



Kaleidoscope of choices

Discovering
How
Your Thoughts
and Choices
COLOR
Your Life

Self-Study Coaching
Program Preview

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Discovering How Your Thoughts and Choices Color Your Life

Self-Study Coaching Program Preview

Congratulations on purchasing your very own Ready2Go Self-Study Coaching Program!

You now have at your disposal another product in the extensive suite of completely developed Ready2Go products that you brand as your own and easily implement to grow your business. We certainly hope that you use this product in conjunction with the full suite of marketing and communication products, as regular contact with your clients and prospects is the most effective strategy for growing your business.

The full suite of Ready2Go products includes **professionally written, scripted and designed:**

- Pre-written tweets
- Special reports
- Audio training programs
- Success tips
- Speeches
- Teleseminars
- Workshops
- Self-Study Coaching Packages

When it comes to effective ways to gain exposure and offer a valuable service to your prospects and clients, teleseminars are a sure fire strategy. They are hugely popular in the industry for a reason. They are a cost effective, convenient, and very efficient way to deliver value to your market.

While we hope that you are using the workshop in conjunction with the Ready2Go Marketing Solutions Bundle, this product alone is a great tool for growing your business. With your Ready2Go Teleseminar, you are implementing a powerful strategy for growing your business. And the great news is that the Ready2Go Teleseminar topics are completely developed and ready for you to implement. They are relevant to most target markets and are easily customizable, saving you tons of time and effort. They are also designed to be educational, engaging and fun so that your attendees leave the call feeling that it was time well spent.

If hosting teleseminars is new for you, or even if you are a veteran, then you have come to the right place, as it doesn't get much easier than with a Ready2Go Teleseminar. If you apply the tips you learn in this Teleseminar Guide, and combine it with a professionally crafted Ready2Go Teleseminar, then you are on your way to great success!

The Ready2Go topics are highly relevant to most target markets, easily customizable and specially designed to attract, nurture and convert clients in a systematic way. Plus these products can easily integrate with your own products, services and communications.

In this comprehensive suite of products, your prospects and clients will receive quality content, have an opportunity to establish familiarity and trust in you, and get sought after solutions to their needs. And doing professional presentations is one of the most effective components of an effective marketing strategy.

Enjoy!

A handwritten signature in black ink that reads "Kim".

Kim Clausen,
President
Ready2Go Marketing Solutions, Inc
Kim@Ready2GoMarketingSolutions.com

P.S. Please be sure to tell us about your experiences. We are excited to hear!

What You Get in Your Ready2Go Coaching Package

Your Ready2Go coaching package includes:

- An editable cover for customizing and delivering your coaching program.
- Coaching modules with a combination of,
 - Teaching and activity set up,
 - Client exercises and handouts,
 - Debrief questions,
 - Follow-up plan which includes,
 - Homework and coaching sessions
- How to use your Ready2Go Coaching Package as a Free Offer to grow your list
- 5 Ways to use your Ready2Go Coaching Package to grow your list and make more money in your business.

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About Ready2Go Marketing Solutions, Inc.®

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Ready2Go Marketing Solutions, Inc. – Instant Information Products to Market Your Business

Ready2Go Marketing Solutions, Inc. provides small business owners with turn-key marketing products, so that they can spend less time marketing and more time growing their business.

Ready2Go Marketing Solutions, Inc. offers a suite of plug-n-play marketing solutions such as fully-developed workshops, teleseminars, speeches, audio training programs, special reports and more. These tools are ready-made for coaches, consultants, trainers and speakers to customize and brand as their own, saving tons of time and effort.

By creating these completely developed products, we've eliminated the difficult and time-consuming task of content creation, so small businesses don't have to worry about marketing and selling. Instead, they can now put their marketing on auto-pilot and focus on doing the work they truly enjoy.

Our products include everything small businesses need to deliver value added products to their clients and prospects. It's marketing made easy!

