

SACRED CREATORS

BIZ, BRANDING & MAGIC

Intention

YOU & YOU
CONTRACT

Chris-Anne

Welcome Sacred Creator!

Get cozy. We're gonna' sink deep into this moment for a minute, so grab a warm tea and your favorite pen, and get ready to fuel your dreams. The work we are doing together will help bring clarity to the steps you need to take in order to create live the very best version of your life.

Yes. The *very best* version of your life.

Maybe you're building your biz, writing a book, or putting your art into the world already. Or maybe you're planning to cast your gifts into the universe in the near future. Whatever your end goal is, your creator soul will delight in aligning your plan with your true essence, and in uncovering what your authentic brand really is.

Get started by filling in the You & You Intention Contract on the following pages. (Yep, between *you* and *you!*) Then jump into some intention setting.

TIP: If you want to save ink just print off the worksheets on pages 4, 6, 8 and 10.

Give yourself a pat on the back. This is important work, so smile for a moment because...

You're doing big things here!

THE 3 RULES CONTRACT FOR TOTALLY NAILING THIS:

1. No one benefits when you hide your bad-assery. Part of this journey is allowing the space for your brightest and most expansive **you**.

cool?

In order to make space for the new, and to open up our lives to better possibilities, we need to do new things. That *always* means feeling a little bit uncomfortable because new things are *unknowns*.

Hitting up against “your stuff” (herein to be called “your ‘ish”) is an indicator that you are on the right track. Your *‘ish* may feel like fear, like discomfort, like *hey-this-is-stupid* or like *I-really-don’t-wanna-do-this*. You know you need to push past the edges of your comfort zone to build the life you desire, right? Learn to lovingly help yourself push past old boundaries and try new things. **This is how expansion happens!** When you find your personal edges (the places that it starts to feel uncertain) it’s a moment to stop, feel and *celebrate!* Amazing! You’ve hit an edge! You’re doing something different and you are moving toward your goals! I do hope you experience this - at least a few times - as you work through this course.

I _____ , will rejoice when I experience the edges of my comfort zone, and when I hit up against my own ‘ish. In order to grow and to become the person I want to be, I am committed to expanding my comfort zone and to growing my opportunities when I do.

SIGN _____

DATE _____

THE 3 RULES CONTRACT FOR TOTALLY NAILING THIS:

2. Make this journey
your own, and bring
along the things that
float your *soul*.

Building your dream should be fun. So do whatever you have to do to make sure that you are enjoying the journey. I have had tears of joy when a project is finally launched, and I've also had tears of angst when I have wanted something so deeply that it literally gave me heart-ache to think about it. When the tears are because of stress, anxiousness, frustration, etc. then it's really time to get right back to the basics and remember that this journey is supposed to be fun.

FUN. JOY. DELIGHT. CURIOSITY. CELEBRATION. EXPANSION. BLISS.

The main goal is to enjoy the experience of the journey and to celebrate your creator soul as you work through the material. You will learn about your brand and you will learn about yourself in the process. **You** are your greatest asset, and making sure your joy is along for the ride will make sure that you are well taken care of as you move through the next 5 weeks of soul work.

I am my greatest asset. I am making the decision to celebrate all of my wins on this journey, and I am bringing my joy along for the ride.

SIGN _____

DATE _____

THE 3 RULES CONTRACT FOR TOTALLY NAILING THIS:

3. Listen to your
deepest desires.

For real. This is the
big kahuna of change
work, and of building a
business that you will
love for a lifetime.

You need to listen to *all* of your desires when you work through this class. You may not use them all in the final plan, but you can't know which ones you'll need until you dig them all up and take stock. Some of them may be shoved down so deep that you don't even remember putting them there. Some dreams may seem silly, far-fetched, or so egocentric that you duct-taped them down years ago... and you may be a little embarrassed to include them. (Thank the gods that this contract and course is *just* for **you**!) You will be inviting your deepest dreams, desires and your soul purpose to join you as you map your route to bliss. This means staying open to new opportunities that you haven't thought of yet, and letting go of the specific steps that you thought you needed to take in order to create your dream.

*Yes! Grab a pen and fill in the permission slip below. Trace directly on top of the words that are there, if it feels right. Or make it your own and add your own twist if it feels like it should be changed. Writing is an amazing way to talk to your unconscious mind & your Higher Self. Go ahead and really put your intention into this plan, and get all of **you** on board with your journey!*

Dear heart & mind & soul,
I give my deepest dreams, my desires
and my soul's purpose permission to
come out and join me as I create this plan
toward prosperity and joy. I request their
input and their wisdom, and I will keep us
all safe and loved when they
courageously reveal themselves as
partners in this process.

SIGN _____

DATE _____

Congratulations!

You've just signed a super duper contract with yourself. Here's the small print.

*Your unconscious mind is a big deal. It drives many of the steps you take in life, and when it's running on autopilot it forces you to behave in ways that you don't always understand. Those silly fears you have? Unconscious mind. Getting riled up when people push your buttons? Unconscious mind. Saying something and then wondering why the heck you said it? Yep. There she is again. The unconscious mind does it all in order to keep you safe. Sometimes we have picked up some silly beliefs about what safety means, and sometimes those beliefs get in the way of our success. So we've put the contract out into the world, and now we need to work on changing our habits and our thoughts in order to show the unconscious mind how to follow along.

The contract you just signed is an honest to goodness contract. You have now put on paper that you want to push past your comfort zone and grab your dreams. You have read it and seen it, and then written it. If you want to go for the giant win, go back and read it out loud. You've sealed the deal and your unconscious mind has heard it. Let's uncover what the resistance to your success is on this journey. Heck, even if you aren't sure, you've put the suggestion into the world and your unconscious mind will respond and help you now as long as you show it the way. It wants you to be happy, wealthy and healthy (the trifecta of awesome) and it's a really big deal. It's a giant ball of self-love.

Now that you've got everyone on board (your conscious mind, your unconscious mind and your Higher Self) let's set some intentions for the next 5 weeks!

As you move ahead and begin your Branding + Magic journey with this introductory course, you will be learning new things, meeting new instructors and connecting with like-minded entrepreneurs... and you will be testing the waters of your sacred brand.

You will dig into your brand's unique look and feel, you'll start to chisel out your brand voice, and you will uncover some brand values and begin communicating them to the world. You will know more about which fonts, colors, textures and tone best work to market your magic, and you'll also have some intuition, intention and manifestation tools to add to your toolkit.

There's a lot happening in the next five weeks, so setting yourself a few clear goals will help ensure that you get exactly what you want out of this course. If your topic isn't covered in class, we can look at it during our one-on-one strategy session.

Grab a pen and get some goals down on the next page.

Intention

What would you like to uncover about yourself or about your brand during the next few months?

What specific questions about your brand would you like answered?

How many hours a week are you going to put into this over the next 5 weeks?

Like everything in life, what you get out of this journey will depend on what you put into it. You could dive into this and do a few hours a day, or you may only want to do a few hours a week. (This is for your eyes only.)

_____ *hours per week*