

**25**  
**WAYS**

to use

**Done-For-You**  
**PLR.me Content**

How the top coaches are using **done-for-you content** to get traffic and clients *without* writing from scratch.



A group of people are gathered around a table in a meeting or collaborative workspace. They are looking at laptops and documents. There are drinks on the table, including a glass of iced tea and a water bottle. The scene is dimly lit, suggesting an indoor office environment.

**Done-for-You Content =**

**Content you can brand and  
sell as your own.**





You can sell courses, workshops,  
and coaching programs...

**...WITHOUT** writing from scratch!



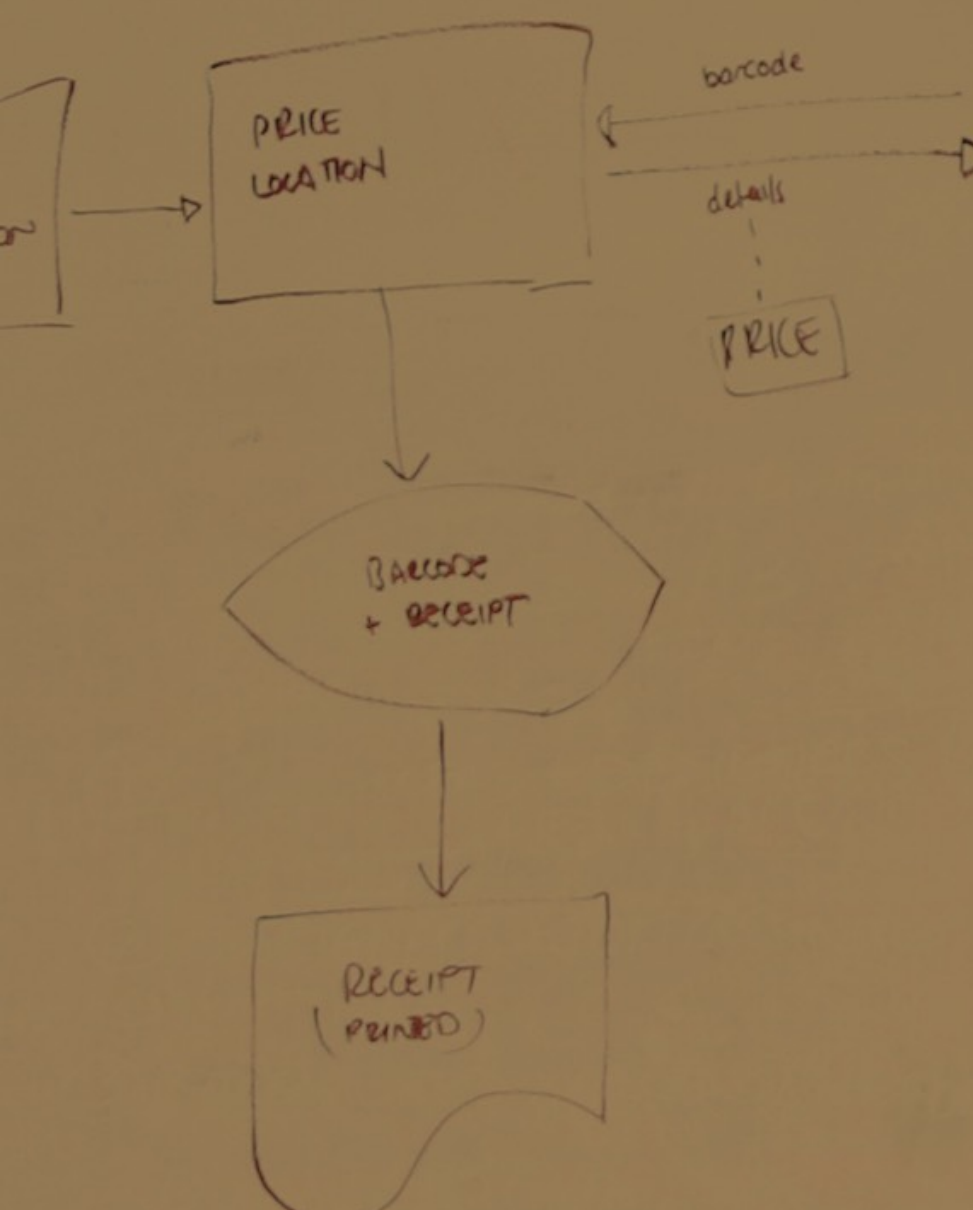
CATEGORY:

# Product Creation





# 1. Short eBooks and Courses



**Penny Choong**  
1 hr · Kuala Lumpur, Malaysia

So I launched this today & the first sale came in within 30 minutes of the official launch.

Just want to say thanks to [Ronnie Nijmeh Chantal Beaupré Allegra Sinclair](#) for the tips & tricks I've picked up from PLR.me. You've made it possible.



**Launching:**  
Create A New Money Belief,  
Create A New Life

**3 Simple Ways To Change Your Money Beliefs For A Wealthy Life - MoneyPenny**

Most people love to spend & shop, but when it comes to making money —...

PENNYCHOONG.COM | BY PENNY CHOONG AKA MONEYPENNY

Like Comment Share Buffer

You, Wendy Fisher and 2 others



**Ronnie Nijmeh** WOW. That is STUNNING! I \*love\* the cover, design, and product layout with the cool wood background. Is the book based on the done-for-you PLR.me content? #beautiful #epicwin

Like · Reply · 1 · 1 hr

**Penny Choong** Thanks [Ronnie Nijmeh](#). Yup it's based on a done-for-you content, modified for my niche.


Unlike · Reply · 2 · 1 hr



The more products you  
have to offer...

...the better you can serve  
your audience.





Courses let your clients tap  
into your brain...

...without tapping out your  
schedule.



# 2. Signature Training Program

The collage displays various components of the training program:

- Module 1: Elite Self-Awareness System** - Getting to know your Authentic Self. Includes a slide with a "Your Name" field.
- Course Overview** - A page listing modules: Module 1: Elite Self-Awareness System, Module 2: Building Blocks of Personal Empowerment, Module 3: The Confidence Amplification System, and Module 4: Creating Power Goals. It includes a search bar and download links for "Presentation Slides" and "Workbook".
- Building Blocks of Personal Empowerment Worksheet** - A worksheet with a title image of a hot air balloon and a "Worksheet" label.
- Live the Dream! How to Wake Your Inner Champion and Make Your Dreams a Reality** - A presentation slide with a dark background and white text.



You need a high ticket  
(\$500-2,000+) offer in  
your funnel...



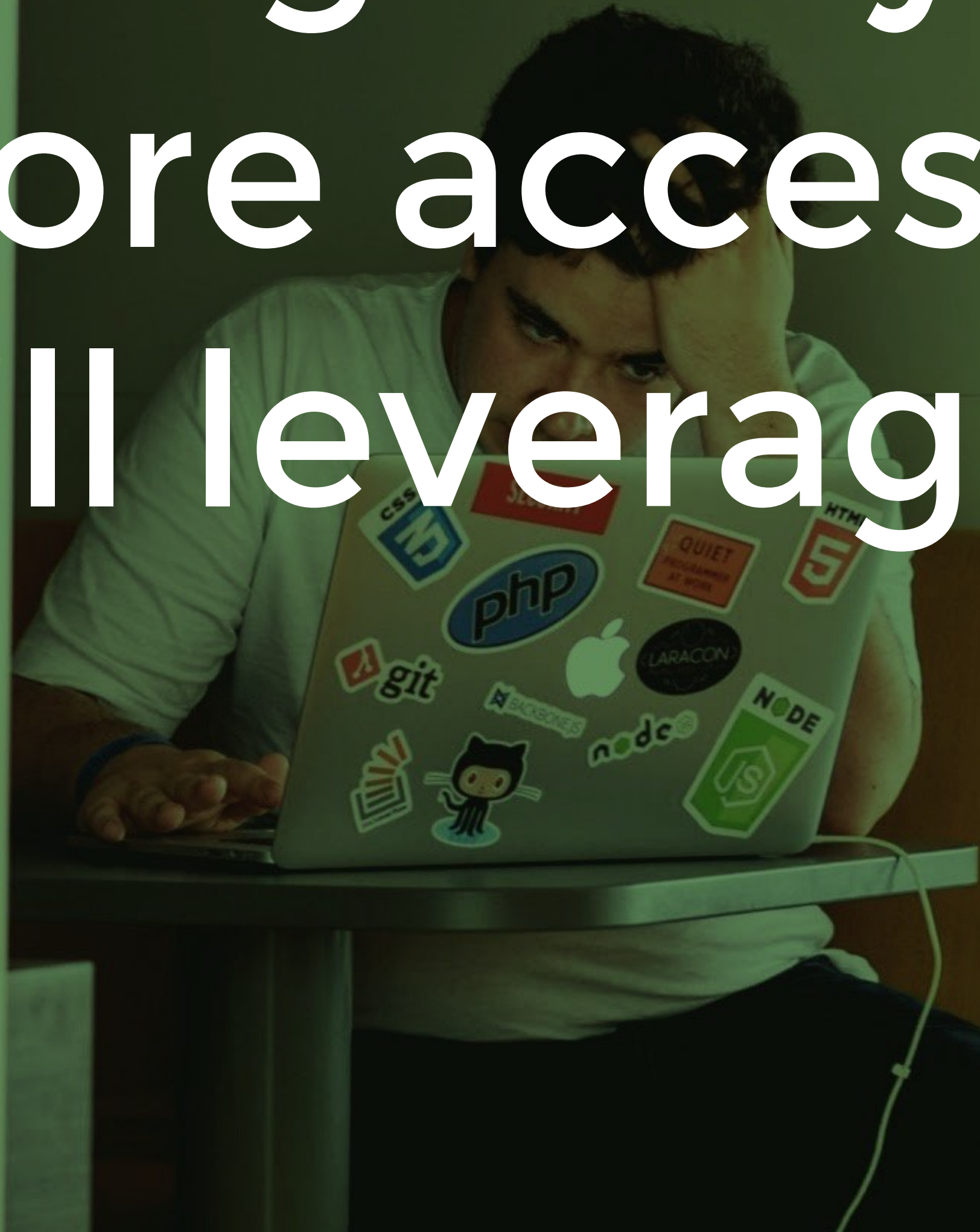


A person is sitting at a desk, using a tablet. The tablet screen shows a webpage with a video player and text. A white coffee cup with a saucer is on the desk to the right. The background is a light-colored desk with some papers and a pen.