We Have Common Bonds

Like you, we are business owners and coaches who struggled with the lack of marketing materials to grow our own businesses. We were frustrated by the choices, the availability and the accessibility of quality marketing plans and materials that actually work.

So we did something about it. We went out and crafted marketing strategies that are highly effective, boldly innovative and dazzlingly creative.

We have professional marketers, training developers, copywriters, and speech writers who are poised to provide you with the highest quality products and services to grow your business with more than 50 years of training development, speaking and business development experience.

Our products are professional grade, developed by experts in the industry and are easy to follow and implement, GUARANTEED.

Plus, if you need that additional support to help you launch your Ready2Go marketing solution, we have trained coaches on staff to assist you.

For further assistance, contact us at support@ready2gomarketingsolutions.com or give us a call anytime.

Ready2Go Marketing Solutions' Product Offerings

Be sure to check out the full range of products available to you from Ready2Go Marketing Solutions, Inc. to help you to successfully grow your list, nurture relationships by providing great value, market your teleseminar and get new clients.

With these products you receive quality content created by professional copywriters, speech writers and training developers, plus all the instructions and tips that you need to be successful in your implementation. The Ready2Go products are created on topics that are highly relevant to most target markets, and have valuable content that your prospects will find very educational and informative. Plus they are easy to customize and brand as your own.

The full suite of Ready2Go products to coordinate with your teleseminar includes:

- **Pre-written tweets** to gain awareness and promote your special offers and events
- **Special reports** to use to grow your list or send to your list as a gift
- **Professionally scripted audio training programs** that you record in your own voice
- **Success tips**, which are 100- to 200-word "mini articles" to send to your list or use as blog posts
- **Professionally crafted speeches** for your in-person presentations
- **Professionally designed workshops** to reach more people, generate income and convert more clients

To learn more about the Ready2Go products, go to www.Ready2GoMarketingSolutions.com.

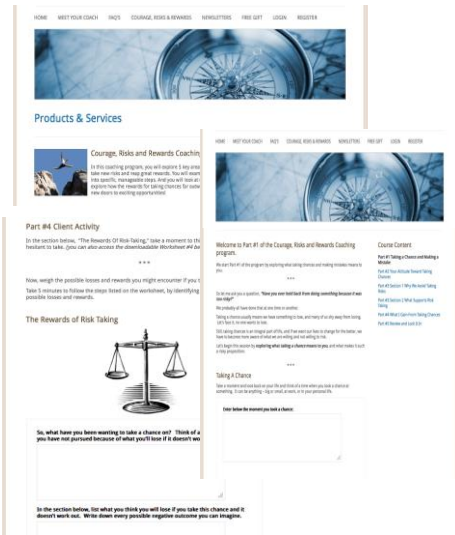
Read This First

How to Use the Coaching Program

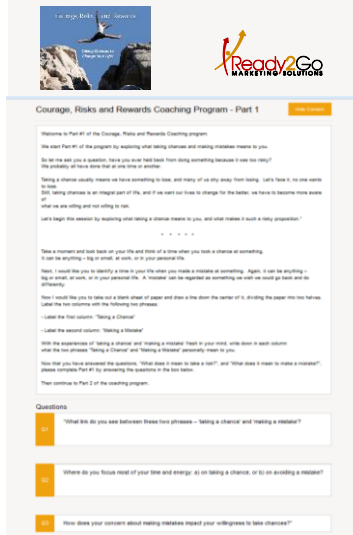
Your Ready2Go Coaching Program is expertly designed to be delivered in a variety of ways:

1. Popular platform options:

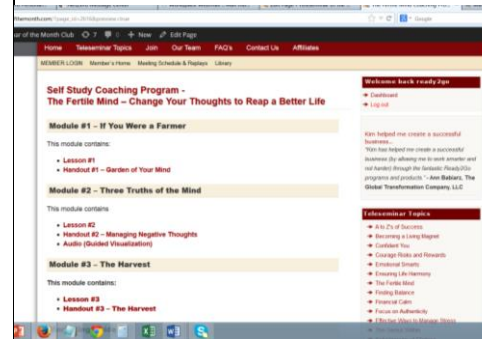
Coaches Console: (www.coachesconsole.com)



