

ALIGNED

Find Your Purpose
Identify Your Niche
Communicate Your Value

with Lira Kay
2 Day Intensive

WORKBOOK

What Is Your Spiritual Gift Exactly

Module



Hi, my name is Lira Kay, and I heal and reinforce YOUR COURAGE to be POWERFUL!

Today you will stop the guessing game after you see with your own eyes the effect you have on people as an energetic spiritual being.

You'll discover exactly what your purpose here on earth is and will learn to communicate it in a context of your coaching service.

Hi, my name is Lira Kay, and today I will help you find courage to be POWERFUL in your work.

I teach you tools to overcome your fear success.

Your Symptoms:

- 1) Seeking, learning, but not applying - **Confusion** - avoidance of responsibility - no niche.
- 2) Weak marketing - **Imitation**, not consistent, no truth/no promise/no point - no leads.
- 3) No money, stack, plateaued - not charging enough, long hours, no results - frustration with yourself and your business.

Your Wants and My Solutions:

High value service/product - high impact - **Purpose Event and Certification!**

Visibility - omnipresence/domination - global mission - **Branding and Marketing!**

Money - lots! - help the world - **High End Business Model and Sales.**

What is your number one worry (Rate from 1-10, 10 most urgent!):

Commitment to business/niche/program

No leads/audience/clients

No money/hustle/no referrals

I heal (change) and reinforce (give you systems) YOUR COURAGE to be POWERFUL (to do your work in the world)!

Exercise 1

Attraction

Introductions: listen how you are other people in the room introduce themselves and what they do.

Rate from 1-10 your desire to work with them.

Why did you pick that number?

Was it specific? Inspiring? Valuable?

Would you recognize yourself as their client?

NOTES

Exercise 2

Time-Line

What are your life lessons?

0-10

10-20

20-30

30-40

40-50

BIG THEME OF YOUR LIFE IS:

My Example

0-10 *I was abandoned. I learned to be alone, depend on no-one, I wanted a big family, trust myself, responsibility.*

Obvious lesson - never be alone (big family, public figure)

Next level service - relationship wisdom (intimacy, marketing)

10-20 *I was supported. I learned faith, to let go of control, femininity, receive, give back, gratitude, service, sacrifice.*

Obvious lesson - service, the work.

Next level service - life work balance, manifesting, work ethics, profitability.

20-30 *Loss of innocence, compromise, disillusionment, dependency, fear, marriage, motherhood. I learned to be real, practical, stop worshipping, take control, get what I want, pay for things, accept myself.*

Obvious lesson - forgiveness and realness.

Next level service - dealing with guilt and creating a life-style.

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Aligned Event, Lira Kay

30-40 *Survived a loss, failure, recreated myself, a new marriage. I learned to change my fate, I knew I am stronger than I thought, resilience, higher standards, leave myself and my old life behind.*

Obvious lesson - change is possible. Next level service - willpower.

40-50 *Started a business. I learned creativity. My mind is flexible. I healed. I became authentic. Confident. Making money. Highs of self expression.*

Obvious lesson - playfulness.

Next level service - purpose and joy.

Purpose and joy in your intimate relationships and marketing. Willpower when it comes to dealing with guilt (or creating a life style). Manifesting intimacy.

Purpose and profitability.

Whatever I do I have a theme of two major lessons. Ease, letting go, joy - (feminine); and purpose, service, profitability - (masculine).

So I teach that!

If you could summarize what would your next level service would be? You can combine the last lesson and the first one. Or create any combination you wish.

What is your combination of life lessons and issues you solved that you can teach to your clients?

Exercise 3

Turn Coping Skill Into a Business Skill

- 1) What are you doing?
- 2) Why?
- 3) Why else?
- 4) What's the point of that?
- 5) What else is affected?
- 6) And why is that important?
- 7) I am ...

Who Are Your Clients

Module



Most people make the mistake of taking on any client that would pay only to then have a not so reliable delivery rate. Serving a wrong client is not only bad for your clients who didn't get results with you, but damaging for your confidence as a coach. This Module will teach you exactly who your gift is meant to help and how.

7 Level Of Issues People Have

1 Practical

2 Emotional

3 Willpower

4 Love

5 Influence

6 Clarity

7 Faith

Symptoms, Issues and Solutions

Symptoms

Issues

Solutions

1 Practical

Chakra kundalini

1 entitlement to pleasure (inner child)
living in a soup - panic (anxiety, helplessness)

2 growing up, admitting what's wrong

3 making a change (fixing what's wrong using principle of "do what is right")

**Symptoms: bad physical conditions of internal and external
living - feelings of anxiety and helplessness.**

business: procrastination, not finishing projects, distractions, time
management, no money, hustle, workaholism, to do lists, no action taken,
... no or small results.

love: no love life, no sex, no intimacy, no/bad partner, no/bad friends, arguments, abuse of any kind, bad dating, breakups, messy relationships, no action taken to change the situation

health: weight issues, negative self image, pain, chronic pain, illnesses, injuries, accidents, eating disorders, addictions, no real change/action taken.

Issues: not accepting and then changing reality through taking physical action.

- entitlement (belief that you don't have to take physical action to receive what you desire),
- avoidance,
- blaming (world is too hard)
- lack of personal responsibility,
- not knowing how to do things to get results.

Solutions: working towards creating a physical change in the internal and external conditions the client is living.

- Taking action:

take account (aka reality check),

accountability,

show how,

make it easy to implement/take action.

- “Done For You” services:

Business-marketing VAs, web-design, PR, ghost-writer, lead generation, so on.

Love - dating-buddy, escort, massage-therapy, therapy or ‘vanilla coaching’

- friend for rent type, match-making agencies.

Health - dieting pills, surgery, rehab, detox, hospitalization, supplements.