**This could be a  
4-6 week webinar  
or video based program.**

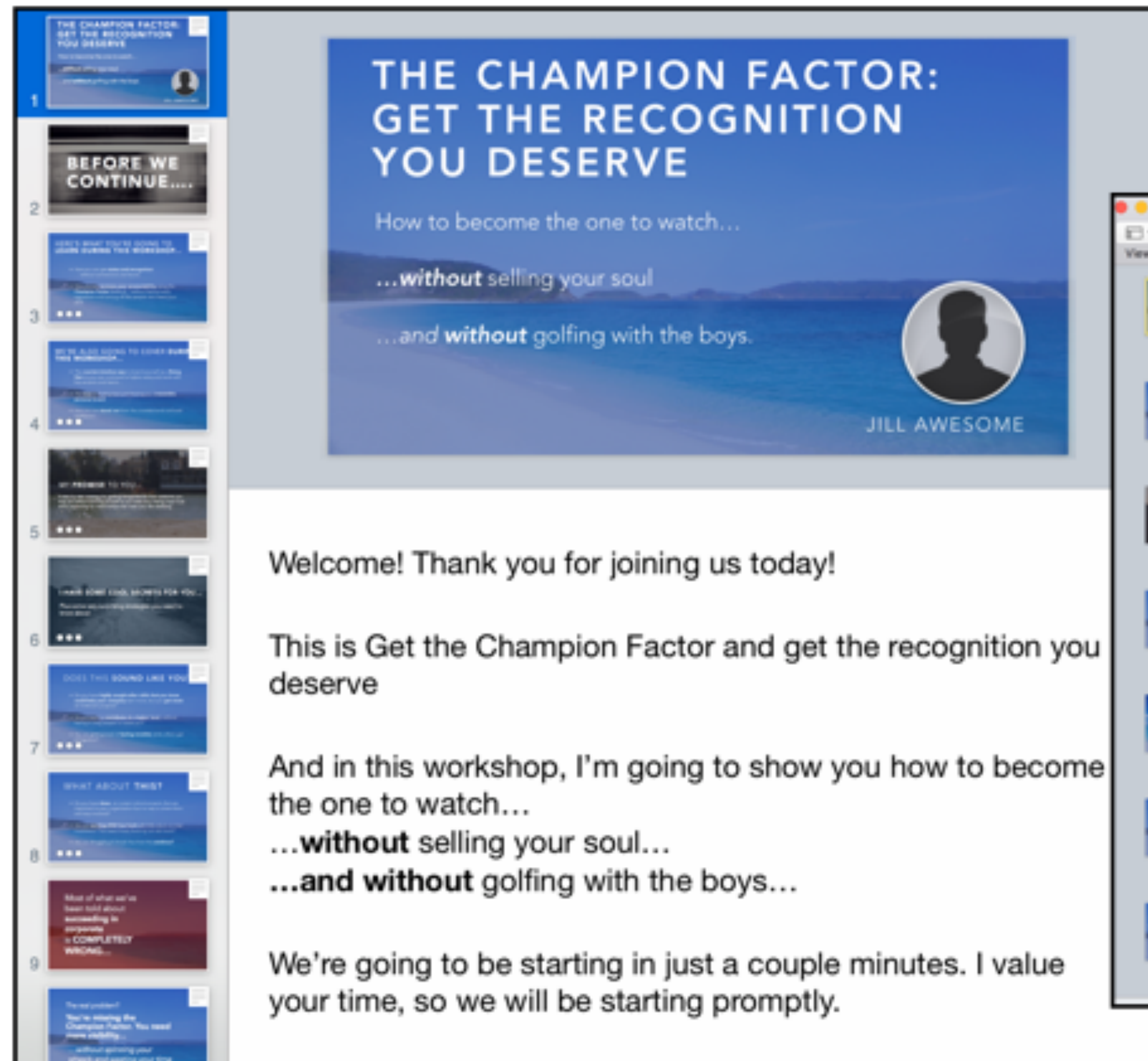


This gives your audience more access to you, but still leverages your time.





# 3. Webinars and Live Streams



**THE CHAMPION FACTOR:  
GET THE RECOGNITION  
YOU DESERVE**

How to become the one to watch...  
...**without** selling your soul  
...and **without** golfing with the boys.

JILL AWESOME

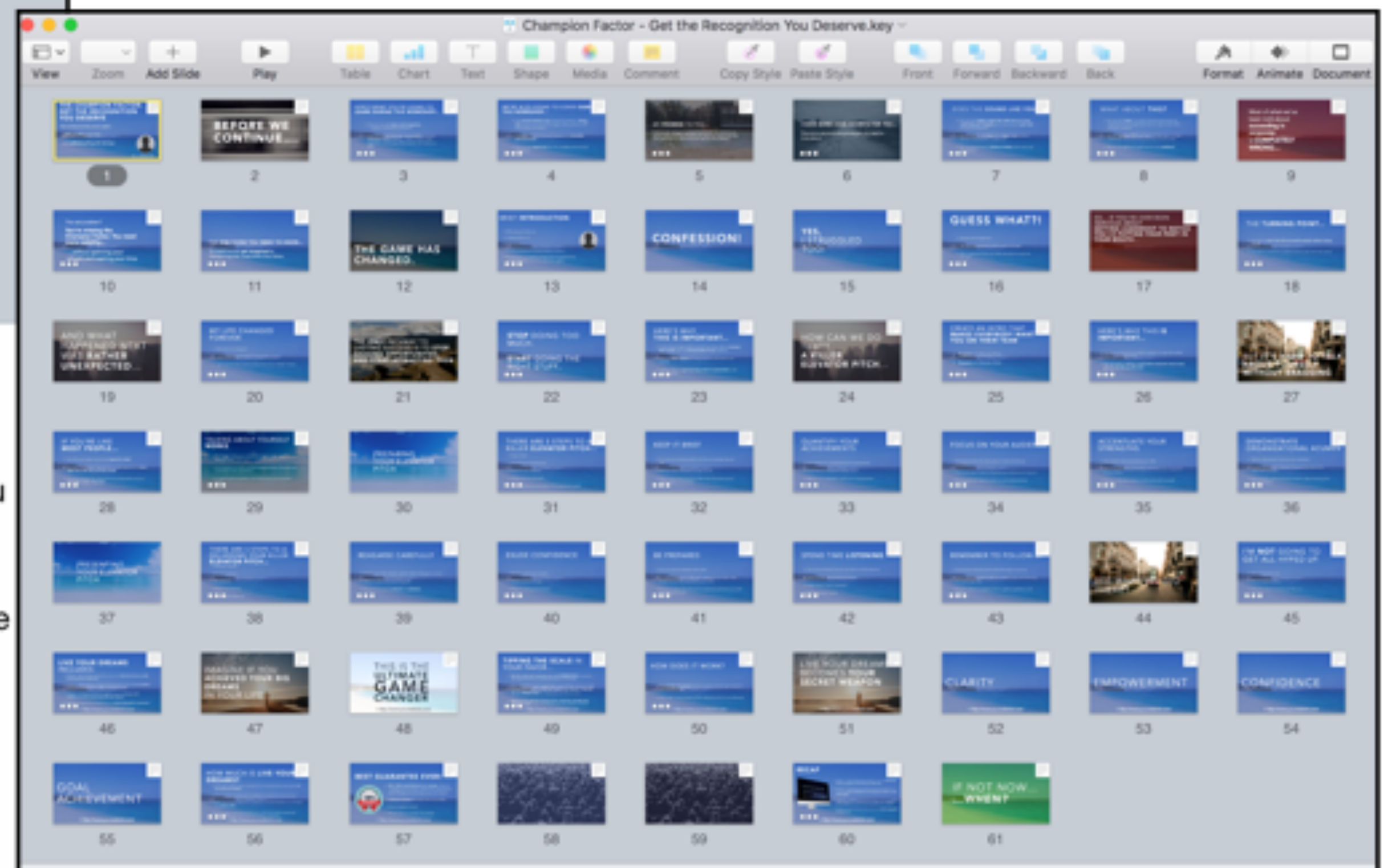
1 THE CHAMPION FACTOR: GET THE RECOGNITION YOU DESERVE  
2 BEFORE WE CONTINUE...  
3  
4  
5  
6  
7  
8  
9

Welcome! Thank you for joining us today!