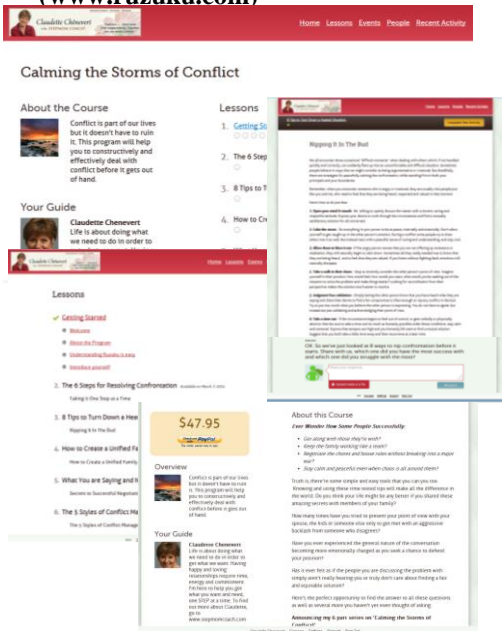
Jigsawbox: (www.jigsawbox.com)



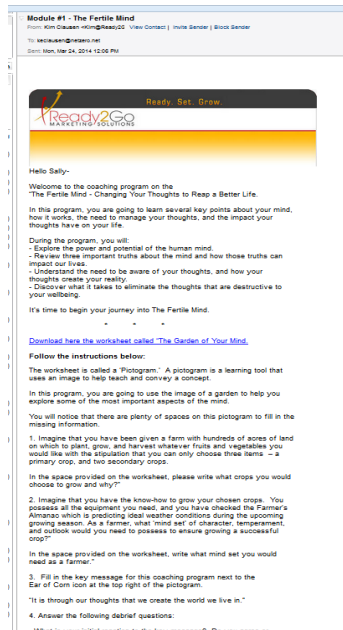
Website:



Ruzuku: (www.ruzuku.com)



Email:



2. Written word or recorded format.

Your Ready2Go coaching program has been designed to be delivered via the written word or can be recorded and delivered in an MP3 format. Easy to follow instructions are provided in each coaching package.

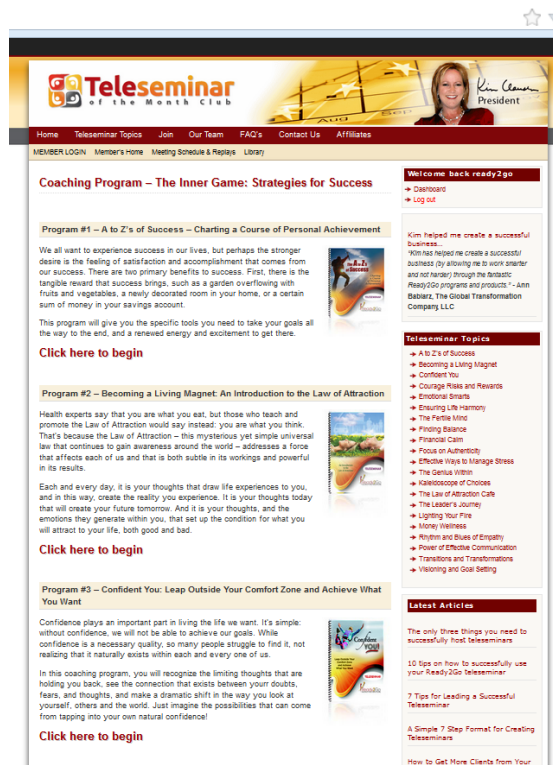
3. Branding.

We have provided an editable cover, coaching program script, activity sheets and additional homework so you can change the content, name, and add your brand.

Currently, the cover image is grouped for easy distribution. To edit the cover image, ungroup the images and fonts to customize as needed.