2 Emotional

belly chakra

creativity

sweet love - user experience

fertility

authenticity

Symptoms: not doing what you want because of the fear - feelings of fear and regret.

business: choosing wrong niche, imitation, charging little, or work for free, over-delivering, playing small.

love: have no boundaries, people pleasing, anger bursts, resentment, rebellious behavior, conflicts, loneliness/no love or intimacy, low expectations.

health: overwhelm, stress, stomach issues, health excuses to avoid internal and external growth.

Issues:

- childhood trauma/event,
- fear of falling apart because of the emotional pain,
- a lonely empath syndrome (feeling what others are feeling and trying to avoid their pain - leads to isolation,
- a busy empath syndrome (overwhelm with trying to fix people's feelings) - leads to playing "I'm Only Trying To Help" game.

Solutions: releasing pain, healing trauma, mastering emotions, implementing boundaries, exercising courage.

- Becoming a healer:

processing (analysis, understanding),

release (cry, dance, EFT, energy work)

- Becoming a teacher:

develop courage - show how, become a role model

teach emotional mastery (methods and tools to reduce fear and anxiety)

3 Willpower

Chakra Willpower and confidence.

Trust in your self
trust in people
trust in your work

Symptoms: procrastination, no desires, no action, no change, over-working.

business, love, health: bad habits leading to low income, mediocre relationships and poor health

Issues:

- no energy to implement willpower (low self worth)
- no motivation to implement willpower (weak Why - no purpose)
- don't know how willpower works - time management and psychology - too high expectations resulting in failure,
- loss of confidence - past experience showing you can not do it.

Solutions: expanding why and teaching productivity.

- Becoming an inspiration and a role model:

speaker,

author,

celebrity

- Becoming a high performance coach:

provide tools

provide accountability to deliver on your promises.

4 Love

Chakra Heart and Unconditional Love

Symptoms: intimacy, relationship issues, giving receiving balance messed up (generosity and stinginess), self-deprivation and self-harm.

business, love, health: feelings of not deserving unconditional love, distance in relationships, not being vulnerable, open or connected in any relationships.

Issues:

- misunderstanding of love
- bad parenting - programming
- trauma or loss of love
- judgement and fear of love - as losing your identity, too much, fear of success/expansion/unpredictability

Solutions: changing beliefs and personal programming, healing/ releasing past relationships traumas, learning to connect and relate.

- relationship with self coach

good enough/ self esteem healer

new habits/patterns,

role model - show how to be intimate/vulnerable, open, powerful, generous

- couples coach:

heal past hurts

encourage individuation

teach new ways to communicate, relate and be together

5 Influence

Chakra Throat, Power, Voice.

Symptoms: struggle with communication and influence, not showing up powerfully in the world, unspoken and unseen, feeling invisible, unauthentic, seeking power and attention, sacrificing for status.

business, love, health: not memorable, no real impact, needs are not met in a relationship, mediocre achievements in health and business.

Issues:

- hiding triggered by judgment or rejection
- no faith in your purpose
- trauma resulting in feeling unsafe to express yourself
- bad communication skills

Solutions: teaching visibility and effect (influence), expanding influence (branding and positioning), teaching communication skills and speaking.

- Becoming a healer:

healing fears around visibility

healing fears around being a powerful leader and in control (taking responsibility)

- Becoming an influence coach:

speakers trainings

brand and visibility and marketing expert

6 Clarity

Chakra Third Eye

Symptoms: no direction, no purpose, confusion, feelings of being lost and stuck, not knowing what to do, seeking and wandering but never arriving.

business, love, health: asking others for opinion, not committing, not making decisions, living in a conflict, giving up on results/process-oriented, downloading but not implementing, no vision/small vision, grandiose vision, ignorance, missing opportunities.

Issues:

- no sense of presence (not being present with what it is)
- no understanding of purpose (not being selective or purposeful in absorbing data)
- bad habits of distraction and avoidance
- overwhelm of information and no mastery of clairvoyance skill (no discipline, practice or purpose)

Solutions: developing intuition, mastering intuition

- **Becoming a guru:**

teaching the principles of being present

helping to find purpose

helping to navigate subconscious, energetic and metaphysical data
(interpretation of symbols and archetypes)

helping to master intuition and visionary skills

7 Faith

Chakra Sahasrara

Symptoms: feeling of alone/no support, fear of death/or looking for belonging in cults, no confidence, relaying on gurus/ somebody else to connect you with your source, no sense of purpose or higher self.

business, love, health: aloofness, daddy issues - looking for authority/or authority issues, feeling deprived and disconnected from the energy source, a magic pill syndrome - waiting for a miracle from outside of you, no patience, living short-term, no legacy, no impact.

Issues:

- religious beliefs and programming and disillusionment
- daddy issues (women), mummy issues (men)

- loss of self
- lack of spiritual practice/discipline

Solutions: healing parental issues, developing faith, creating a practice.

- Becoming a spiritual healer:

healing connection to source

- Becoming an spiritual teacher:

a role model

teaching the discipline and practice of faith/connection with the source

Now it's your turn!

Take notes, share your realizations in a group.

Symptoms, Issues and Solutions

1 Practical

Symptoms

Issues

Solutions

2 Emotional

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3 Willpower

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Issues

Solutions

4 Love

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Symptoms

Issues

Solutions

7 Faith

Symptoms

Issues

Solutions

Exercise 4

Who Is Attracted To You

Write down 5 names of people around you (family, friends, colleagues, clients, audience).

Identify the symptoms they live, their core issue and how you can help.

Name	Symptoms	Issue	Solution
1			
2			
3			
4			

SO!!!! Who Are You?!

Coaching Practice Notes

Please, share your realizations in a group!