This is Get the Champion Factor and get the recognition you deserve

And in this workshop, I'm going to show you how to become the one to watch...  
...**without** selling your soul...  
...and **without** golfing with the boys...

We're going to be starting in just a couple minutes. I value your time, so we will be starting promptly.



Champion Factor - Get the Recognition You Deserve.key

View Zoom Add Slide Play Table Chart Text Shape Media Comment Copy Style Paste Style Front Forward Backward Back Format Animate Document

1 2 3 4 5 6 7 8 9  
10 11 12 13 14 15 16 17 18  
19 20 21 22 23 24 25 26 27  
28 29 30 31 32 33 34 35 36  
37 38 39 40 41 42 43 44 45  
46 47 48 49 50 51 52 53 54  
55 56 57 58 59 60 61



# 4. Coaching Handouts & Resources

14

## Bedtime Rituals for Better Sleep

sleep problems on a regular basis, but you don't **determine whether you toss and turn or get a** t will have you waking up every morning

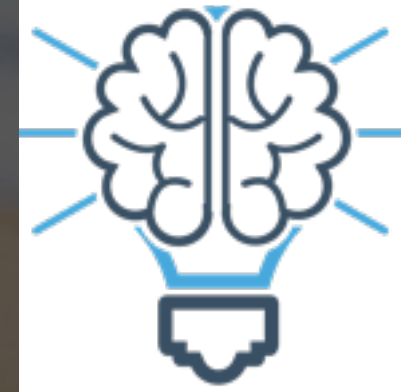
body to produce hormones that increase **the TV and computer screens at least an hour**

in the day disrupts their sleep. Devote your ing to your kids.

to promote sleep. **Eat a light snack with protein e grain cereal with milk.** Treat yourself to a e to bedtime.

insomnia. Keep a lavender plant on your otton ball and slip it inside your pillowcase.

Use one foot to rub the other. Soak your base to the tip. Move your thumb in circles



## 14 Easy Habits that build Mental Strength

Mental strength is your mind's ability to keep working towards your goals regardless of the obstacles that stand in your way. Mental strength is also a set of skills that you can develop with practice. With each constructive decision you make, managing your feelings and thoughts becomes more automatic.

Cultivate habits that bring you greater success and peace of mind. Try these suggestions for harnessing your strengths.

### Gaining Wisdom

- ▶ **Follow your curiosity.** Explore your interests. Approach each day with a sense of adventure and welcome new experiences.
- ▶ **Continue learning.** Commit yourself to lifelong learning. Sign up for adult education courses at a local university or study a foreign language online. Read a different book each week and attend lectures at nearby museums.
- ▶ **Indulge your creativity.** Take up a hobby. Decorate cakes or knit a sweater. Spend time making crafts with your children.
- ▶ **Develop mindfulness.** Use prayer and meditation to deepen your mindfulness. Concentrate on one activity at a time. Live in the present moment.



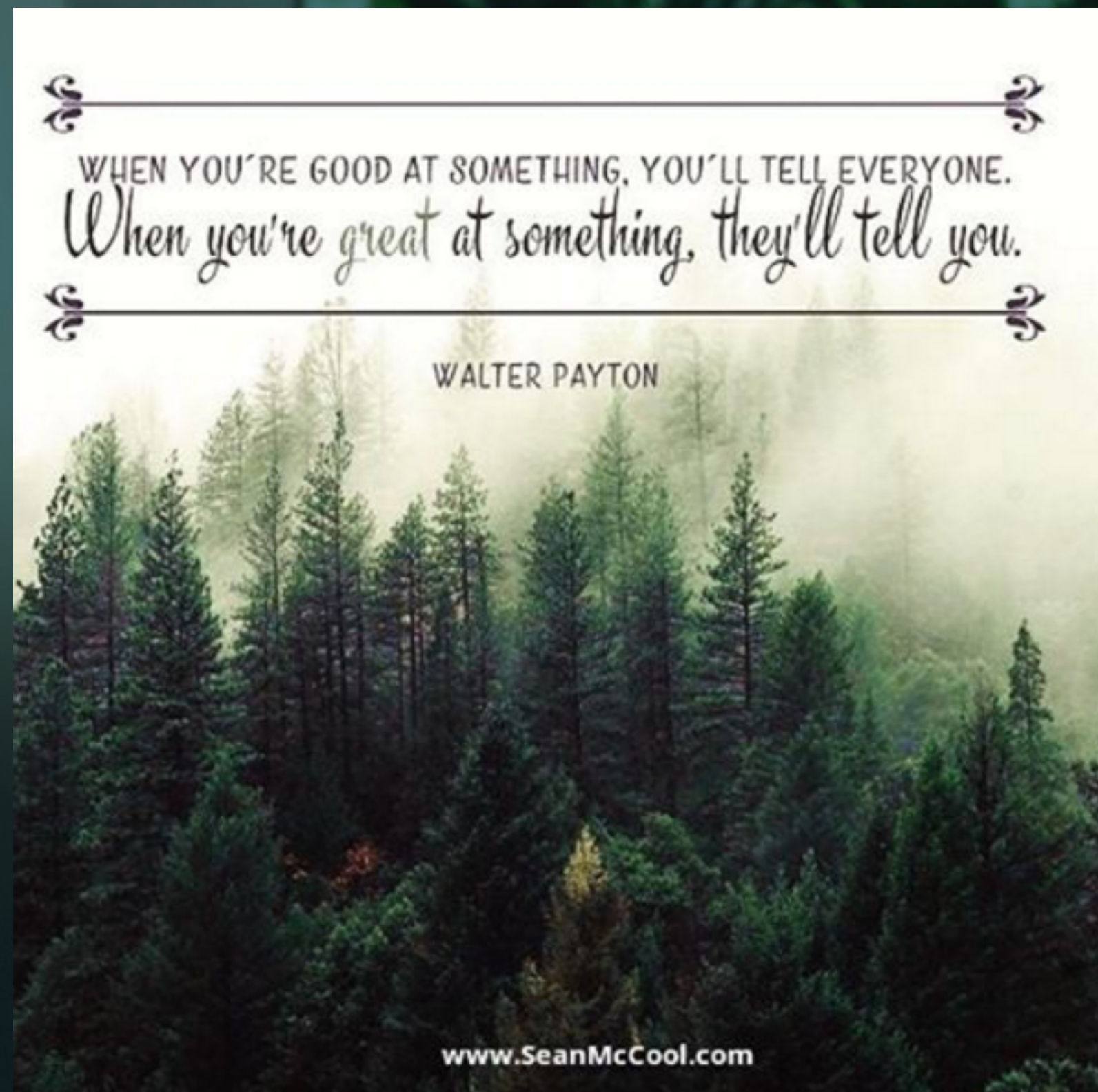
CATEGORY:

# Social Media





# 5. Quotables and Inspirational Graphics on Facebook & Pinterest





A modern office interior with a purple tint. The scene shows several long desks with black office chairs. In the background, two people are standing near a desk, and large windows are visible. The ceiling has exposed wooden beams and industrial-style lighting. The overall atmosphere is professional and contemporary.

People ignore  
“bot” posts.






Vary your social updates  
with videos, text, and  
graphics.



# 6. Slide Decks for SlideShare

The screenshot shows a SlideShare presentation interface. At the top, there is a navigation bar with the LinkedIn logo, the text 'SlideShare', a search bar, and menu items for 'Home', 'Technology', 'Education', and 'More Topics'. The main content area displays a slide with a purple gradient background. In the top-left corner of the slide, there is a yellow banner that says 'You Tube video inside.'. The slide features the 'SANORAH COACHING' logo, which consists of a circular emblem with a stylized bird or phoenix. Below the logo, the title '20 Days of Inspiration' is written in a large, white, sans-serif font. Underneath the title, a subtitle reads '20 BEAUTIFULLY DESIGNED INSPIRATIONAL MESSAGES TO KEEP YOU MOTIVATED TO ACHIEVE YOUR GOALS' in a smaller, pink, all-caps font. At the bottom of the slide, there is a dark grey navigation bar with a left arrow, the text '1 of 23', a right arrow, and a share icon. Below the slide, the title '20 days of inspiration' is repeated in a smaller font, and the view count '81 views' is shown in the bottom right corner.



A top-down view of a desk with various items including a laptop, keyboard, mouse, glasses, and a pen. The text is overlaid on the image.

SlideShare has a  
massive audience of  
70MM+



A person in a dark suit is walking through a store filled with framed posters and artwork. The scene is dimly lit with a greenish tint. The person is carrying a brown paper bag. The posters in the background feature various designs, including one with the text 'NEW YORK CITY' and another with 'STRAWBERRY FIELDS'.

Create awesome slide  
decks that get shared!

*...like this one! ;-)*



# 7. Create Infographics

One of our clients created this one using done-for-you PLR.me content.

