



Admin Team <team@couragewithjj.com>

Purpose Accelerator, S3 Homework.

2 messages

Admin Team <team@couragewithjj.com>
To: tanya bartley <gaynor.bartley@gmail.com>

26 November 2024 at 20:35

Hi Tanya,

So sorry you didn't get the email. I thought I was ahead of time sending it on Sunday, I didn't realise my emails weren't going through so I'm putting the email together again.
I'm so glad you followed up with me or I wouldn't have known the email didn't get sent.

So, thank you for a great call, I really enjoyed it. I think we were able to add more to the vision on Saturday, and especially when you revealed the mission about Hope. That was so powerful.

So, your hope work before our next session is as followed:

- [Here](#) is the link to the AI Summary of our Zoom call with homework / task checklist
- [Here](#) is a link to the Zoom recording
- Also, when you put the passcode in to watch the video, you need to put the full stop in, so maybe copy/paste it. The passcode is - **.h\$I?5L&**
- Remember, you can press the download button at the top of the screen to keep the recording.
- I have put the TikTok content plan spreadsheet in your folder which you can access [HERE](#)
- Here is the link for [Alibaba](#) to do your research
- Also, remember, [CHATGPT](#) can help you with spelling and grammar quickly, just copy and paste your content into it and ask it to check your spelling and make sure it is UK English spelling.

I believe that is it - your full homework task list is included in the AI Summary.

You've done so good, keep up the good work and remember, ask me questions in the Savvy Business Clinic if needed, and I will check in with you on Saturday.

Have a wonderful week.

With purpose and power!

JJ

Coach, Consultant, Business Mentor and Revenue Growth Strategist
Couragewithjj.com



tanya bartley <gaynor.bartley@gmail.com>
To: Admin Team <team@couragewithjj.com>

30 November 2024 at 16:03

Hi JJ

here are a few other tools I have put together below. I will choose what tools will go into the tool kit box.

I will choose about 5 tools.
see what you think about these tools, just some other ideas.
I will start the tik tok contents properly next week.
Enjoy your weekend!

best wishes

Tanya

[Quoted text hidden]

6 attachments



WHAT MASKS DO YOU WAER AND WHY EXERISE.odt

11K



Be Aware of How You Self-Sabotage A Reflective Exercise.odt

11K



Positive Affirmation Cards 50 Words (1).odt

10K



The Hierarchy of Hope and Wellbeing of Needs -tanya adapted from Maslow.odt

22K



Positive Affirmation Card Words 66 CARDS.odt

10K



my journalling and letters to myself.odt

8K