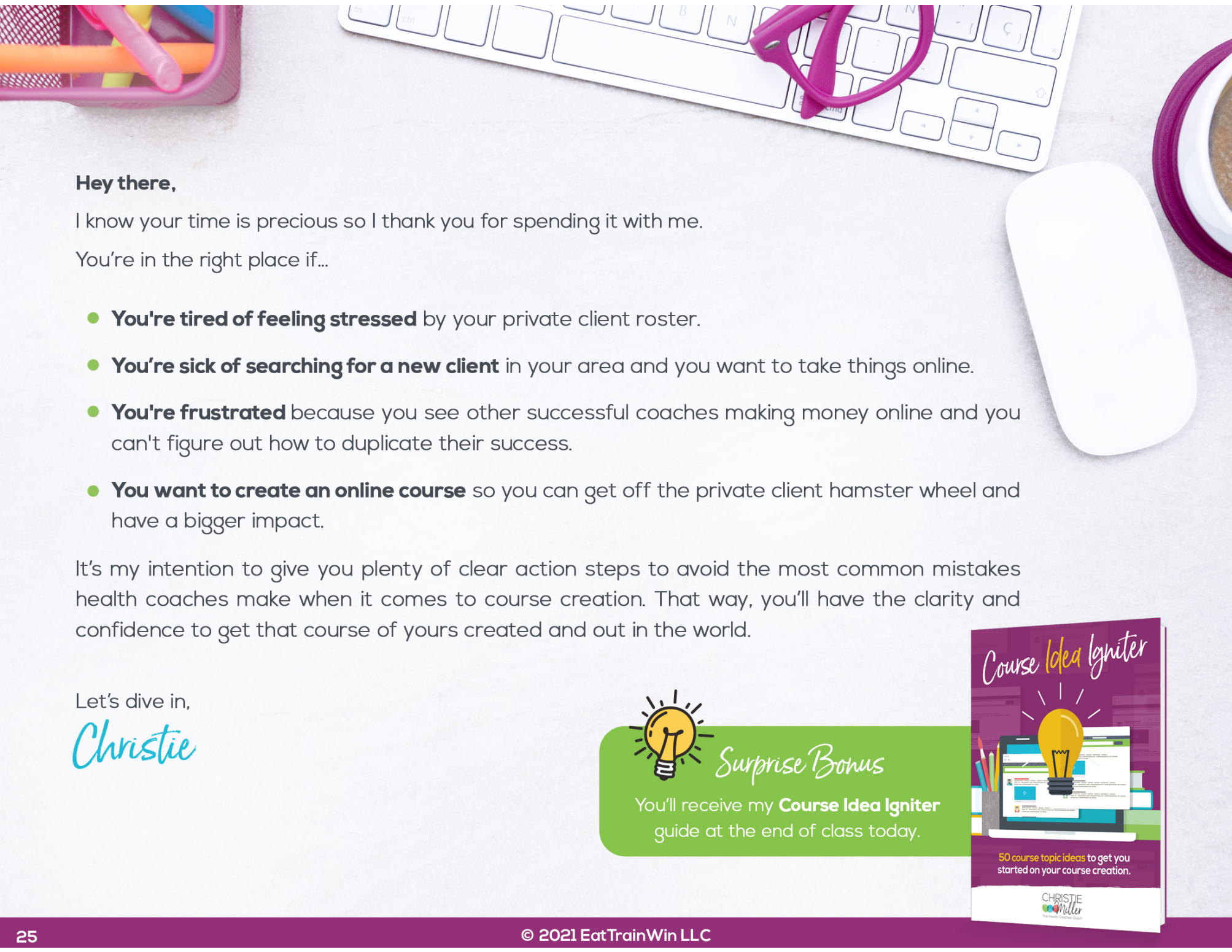
# *Live Masterclass*

**4 Easy Steps**  
**To Launch Your Course**  
**Even If You Don't**  
**Feel Ready**

*By Christie Miller*



Masterclass *Action Guide*



Hey there,

I know your time is precious so I thank you for spending it with me.

You're in the right place if...

- **You're tired of feeling stressed** by your private client roster.
- **You're sick of searching for a new client** in your area and you want to take things online.
- **You're frustrated** because you see other successful coaches making money online and you can't figure out how to duplicate their success.
- **You want to create an online course** so you can get off the private client hamster wheel and have a bigger impact.

It's my intention to give you plenty of clear action steps to avoid the most common mistakes health coaches make when it comes to course creation. That way, you'll have the clarity and confidence to get that course of yours created and out in the world.

Let's dive in,

*Christie*



*Surprise Bonus*

You'll receive my **Course Idea Igniter** guide at the end of class today.





## STEP #1

Grant Yourself *Permission*

Embrace \_\_\_\_\_ to \_\_\_\_\_.



Tech is easy when I:

1 \_\_\_\_\_ that anything I \_\_\_\_\_ can be \_\_\_\_\_ with \_\_\_\_\_.

2 \_\_\_\_\_ that all \_\_\_\_\_ are designed to \_\_\_\_\_ me.

3 \_\_\_\_\_ for \_\_\_\_\_ it, so that I can get \_\_\_\_\_.

4 \_\_\_\_\_ about \_\_\_\_\_ I \_\_\_\_\_ that I \_\_\_\_\_.

5 \_\_\_\_\_ that as \_\_\_\_\_ of my \_\_\_\_\_ and open \_\_\_\_\_.

## STEP #2

Grant Yourself *Permission*

\_\_\_\_\_ leads to \_\_\_\_\_ .



I will focus on community and...

1 \_\_\_\_\_ hard to \_\_\_\_\_ easy.

2 \_\_\_\_\_ a closed \_\_\_\_\_ to \_\_\_\_\_ with \_\_\_\_\_ .

3 \_\_\_\_\_ pending \_\_\_\_\_ to \_\_\_\_\_ email \_\_\_\_\_ .

4 \_\_\_\_\_ email \_\_\_\_\_ to \_\_\_\_\_ to email \_\_\_\_\_ .



## STEP #3

Grant Yourself *Permission*

Take \_\_\_\_\_ and ask \_\_\_\_\_ .



My business currently suffers in the following ways:

1

2

3



I will \_\_\_\_\_ by \_\_\_\_\_ .

## STEP #4

Grant Yourself *Permission*

Finally \_\_\_\_\_ that \_\_\_\_\_ than perfect.



Embracing my imperfections will:

1

2

3



I will make it happen by:

1

\_\_\_\_\_ my \_\_\_\_\_ on \_\_\_\_\_ notes.

2

\_\_\_\_\_ a \_\_\_\_\_ to \_\_\_\_\_ course \_\_\_\_\_.

3

Pre-Sell and \_\_\_\_\_ before \_\_\_\_\_.