4. Delivery. Each coaching program is divided into 5-8 modules and will take your clients 60-75 minutes to complete in its entirety. For free programs, you may “drip” the modules (give one at a time through a timed schedule), but it is also recommended to give your clients the choice to have full access as well. Sometimes clients are excited to complete the program and want to work at their own pace and not be forced to wait.

5. Free and Paid. These programs are designed to be delivered as a free gift or a paid program. Additionally they can be delivered as individual programs or bundled together. See the section on “5 Ways to Make Money With Your Ready2Go Coaching Program.”



Coaching Package

Kaleidoscope of Choices

Discovering How Your Thoughts and Choices Color Your Life

Self-Study Coaching Program

Write or Record:	Content	Notes
	<p>Module #1: “Creating a Fire” – A Way to Define Motivation</p> <p>“Welcome to the self-study coaching program on “Kaleidoscope of Choices – How What you Think and Choose Colors Your Life.”</p> <p>In this program, you are going to take a close look at your current beliefs and behaviors AND the results you are producing. You’ll begin to rewire your brain to make choices that better suit the life you want.</p> <p>You’ll get crystal clear on what you’re creating, how to keep doing more of what is working, and how to change what isn’t.</p> <p>During the program you will look at the following:</p> <ul style="list-style-type: none">▪ How choices shape and impact your life.▪ How your thoughts, both your “limiting thoughts” and your “possibility thoughts”, affect your view of choice.▪ How having and holding positive thoughts can help you with your choices and move you forward in your life.▪ A simple technique to reveal more clearly what you are choosing for your life. <p>Consciously making choices, from your outward actions to your inner thoughts and emotions, is quite possibly one of the most powerful tools you’ll learn to use. Your life, after all, is shaped by the choices you make...even the small ones.</p> <p>And it all starts by defining the concept of “choice.”</p>	

* * *

[Client Activity]

“So how do we define the term ‘choice’? Simply put, ‘choice’ is the act of making a decision - to consciously choose one thing over another.

Perhaps one of the best metaphors for understanding the concept of choice and how our choices affect our lives can be found in a simple child’s toy called a kaleidoscope.

The Kaleidoscope operates on the principle of multiple reflecting mirrors. When the kaleidoscope’s tube is turned, the tumbling of colored glass pieces or pebbles against the mirrors present the viewer with a variety of interesting shapes and images. As a result, a seemingly infinite number of color combinations, forms, and patterns can be created with every turn of the tube.

Take out Worksheet #1 – “The Kaleidoscope Illusion.”

Take a moment to look at the image on the worksheet. Hold your glance over the entire image without focusing on any one part of the image. What do you see the image doing?

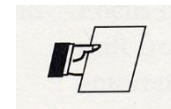
Like this kaleidoscope illusion, our lives are always in motion, and it is the act of choice that makes it move and change. Think about it, at every moment of your life, you are making choices, both big and small. And these choices are impacting your life. Over time, your life takes on the appearance of the numerous choices you have made over the years.

Please write this important truth about the power of choice on your worksheet #1.

“Your life reflects the thoughts and choices you make from moment to moment.”

Like the Kaleidoscope, each choice we make causes our lives to change - to take on a new color and shape. At any given moment, whether we realize it or not, we are in the process of choosing:

- We choose our thoughts.
- We choose our moods.



Handout –
Worksheet #1 –
“The
Kaleidoscope
Illusion”

- We choose our attitudes.
- We choose our actions.
- We choose our responses.

Ultimately, we choose the kind of life and the kind of person we are and want to be. Since our choices so dramatically impact our lives, we must be good stewards of every second because when we make a choice, we are also accepting the consequences that come with that choice.

If we want to make good choices that will have a positive impact on our lives, we must manage our thoughts to create those outcomes. How we manage our minds and the choices it is presented are critical. There are two significant forces at work in our minds that influence how we make choices.

Let's look at what these two forces are.

