



Your Motivation!

I imagine that you are super excited to do everything in you to make your dream business come true, right? But, before you move forward, let's see what is your deepest motivation to do what you are here to do.

Because if you are doing it for the correct reasons, you are set for success! But if your motivation is out of alignment, you will end up going in the wrong direction right from the start.

I want you to think about YOU!

You should be inspired because you are using your gifts, your abilities, your wisdom, your knowledge and basically you are sharing the best of you that many times it's so natural that you don't even know that is a gift.

What is that thing that others see in you that you might don't even notice yourself?

The big question is WHY!

Why do you want to create a business?

- Because you have to pay the bills, and you are thinking of doing something that you are really good at will help you create income is not a good motivation. Your focus is on money.
- Because you want to help your daughter, son, mom... because they are struggling with something in their lives is not a good motivation. Your focus is on compassion.
- Because your friend asked you to do a business with her and you thought it might be a good idea to do it with someone else, it's not a good motivation. Your focus is on low self-esteem.
- Because someone else is doing it and has a lot of success and you want to do it exactly the same. Your focus is on you're not good enough.

You see where I'm getting? If you are not motivated for the correct reasons, you won't be able to light your inner fire, to get excited, inspired and creative.

To find out your true motivation...

Ask yourself WHY, WHY, WHY and more WHY!

Why do I want to offer a Health Coaching Business?

- Because I want to help others and make money?

And why do you want to make money with that kind of business?

- Because I want to do what I love, is my passion and at the same time make money

But why do you want to help others?

- Because people have asked me to give them advice many times

And why do you think you can give them advice?

- Because I know a lot about Health and Exercise

And why are you different from others that have a similar business?

- Because I have a perspective in which I can impact not only at a Physical level but also at an Emotional, Energetic and Mental levels, based on each person's own nature, that can create incredible results

And why is that so important?

- Because in my experience when coaching people to get In better shape and health, I've noticed that if they only work on one aspect of their being, they lose motivation, or can't reach their goal or they do but pretty soon they go back to where they were before and I know that I can really help people create a huge positive impact in their health and wellbeing by using my system/method that I am so passionate about!

And when you really know your WHY my friend, money and clients will see your shining light! And getting new clients and money becomes a natural consequence.

That was only an example to give you an idea. If you already know your DEEP WHY, that is awesome!

If you still need a little more clarity, do the exercise yourself to find out about your true and deep why.

Do Your Exercise

Why do I want to offer a _____ business?

- Because _____

Keep going by asking WHY and following the example above.

I'm already feeling your excitement!!

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