

DAY FIVE

CATCH UP, CHECK-OFF
AND REST



Ready Set **Coach**

The 10-Day Coaching Business Accelerator
For Aspiring & New Coaches to Enrol Paying Clients

Create Your High-Converting
Signature Offer in 10 days



Day 5: CATCH UP & CHECK-OFF

Welcome to Day 5 of the Business Accelerator!

Today is all about reflecting on everything you've accomplished so far. You've been putting in incredible work, and now it's time to pause, take stock, and appreciate how much progress you've already made. Reflection is a powerful tool—it helps us gain clarity, realign with our goals, and ensure that we're on the right track for success.

Today, you'll work through a checklist to review the foundational pieces you've built this week and answer some powerful self-coaching questions.

These will help you assess where you stand, where you're thriving, and where you might want to refine things before moving forward. This weekend is your time to either rest and recharge or catch up on anything you want to revisit.

Let's use today as a checkpoint to regroup and strengthen the foundation you've created, so you're ready to dive into the next phase next week.

The Day 5 Checklist



Let's check off everything you've achieved so far:

- **Day 1: Defined Your Outcome**
 - Have you clearly defined the core outcome of your offer?
 - Are you confident that the outcome speaks directly to the transformation your clients are seeking?
- **Day 2: Identified Your Ideal Client**
 - Do you have a crystal-clear understanding of your ideal client's identity, desires, and challenges?
 - Have you used language that reflects how your ideal clients describe themselves?
- **Day 3: Outlined the Framework**
 - Did you successfully outline the key steps or stages of your offer using the Napkin Test?
 - Does your framework logically flow and guide your clients toward the outcome you've defined?
- **Day 4: Added Depth and Detail**
 - Have you added the details for each step of your framework?
 - Did you integrate your unique experiences, insights, and gifts to make your offer stand out?

Check-in Questions



Part 2: Self-Coaching Questions

Now that you've completed the core tasks for the week, take some time to reflect using these questions. Be honest and dig deep—this will help you clarify anything that still needs attention:

- Am I confident in the outcome of my offer?
 - If not, what can I refine to make the transformation clearer?
- Does my ideal client resonate deeply with what I'm offering?
 - Is there anything I've missed that could make my offer more aligned with their needs?
- Is my framework easy to follow and powerful?
 - Does each step of my framework build upon the last in a way that naturally leads to the final transformation?
- Have I truly added something unique to my offer?
 - How can I better integrate my experiences, voice, or gifts to ensure my offer is distinct?
- What's my next step?
 - Am I clear on what I need to do next to finalize my offer and make it ready for launch?

Need To Make Notes?



Wrapping Up

Great work today! Whether you're taking the weekend to rest or using it to catch up, take this time to really reflect on the work you've done so far. You've built the foundation, and next week we're going to dive even deeper into your offer.

Daily Dose of Courage

For today's Dose of Courage, share your reflections with the group. What's one area where you feel really strong so far, and what's one area where you think you might need to refine or adjust? This community is here to support you—let's encourage one another as we take this time to reflect and regroup!

If you have any questions, join me later for our live Q&A, where we'll discuss everything we've covered so far and make sure you're ready for the next steps.

Well Done For All Your Work This Week! I'm Super Proud of You!

If you have the VIP Success Pass, remember, this is a great time to submit what you've planned and get my eyes over your Signature offer to suggest any tweaks to maximise its conversion.

With love, purpose & power

Coach JJ



WELL DONE!