* * *

“When it comes to making choices, there are two significant forces that influence the decisions we make. These are: “The Prism and Possibility of Life.”

The term ‘Prism’ refers to the limitations we think about ourselves, and shuts down our sense of choice.

The term ‘Possibility’ refers to what we are willing to imagine for ourselves, and opens up our sense of choice.

Let's look at each of these forces starting with the Prism.

Think for a moment about a prism. A prism is a triangular piece of glass used to break up visible light so that we can see its component colors. Without a prism, visible light appears as just a single element, but with a prism, that same light reveals a whole spectrum of colors which we can see.

Our lives often appear to us in the same way as the light without a prism – as just a single element with no spectrum of choices available. When we see our lives in this way, we unknowingly create enormous limitations for ourselves.

Consider these often heard limitations:

“I’m fat and will never lose weight. It’s just the way I am.”

“I’m too old to try something new. You can’t teach an old dog a new trick.”

“I don’t have the skills necessary to change careers. I guess I’m just stuck where I am.”

Get the idea? And what’s worse is that often we aren’t aware of the judgmental, sabotaging thoughts we are having. We also aren’t aware of how these thoughts hold us back. So to dissolve the limiting thoughts that affect your sense of choice, you need to become alert and awake to them. You have to be able to see past the single visible light and look at the spectrum of truth and possibilities that are available to you.

Let’s look at an example of this. It has to do with the concept of time and the all-too-common catchphrase that people say, which goes something like this:

“I just don’t have any time for that.”

[Client Activity]

“Take out Worksheet #2 – “How You Spend Your Time.”

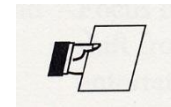
In our lives at one time or another, we’ve all said, “I just don’t have time for that.” This statement is like that single light that needs a prism so that we can see the truth behind the possible “illusion” of not having any time. Only then can we see what is real and what choices are available to us.

On your worksheet you will find some of the most common ways people spend their time. Take a few minutes to assess how you are currently utilizing your time.

Going down the **left column only**, fill in the blanks with the number of hours currently being spent doing each of these activities.

Then return to this module.”

(NOTE: If you are recording, you can:



**Handout –
Worksheet #2 –
“How You Spend
Your Time”**

- *keep the audio going and record some quiet instrumental music in the background . Tell clients they have a specific amount of time and remind them when there is 30 seconds left.*
- *ask the client to turn off the recording and resume when they have completed the activity.)*

* * *

[Debrief Questions]

“Reflect on what the prism is showing you about how you choose to spend your time. Answer the debrief questions below. Then return to this module.”

- You just applied a prism to the idea of having no time. You can now see through the prism how your time is actually being spent. What is it showing you about how you are choosing to spend your time?
- What consequences, good or bad, can you identify that go along with your choices?
- Name three things that may influence a person’s decision on where they choose to spend their time.

(NOTE: If you are recording, you can:

- *keep the audio going and record some quiet instrumental music in the background . Tell clients they have a specific amount of time and remind them when there is 30 seconds left.*
- *ask the client to turn off the recording and resume when they have completed the activity.)*

“We think circumstance is something that happens to us randomly instead of realizing we make it happen for ourselves through our own thoughts and choices.

If we continuously think in a limiting way, we shouldn’t be surprised when our lives remain the same or feel out of control. Instead, we need shift our thinking and start focusing on something other than limiting factors in our lives. This can only be done by tearing down our old way of thinking and replacing it with a new approach.

