



LYNNE TAGGART

*Soulful*

# MOMENTUM

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CREATE A BUSINESS FULL OF  
EASE AND ABUNDANCE

PART I: CLEAR THE PATH

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# Part I: Clear the Path



Hey,

**Welcome to this mini training series all around how to create SOULFUL MOMENTUM in your business.**

I'm a huge fan of ease and flow, running a soulfully successful business, whilst being a very present mum to two kids and finally feeling in love with myself and my life. In 2017 when this training was written, my 'massive' goal was to hit \$100k.

As I surpassed that goal, I realized that I've got a vibe that attracts clients who also desire that flow in their business. And who want to LOVE their life and business.

Just 4 years ago this was not my reality. I was at rock bottom, searching for answers, living in hope that someone or something would rescue me and hating myself for being a failure.

**I was yet to learn that our failures make our successes!**



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Having worked with hundreds of soulful entrepreneurs, I learned about their struggles and downfalls. One area that stands out the most is their inability to create momentum in their business and bring in consistent income.

I've felt called to talk about this and to share with you how I've created a solid plan for growth and how you too can get into momentum that feels amazing and flow like, not forced and salesy.

It's my intention that you put this work into action ASAP and invite in soulful momentum, whatever that looks like to you!

- Lynne



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# Soulful Momentum

If you've followed my brand for a while you will know I LOVE the word SOULFUL.

To me it implies, ease, love, passion and purpose. Who doesn't want more of that in their life and biz?

Momentum means different things to each of us. For me it signifies less uphill struggle, and more downhill freewheeling with a tailwind to carry you. It means more exponential growth and greater profits. It signifies room to expand freely and the capital to do so. And abundance with ease and flow. Pretty cool eh?!

Lets get clear to begin:

## What does momentum mean to you?



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I would love for you to listen to the training and take ACTION straight away! Results come from taking action. Post in the Facebook group Miracles, Success and Sisterhood and share what action you are taking.

We will support you!

**The following steps are your homework strategically proven to help create soulful momentum and welcome in abundance.**



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# Clear the Path

## WHAT CAN YOU DECLUTTER FROM YOUR LIFE AND BUSINESS TODAY?

1. Identify time and energy sucks (consider people, jobs, commitments, your daily routine, sleep, habits etc)
2. What makes you low vibe? (consider activities, people, wardrobe, office, home etc)
3. What brings you the most joy? (creativity, exercise, people etc)



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# Clear the Path

## HOW CAN YOU INVITE IN MORE JOY? WHAT NEEDS TO HAPPEN?

### IDEAS:

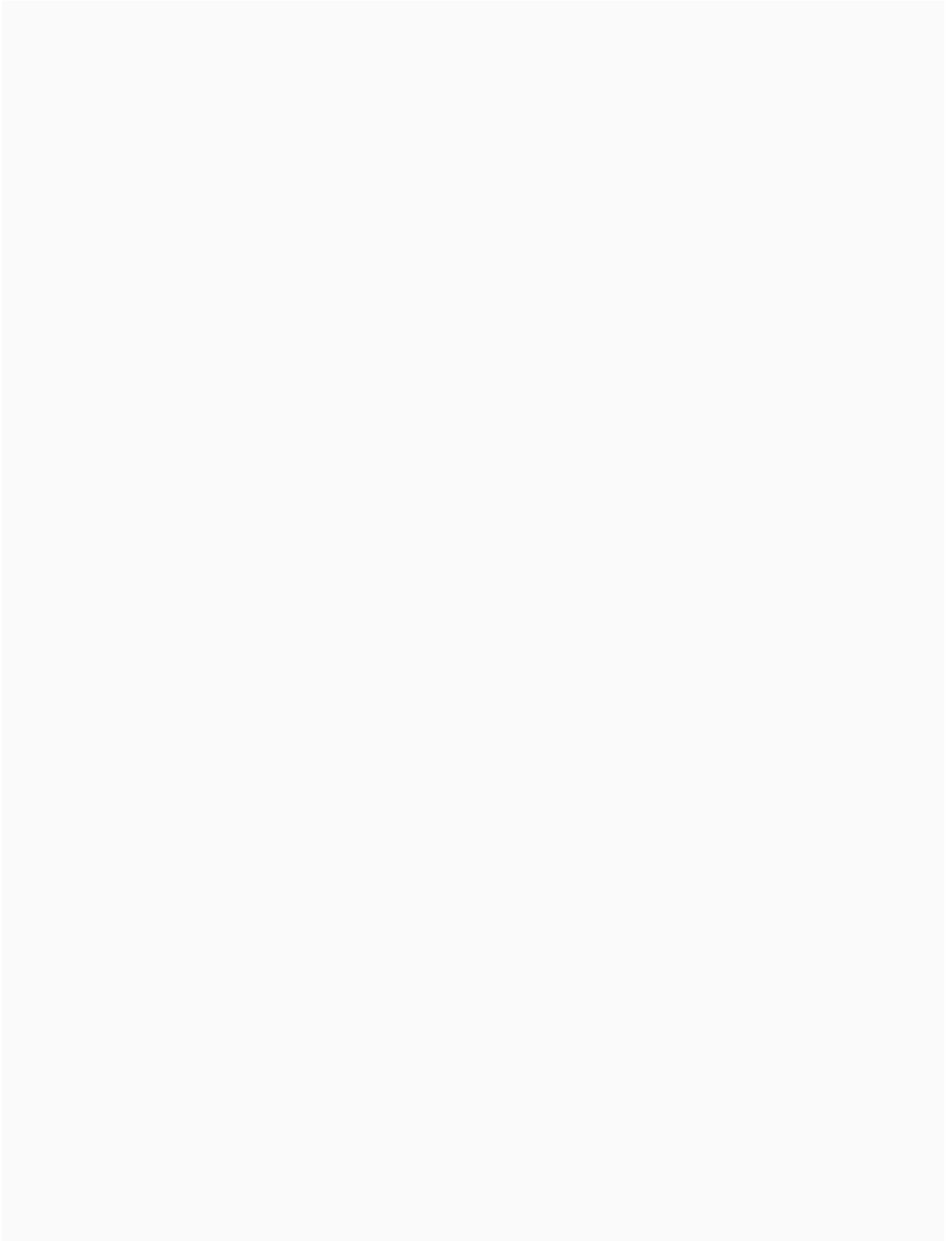
- ♡ Schedule in weekly joy Do it! Grab your diary and pop it in there.
- ♡ Ask for support in your life (babysitter, cleaner, a night off, a weekend away, help with activities)
- ♡ Saying NO to what no longer serves you.
- ♡ Hire that PT or mentor to hold you accountable.
- ♡ Surround yourself with high vibe sisters to support you on your mission! Have weekly Skype parties and share your celebrations.
- ♡ Turn your phone OFF giving you time to breathe, work and ignore all those notifications.
- ♡ Step away from drama. No longer be available for complainers, negativity and gossip.
- ♡ Invite in miracles daily. This is my non negotiable!  
Now brainstorm your own ideas below:



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