## THE 12 PITFALLS OF PERFECTION

**PERFECTION** is the assassin of progress. It's silent, deadly and ruthless.

- ONE** **Perfection isn't possible.** Nothing has ever been perfect in the literal sense of the word. You might as well go looking for a unicorn.
- TWO** **Perfection is a waste of time.** You're not allocating your most scarce resource - time - intelligently if you're trying to be perfect.
- THREE** **Perfection causes you to get less done.** When you try to be perfect on every aspect of a project, then the whole project will never get done.
- FOUR** **Perfection is often a sign of insecurity.** The drive for perfection is often an attempt to cover up for a perceived lack of enoughness.
- FIVE** **Perfection leads to procrastination.** It can be tough to take the first step if you believe the outcome has gotta be perfect.
- SIX** **Perfection is unhealthy.** Perfectionists are more prone to heart disease, anxiety, and mental health issues.
- SEVEN** **Perfection causes others to leave and let you go at it alone.** People have little patience for perfectionists.
- EIGHT** **Perfection leads to frustration.** There's only one way to be perfect and thousands of ways to be anything less than perfect.
- NINE** **Perfection is an enemy of success.** Perfection is the desire to avoid failure. However, success always includes failures along the way.
- TEN** **Perfection leads to unreasonable expectations.** When you expect perfection, you expect what is impossible to capture.
- ELEVEN** **Perfection can breed anger.** Perfectionists feel contempt for anything less than perfection.
- TWELVE** **Perfection snuffs out happiness.** Happy people don't need to be perfect.

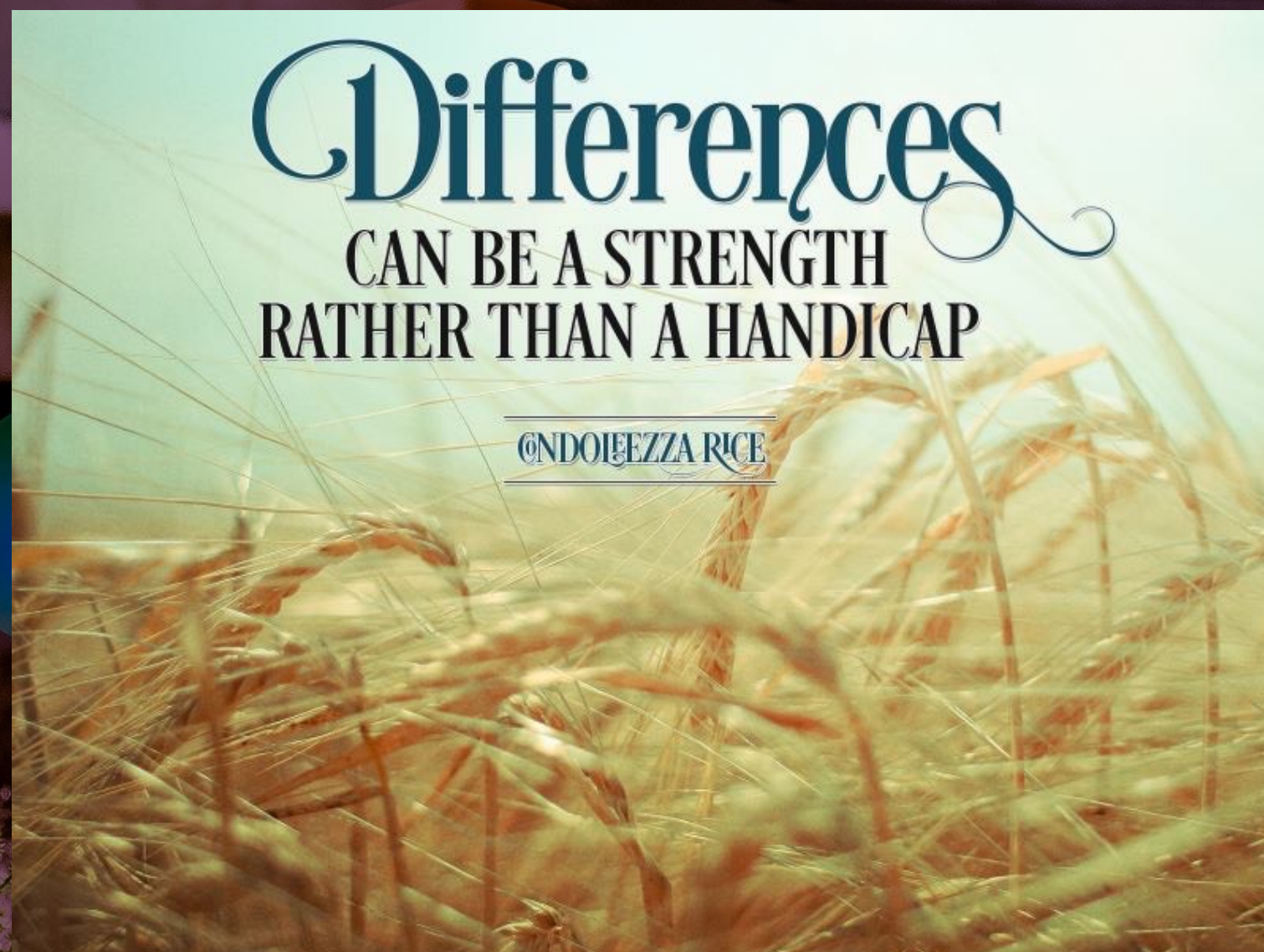
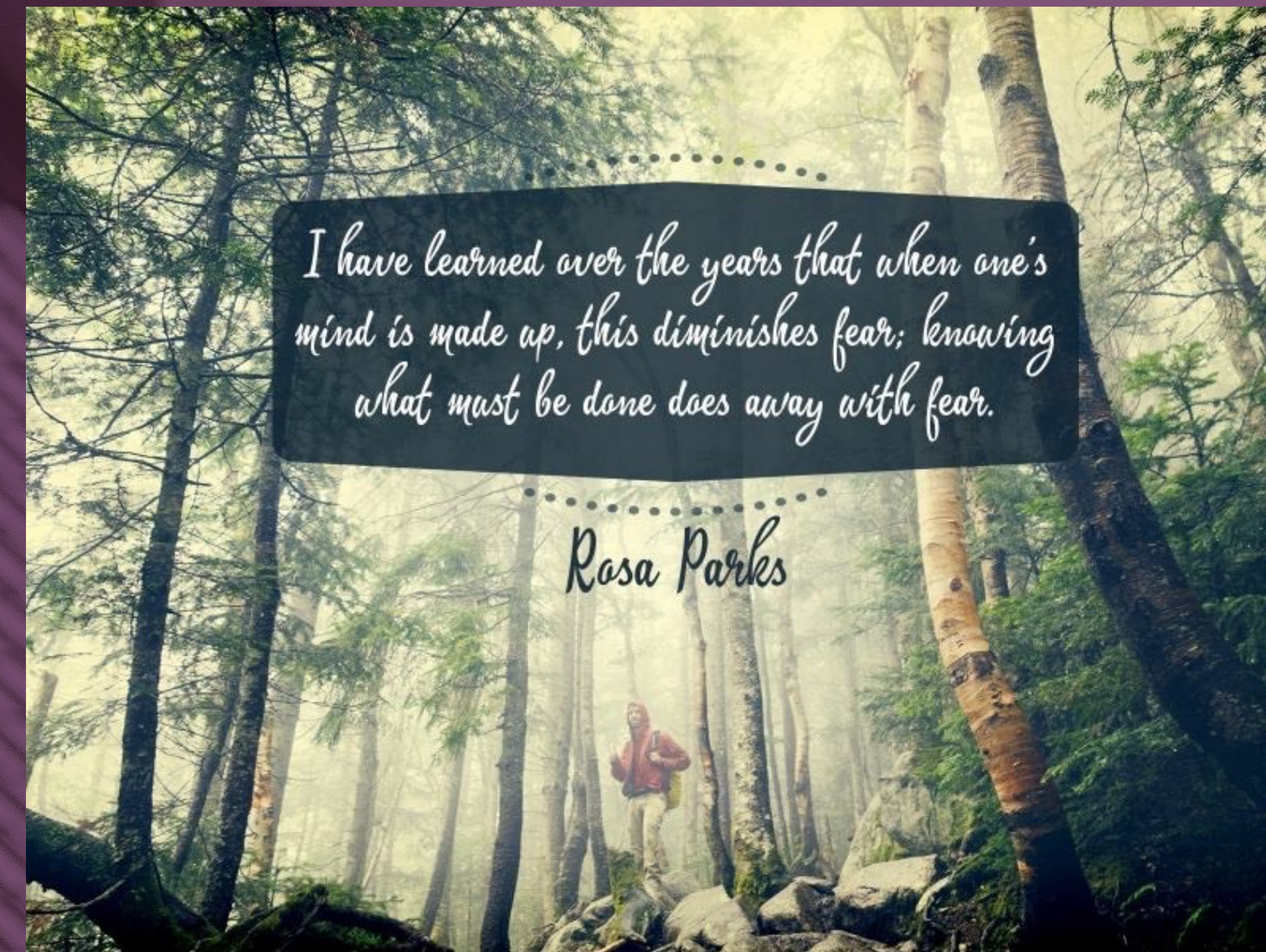


A photograph of a workspace featuring a silver laptop with the Apple logo, a tablet displaying the App Store interface, and a glass of water on a wooden desk. The text is overlaid in white on a dark, semi-transparent background.

Repurposing your content into another medium gives it new life.



# 8. Viral Graphics





# 9. YouTube Videos

YouTube Search

Hope  
brightens my life

Contact info@sanorahcoaching.com for more

0:02 / 0:59

20 days of inspiration

Deborah Cripps

Subscribe 1

28 views



CATEGORY:

# Recurring Income





# 10. Membership Site

## I love PLR.me because it makes me money

6 messages

Jerry Meyer

Tue, Nov 25, 2014 at 11:14 AM

To: Ronnie Nijmeh <ron@plr.me>

Hi Ron,

I want to thank you for creating [plr.me](http://plr.me)

Here is just one way that I have been using [plr.me](http://plr.me) to make money.  
I created "The Mindset Collection" in 2011

<http://www.themindsetcollection.com>

Monthly subscribers for just \$9 get 20 Desktop Wallpapers and 20 Mindset Exercises  
All as I do is watermark, put in a zip file and load on my server.

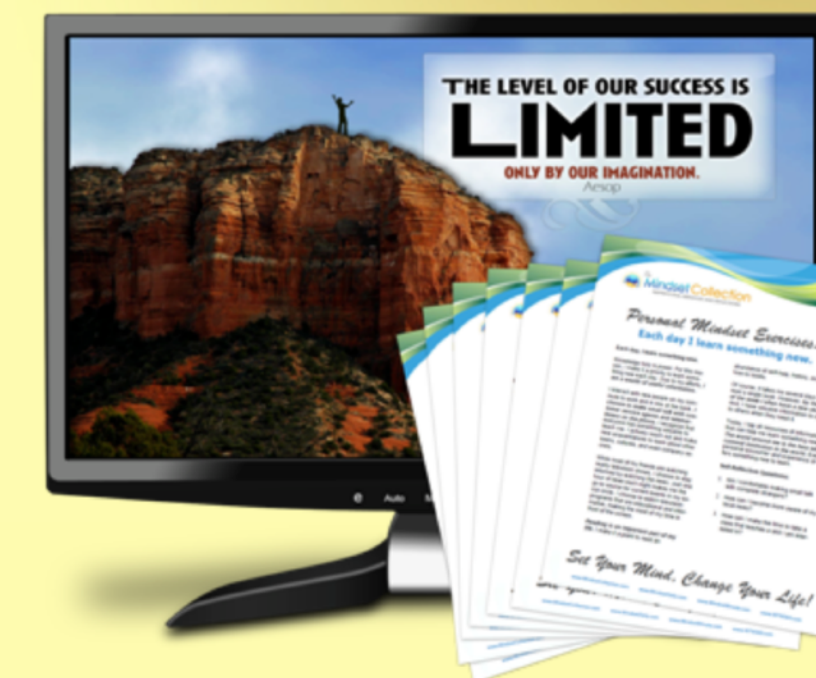
I have been a lifetime member for over 2 years and my [plr.me](http://plr.me) library is the first place I look to fuel any idea that needs content.

Thanks again for all you do!

Make it a great day!  
Jerry Meyer



Home Desktop Wallpapers Mindset Exercises PAID to Inspire Gallery Subscribers



## The Mindset Collection

EVERY MONTH Receive 20 Awe Inspiring, Motivational Desktop Wallpapers and 20 "Personal Mindset Exercises". Keeps you positively focused and moving towards your goals. Use as your desktop screensaver or add to the background of your iPad or Smartphone!

FREE SAMPLE

SUBSCRIBE NOW





**The key to passive income is consistent high-value content.**



CATEGORY:

# Physical Products





# 11. Physical Products





# Calendars Planners

## LIFE HAPPENS...ON PURPOSE!



### QUOTE OF THE MONTH

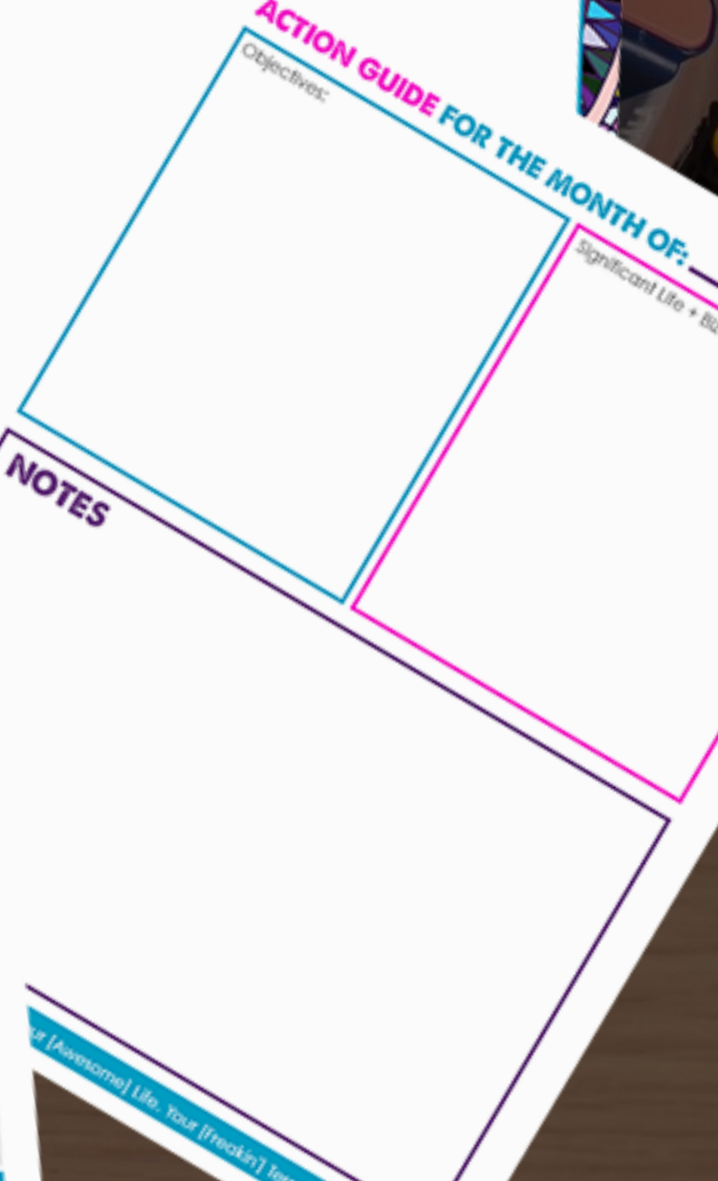
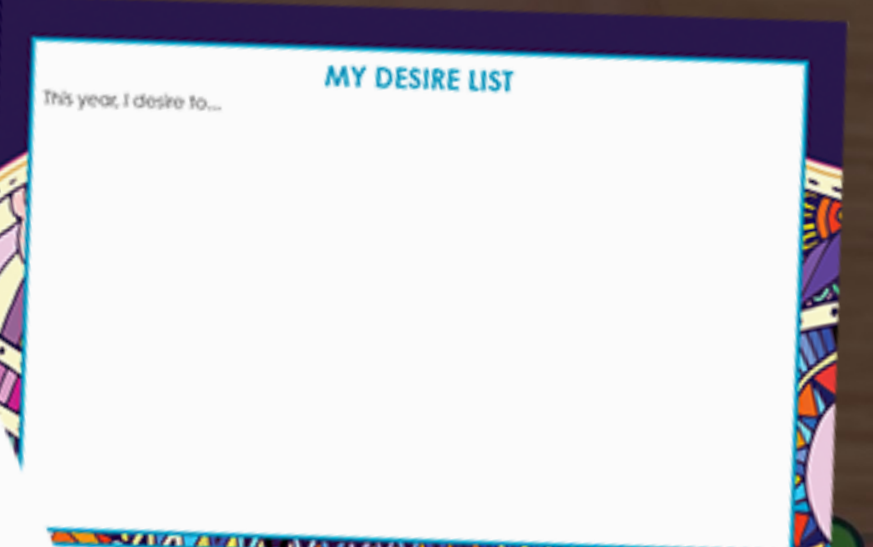
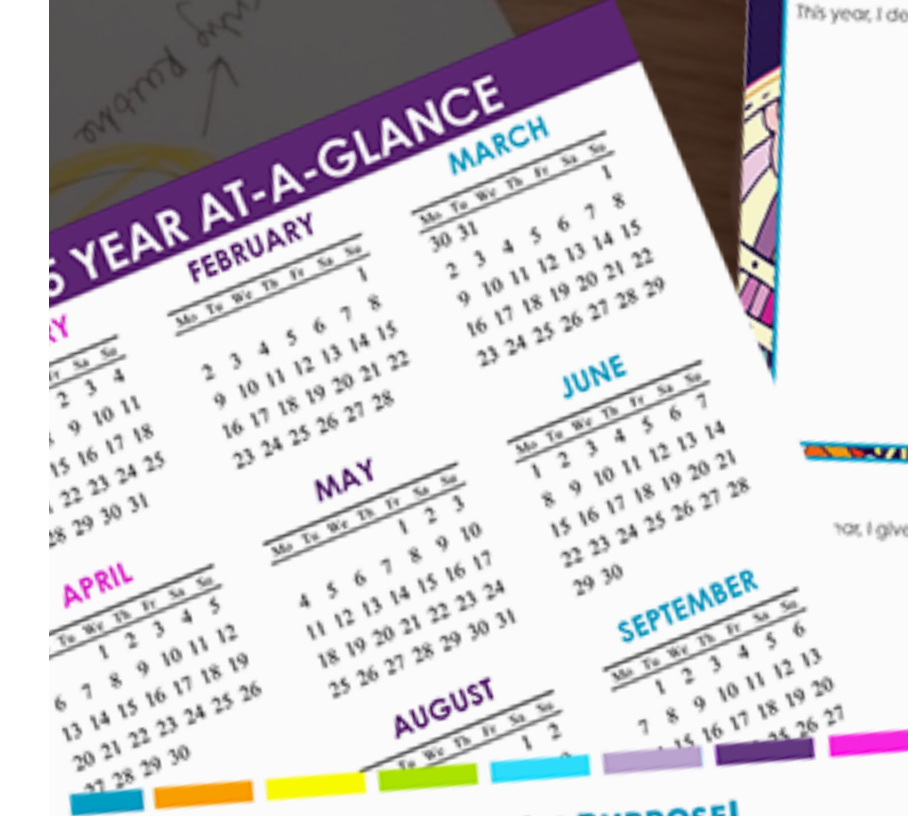
Happiness is not something ready made. It comes from your own actions. ~Dalai Lama XIV

### MONTHLY REFLECTION

I am responsible for finding my own happiness and it is up to me to discover and follow my own path. If I want joy in my life, I know I must create it for myself. Today, I remind myself that only I can make a difference in my own happiness.

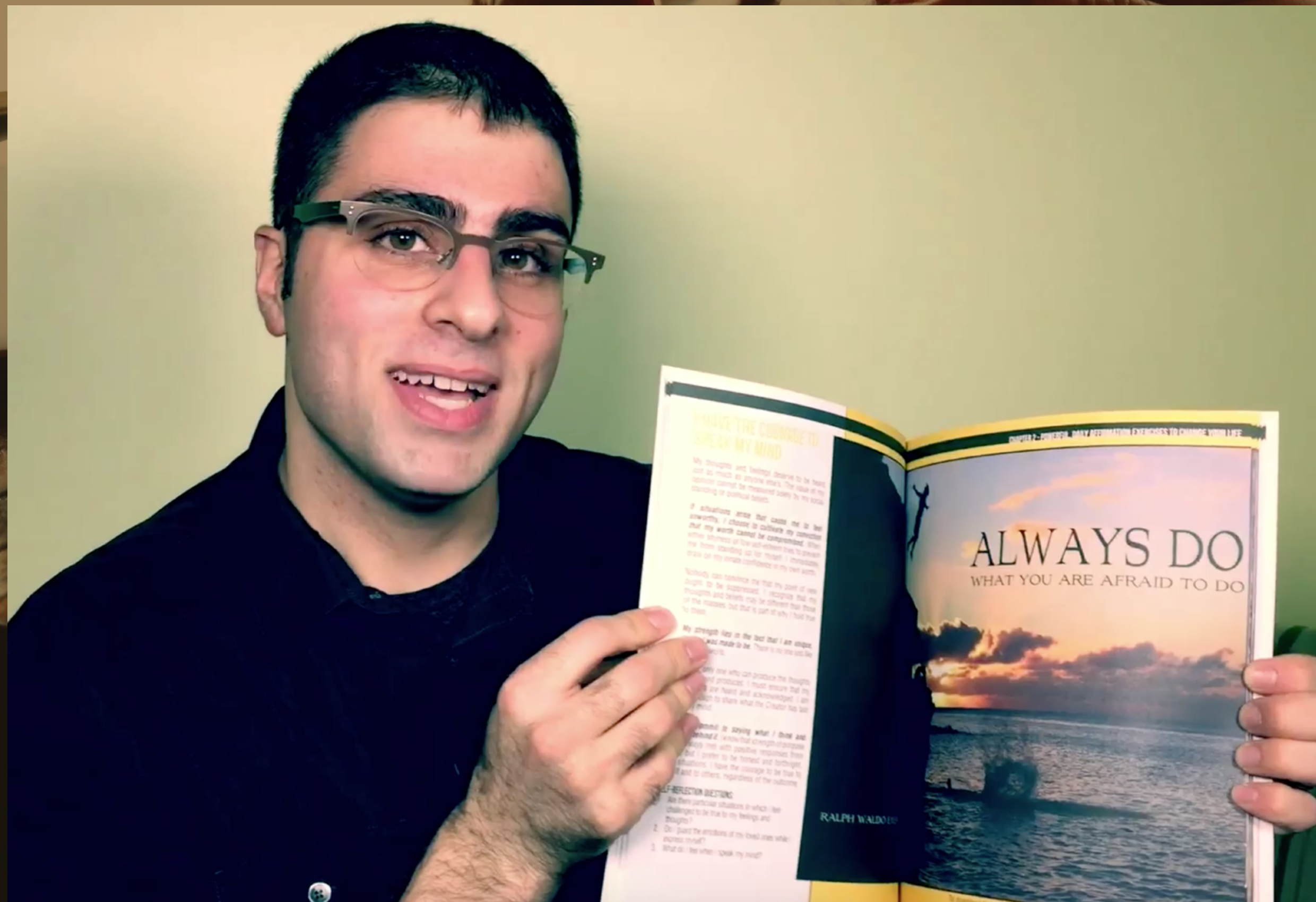
## DECEMBER

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
|        |        | 1       | 2         | 3        | 4      | 5        |
| 6      | 7      | 8       | 9         | 10       | 11     | 12       |
| 13     | 14     | 15      | 16        | 17       | 18     | 19       |
| 20     | 21     | 22      | 23        | 24       | 25     | 26       |
| 27     | 28     | 29      | 30        | 31       |        |          |





# 12. Inspirational Coffee Table Book



*Real example from a  
PLR.me member of an  
epic coffee table book.*





# 13. Magazine



Real client example of a magazine created from the done-for-you PLR.me content



CATEGORY:

# Website Content





# 14. Pre-Load your Blog for an Entire Year

*We've got a tool that  
pre-loads your site automatically.  
Yeah. We've thought of everything. ;-)*

All (32) | Mine (31) | Published (2) | **Scheduled (22)** | Drafts (8)

Bulk Actions ▾ Apply All dates ▾ All Categories ▾ Filter

- Title
- [Who Else Wants Fewer Doctor Appointments](#) — Scheduled
- [Which Would You Rather Have Perfection or Success](#) — Scheduled
- [Whats Your Organizing Style](#) — Scheduled
- [What Will You Do if Your Partner Seems to Be Losing Interest](#) — Scheduled
- [What Every Woman Ought to Know About Menopausal Weight Gain](#) — Scheduled
- [Transform Your Inner Critic Into Your Own Personal Cheerleader](#) — Scheduled
- [Top 10 Steps to Enhance Your Memory](#) — Scheduled
- [The Secret of Teaching Yourself to Go to Bed on Time](#) — Scheduled
- [The Art of Patience](#) — Scheduled
- [Self Acceptance What It Is and How To Get It](#) — Scheduled
- [See How Easily You Can Look Professional in Meetings](#) — Scheduled





CATEGORY:

# Live Events



A photograph of two people sitting at a wooden table. The person on the left is writing in a notebook with a pen. The person on the right is using a tablet. On the table, there is a glass of water, a coffee cup on a saucer, and a smartphone. A black bag is on the table behind them. The background is a brick wall. The entire image has a dark green overlay.

**You can use your content  
online and offline.**



# 15. Transformational Retreat

A tropical beach scene with turquoise water, white sand, and palm trees under a blue sky. The text "15. Transformational Retreat" is overlaid in white on the left side of the image.





Book a luxurious venue  
and help your clients  
achieve breakthroughs.

*(and pamper yourself and your guests while you're there!)*



# 16. Live Events & Workshops



The screenshot shows the Meetup website interface for the 'Unstoppable Success Group'. At the top, there are navigation links for 'Find a Meetup Group' and 'Start a Meetup Group', along with 'Sign up' and 'Log in' buttons. The group name 'Unstoppable Success Group™' is prominently displayed in orange and blue, with the tagline 'for Women Entrepreneurs' below it. A navigation bar includes 'Home', 'Members', 'Photos', 'Discussions', and 'More', with a 'Join us!' button on the right. The main content area features a featured event titled 'Networking & Training: Goal Setting to Unstoppable Goal Achievement for 2015' in Cleveland, OH. To the right of the event, it indicates '7 went' and lists 'Ann R.' as the 'ORGANIZER' and 'EVENT HOST'.

Real example of a PLR.me member who hosts regular networking events on meetup.com and uses the done-for-you content for a quick 15-minute presentation.



CATEGORY:

# Lead Generation





# 17. Grow your email list

**I love PLR.me because...it allows me to offer high quality, unique products, even when they are free!**

2 messages

Gillian Hood

To: "ron@plr.me" <ron@plr.me>

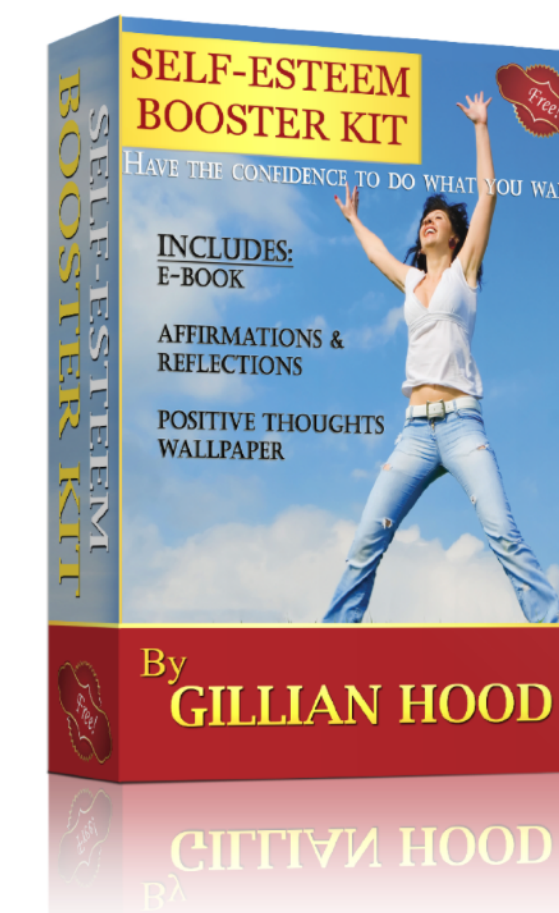
Hi Ronnie,

I don't have a ton of products created yet, that will be happening next year for sure! However, my very best converting, most popular free gift that I have been offering for almost three years now, is my Self-Esteem Booster Kit. I've built a list of about 15,000 with this kit, and it has a consistent conversion rate of over 65-70% (often higher depending on who is promoting it) and it's still going strong.

**FREE DOWNLOAD:**

*Maximize Inner Power That You've Never Before Tapped!*

**"Live The Life You *Truly Desire*  
When You Download Your FREE  
Ultimate Self-Esteem Booster Kit"**



Free  
Instant  
Access

**YES! I want this powerful  
FREE Gift, I'm Ready To  
Boost My Self-Esteem!**

Simply fill in your first name  
& Best Email address  
for Free Instant Access!



Name:

Primary Email:

**Grab It Now!**

(We take your privacy very seriously.  
Your information is never sold or shared.)



# 18. Lead Magnets



Almost there: please complete this form and click the button below to gain instant access.

## Get 30 days of life changing tips so you can Thrive



**LET'S GET STARTED »**

 We hate SPAM and promise to keep your email address safe.



# 19. Content Upgrades

*I am confident in my ability to succeed*

I am confident in my ability to succeed. and the lives of those around me as I march steadfastly towards my goals.

I have the power to overcome any obstacles that may arise as I pursue my goals. I have the power to overcome any obstacles that may arise as I pursue my goals. I have the power to overcome any obstacles that may arise as I pursue my goals.

the courage to overcome any obstacles that may arise as I pursue my goals. I have the power to overcome any obstacles that may arise as I pursue my goals.

I have the power to overcome any obstacles that may arise as I pursue my goals. I have the power to overcome any obstacles that may arise as I pursue my goals.

Each day I have the power to overcome any obstacles that may arise as I pursue my goals. I have the power to overcome any obstacles that may arise as I pursue my goals.

to succeed. I have the power to overcome any obstacles that may arise as I pursue my goals. I have the power to overcome any obstacles that may arise as I pursue my goals.

can succeed. I have the power to overcome any obstacles that may arise as I pursue my goals. I have the power to overcome any obstacles that may arise as I pursue my goals.

Step by step, I have the power to overcome any obstacles that may arise as I pursue my goals. I have the power to overcome any obstacles that may arise as I pursue my goals.

and eventually, I have the power to overcome any obstacles that may arise as I pursue my goals. I have the power to overcome any obstacles that may arise as I pursue my goals.

triumph. I have the power to overcome any obstacles that may arise as I pursue my goals. I have the power to overcome any obstacles that may arise as I pursue my goals.

Mistake or opportunity? I have the power to overcome any obstacles that may arise as I pursue my goals. I have the power to overcome any obstacles that may arise as I pursue my goals.

success. I have the power to overcome any obstacles that may arise as I pursue my goals. I have the power to overcome any obstacles that may arise as I pursue my goals.

Through determination, I have the power to overcome any obstacles that may arise as I pursue my goals. I have the power to overcome any obstacles that may arise as I pursue my goals.

unshakable. I have the power to overcome any obstacles that may arise as I pursue my goals. I have the power to overcome any obstacles that may arise as I pursue my goals.

I am happy. I have the power to overcome any obstacles that may arise as I pursue my goals. I have the power to overcome any obstacles that may arise as I pursue my goals.

I am making progress. I have the power to overcome any obstacles that may arise as I pursue my goals. I have the power to overcome any obstacles that may arise as I pursue my goals.

*Taking risks brings me fulfillment*

**Taking risks brings me fulfillment.**

My most fulfilling accomplishments come when I take risks to achieve them. It is important to commit to a fearless approach. **My courage ensures my successes are multiplied continually.**

The biggest risks come when making personal decisions. It is easy to back down from a decision when the thought of it makes me uncomfortable. But I ignore that discomfort.

**I remind myself that uncomfortable choices result in the most rewarding outcomes.** That mindset helps me to be confident when taking personal chances. I know that my ultimate happiness comes when I decide to do what is best for me.

At times my job can be difficult. When the finances of the company are at risk, I am hesitant to make a decision. But I remind myself to be fearlessly smart.

**My fearlessness develops the more I choose to take risks.** Each time I commit to overcoming intimidation, my courage grows a little more. I buckle down and rely on my

qualifications and experience to make decisions.

Sometimes I wonder if wearing a red dress is worth the risk. But I envision the end of the tunnel instead of the risk to prevent me from getting

Today, I commit to using risk as an avenue for developing fearlessness. My focus is on living my best life. I am happy with my uncertain future. I realize they bring me the greatest satisfaction.

**Self-Reflection Questions:**

1. How am I affected when I take a risk that produces an undesirable outcome?
2. When am I best served by taking a risk?
3. What can I do to ensure that in the absence of risk I continue to be fulfilled?

## Decision-Making 101: Evaluating Risk vs. Reward

### Decision-Making 101: Evaluating Risk vs. Reward

As human beings, we are almost universally less than stellar at evaluating risk and reward.

Are you ever willing to bet \$10 on a roulette wheel or the slot machine even though the odds are better than 50% that a loss will occur? What about buying lottery tickets? Are those wise decisions according to logical assessments?

On the other hand, how willing are you to take social risks, like going up to an attractive member of the opposite sex and saying hello?

**The risk is almost exactly zero, but the potential payoff is huge.** Yet not many people will take this perceived risk even though this is a nearly perfect situation: very low risk and very high reward potential.

Are you assessing your life choices wisely? **Our actions are largely determined by where we choose to focus our attention.** If you emphasize the positive aspects of something and minimize the downside, you're likely to take that action. If you have the opposite focus, you're unlikely to do it.

For any big decision you're currently facing, try walking through the quick exercise below and see if it gives you new perspective.

### The Positives

Are you considering all the ways the risk could pay off? In our example above, you could make a new friendship. You might get a new career out of it. You might meet your spouse or a new golfing buddy. Think about all the potential benefits of taking the risk you have in mind. Make a list if that will help.

*I seize opportunities*

I seize opportunities.

I open the door when opportunity knocks. I become friends with a stranger by chatting with them on a bus.

I meet new possibilities and make the most of them. I become friends with a stranger by chatting with them on a bus.

opportunities when I team up with others. I ask for support. I

when someone needs help to work on an opportunity that could benefit us

moment as an opportunity. I take advantage of opportunities that come my way.

**Questions:**

What is the relationship between challenges and opportunities?

How do you create opportunities?

What is the role of a mentor in your life?

What brought me new opportunities?

How do you create opportunities?

What brought me new opportunities?

How do you create opportunities?

What brought me new opportunities?

How do you create opportunities?

What brought me new opportunities?

How do you create opportunities?

What brought me new opportunities?

How do you create opportunities?

What brought me new opportunities?

How do you create opportunities?

What brought me new opportunities?

How do you create opportunities?

What brought me new opportunities?

4. Find a place for possessions that are important to you. Provide each of your



# 20. Special Reports

The Town Festival Fable

A story about the importance of doing your best.

Pete the Palm Tree was shocked when he saw the town's reactions to Bogey the Bougainvillea...



 **FAMILY MATTERS**  
How to Ensure Your Kids Get the Best Education Possible

**Q:** My husband and I have 2 young children. The older child, our daughter, is just starting kindergarten this year.

Since my husband and I didn't have parents who were interested in or involved in our education, we want to do a better job with our kids. But **we're not sure about what we should do to see that our kids have the best educational experiences they can.** Where do we start?

**A:** First, kudos to you for recognizing the significance of being involved with your children's schooling! **Adults who had somewhat uninvolved parents often aren't aware of the importance of knowing what's going on educationally with their kids.** So, having awareness and interest is truly a great way to start.

One of the initial things you might want to do is to check out the schools in the neighborhood where you live. Your goal is to find out how the public schools in your area rate in terms of standardized assessments of reading and writing abilities.

Form  
Empowering  
*Habits*  
to create  
The Life You Desire



**SELF**  
**SABOTAGE**


HOW TO BANISH




**STUCK IN A RUT?**

TOP 8 STRATEGIES FOR GETTING MORE OUT OF YOUR LIFE

Half empty or Half full?



Transform your *life*



with the power of your Senses

Breaking Free from  
**STRESS**





CATEGORY:

# Audio Products





# 21. Audio Meditative Program

## I approach new opportunities with courage

### I approach new opportunities with courage.

I am proud of the bold, courageous person I have become. I feel so much better when I dive into situations head on. The outcome is less important when I take the plunge with courage.

**Courage makes me feel undefeatable.** I know that victory in every race is unlikely, but I start out feeling like a winner anyway.

A courageous outlook allows me to take on new opportunities without self-doubt. I put aside all negative energy so I can focus on the situation at hand. Making room for positive thinking allows me to figure out the best way to move forward.

When I make a career change, I understand that nervousness is natural. But I put on my armor of courage and change the uneasy feelings into excitement.

**I remind myself that new opportunities are due to my abilities and that I deserve to be where I am.** I embrace the challenge, and dig deep to make a great impression.

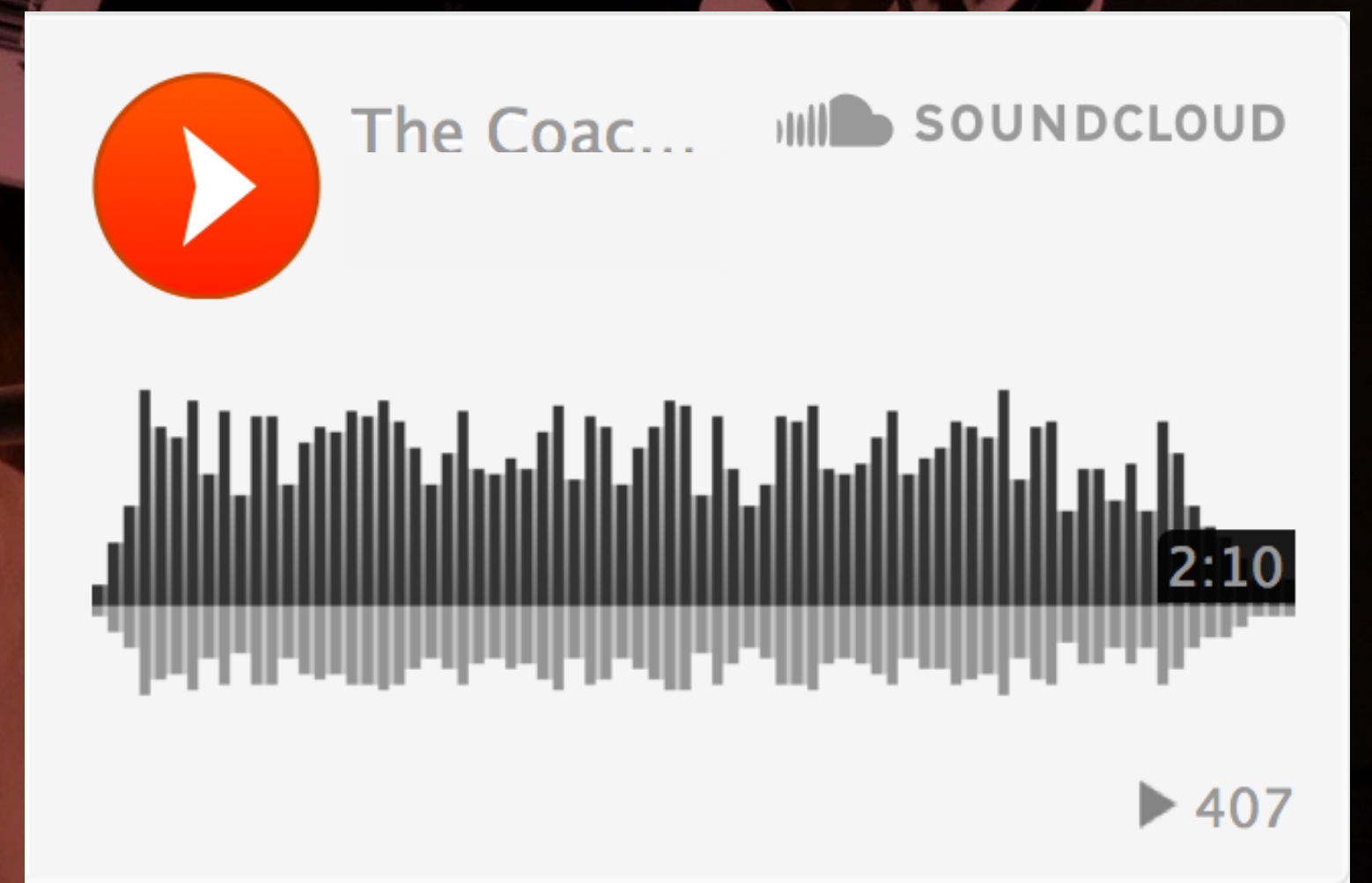
I realize that being doubtful about my abilities is limiting. Self-doubt can only result in an unfavorable outcome for me.

When loved ones are facing difficult health situations, I try to be courageous for them. I show them that faith and courage are enough to get them through the challenge. I channel my courage into them, so they can feel confident about the outcome.

**Today, I recommit to facing challenges with fervor and courage.** I see each situation as another chance for me to show my strength.

### Self-Reflection Questions:

1. How do I show courage when I am competing with a friend for a new opportunity?
2. What can I do to replace fear with courage?
3. When life throws me curve balls, how can I get up and start over?





# 22. Podcasts



**Tracey Irvin Marks** I use the affirmations at the end of each of my podcast episodes. This episode not only uses the affirmation at the end but I used the article (or pdf) or 25 things to be grateful for.

<http://beyondburnout.com/make-thanksgiving-gratitude-food/>



## How To Make Thanksgiving About Gratitude And Not Food

Thanksgiving is associated with lots of food and time...

BEYONDBURNOUT.COM



CATEGORY:

# Marketing Funnel





# 23. Complete Coaching Funnel

## A Best-Selling Webinar Funnel Includes...



1. Lead Magnet + Opt-In Page



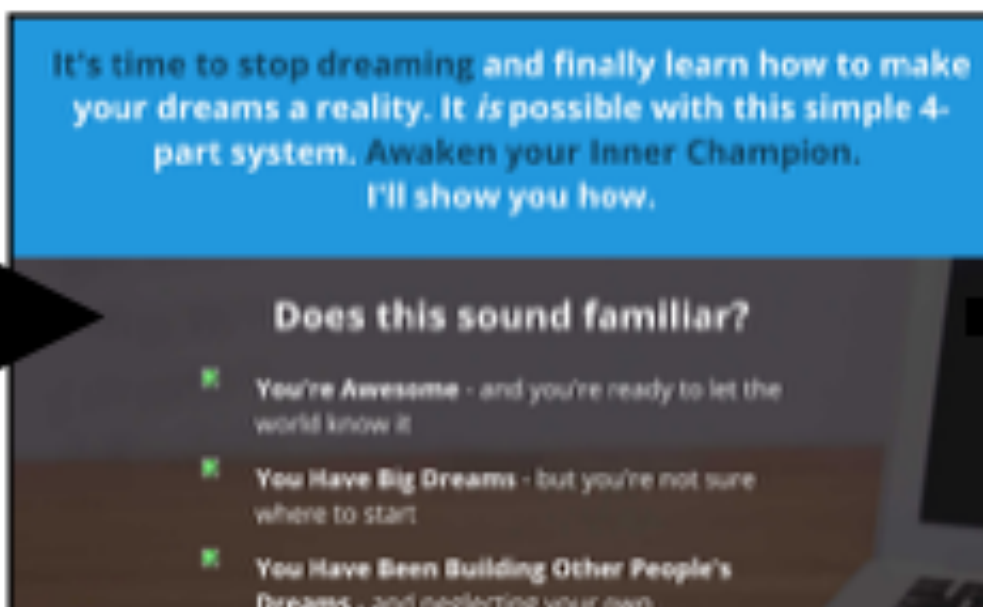
2. Thank You/Webinar Registration



3. Webinar Thank You



4. Promo Webinar Slides & Script



5. Sales Page



6. Four-Week Course & Download Page



# 24. Landing Pages

## Stop Running the **Debt Treadmill** and Start Living!

Are money problems keeping you up at 3am?

- > 1.4 million Americans filed for bankruptcy last year.
- > The average household is spending over \$6000 every year just in interest payments.
- > In Canada, the average household owes \$1.65 for every dollar in disposable income they have!



*Hi, I'm Marie. I write at Just Plain Living and I'm the author of A Cabin Full of Food, which teaches people how to save money through old-fashioned scratch cooking. But not all financial problems can be solved in the kitchen!*



**Real Life Solutions And Simple Fixes  
For Seriously Bad (But Very Common!) Money  
Problems**



# 25. Email Autoresponders

st] The latest from Allegra's Podcast

Inbox x

**Allegrativity Podcast** news@allegrasinclair.com via mail209.atl81.rsgsv.net  
to me ▾

Hi << Test First Name >>,

We have been emailing for a little while, but I do most of the talking! :)

So, please introduce yourself, I'd love to learn more about you!

Just click "reply" and briefly tell me more about you, where you live, where you are w

Also, I have a great new tool for stress reduction! It's an affirmation about staying calm

"When I encounter resistance, my first step is to silence my soul. I ignore the stirrings  
completely."

Don't you LOVE that? You can read the entire affirmation here:

<http://www.plr.me/demosite/a-calm-soul-makes-trying-times-conquerable/>

I am going to attach a PDF version of this affirmation to this email as a special subscri  
your life (and inbox) with this exclusive gift. If you like it, please share the post with a

[https://gallery.mailchimp.com/feec5177cef527e6ced29b4a4/files/A\\_Calm\\_Soul\\_Affirm](https://gallery.mailchimp.com/feec5177cef527e6ced29b4a4/files/A_Calm_Soul_Affirm)

Looking forward to your reply,

Allegra Sinclair

=====

You are receiving this email because you requested updated at the Allegrativity.com  
Allegrativity Powercast podcast.





...and that's just the tip  
of the iceberg.







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TO GET STARTED...**



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