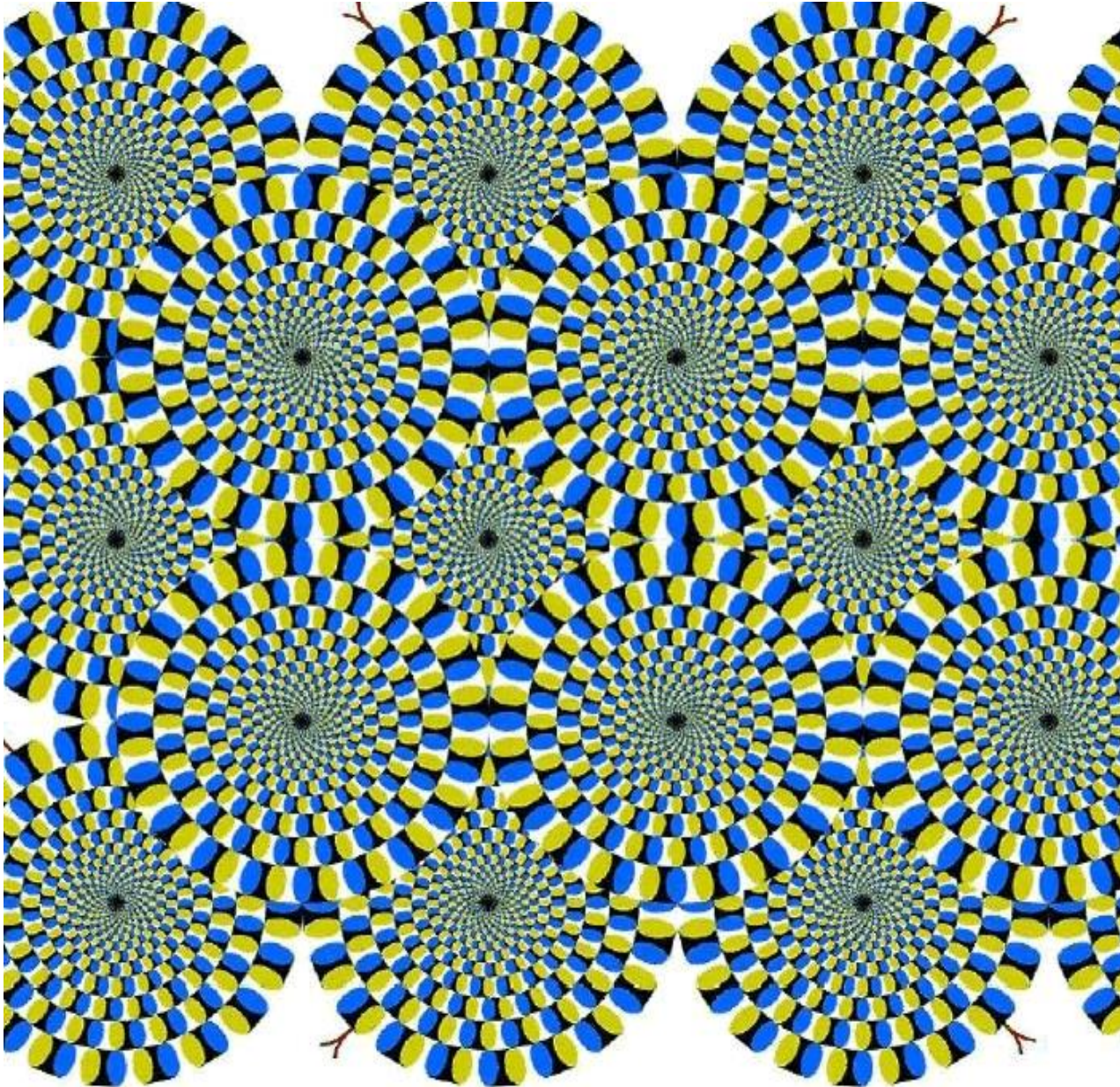
If you keep referring to your old ways of thinking you will never see the spectrum of choices that are available to you. Remember, by challenging the limitations you have experienced as a result of your thoughts and choices, you can dramatically alter the course of your life.

The second force that affects our sense of choice is the opposite of limitation – it is allowing ourselves to imagine what’s possible, and to then choose from a place of possibility.

Continue to Module #2 to imagine what’s possible.”

Activity Sheets

Worksheet #1 - Kaleidoscope Illusion



Important truth about the power of choice:
