

Example 1

Hi, {{first name}}

I bet you felt it. The preparation that 2019 led us through to shift us into the new decade. It was a LOT, right? Now it's time to make it count.

They say when two or more put their intentions together, a major shift happens.

This is not the time to stay behind. Are you ready to expand?

[Click here to take the free 5 Day Play BIG Challenge](#)

Here's why we need to shift:

When you step into yourself and expand, you create a new energetic container. When big things come your way, your new energetic container will be able to hold them!!!

When you play small, you don't have the right energy to smash the negative thoughts when they pop up for you, and they continue to block the good things from getting in.

Get over your sh*t and shift!

I spent New Year's Eve in Bali meditating for an hour at 7 am....and my teacher started talking with so much passion about getting over our sh* because the world needs what we have to give.

Leaders, there's no time to sit and wonder if your hair looks good enough to go live. The world needs YOU, just the way you are because you are a channel for greater creation to come through.

What's something you want to grow and expand in yourself in 2020?

[Join the challenge](#) and let us know in the group.

You are sooo ready for this.

Example 2

Hi {{first name}},

It's an honor to have you here! You are one of the brave, rare, and magical beings who is ready to level up in life and business.

Together we will make 2020 YOUR YEAR!

I will share with you a little secret about manifesting that I am SURE will propel you to greater heights. It certainly moved mountains in my life.

First, a little story I'd like to share with you:

About five years ago I went for a holiday to Bali. A lot was going on in my life: my relationship had just ended and my dance company was struggling.

Once in Bali everything started to flow smoothly again, and that made me decide to stay for a *couple of weeks longer*. Those weeks turned into months and months into years.

I remember getting up every morning around 5 AM, burning incense, and sitting down on my terras to meditate. I had a lot to get go of, and a lot of question marks for my future. By meditating I started to see and feel clearly what direction to go in next.

Most importantly, that although everything was changing, I was still okay, and safe and maybe even the happiest I have ever been.

After these years in Bali my life has completely changed. And it's much more in alignment with who I am, and what my life purpose is.

My secret to manifestation:

You don't have to travel to Bali, but surrounding yourself with a support bubble will boost your manifesting power and support your growth.

Stay tuned for a guided meditation for manifesting your best year yet (within the next few minutes!)

With love,
COACH NAME HERE

PS: If you aren't in my {{ FB group }} already, you can join for FREE here {{link}}