Next Steps- what order does this happen in?

1. [My exact communication style which is Jenna Kutcher insipired](https://docs.google.com/document/d/1FAIUF1klBddcKYRCrwQC5pj5-HCy3pKHYItIyF4roQc/edit) -complete, ChatGPT is created
2. [The exact intake form and questions to create a profile](https://docs.google.com/document/d/15tpjQyR3qsv4QX_bfYewZvsUtDV8jeFyQQCQWxZSLyY/edit) - this needs to be created in a tool (Airtable)
3. [All of the human design information imported from Erin Claire Jones PDFs](https://drive.google.com/drive/u/1/folders/1-83kh9MAVLm_XPCe4pW1yyG14_d-E8Ci)- where does this get imported to?
4. [Brand, mission](https://docs.google.com/document/d/1wiveDFDiVDCbIkE3HD9hGx86l2ti_n7gMZ-zujlvWNM/edit?tab=t.0) 
   1. How I describe my approach, what it's called and what I'm calling myself, my offerings from freebies to paid
5. Internal family systems and parts of therapy definitions for each part
6. Framework of homework and action items that need to be sent pre-and post session
7. Resources library of blogs, youtube videos and podcasts for newsletters and follow up homework
8. Website and SEO
9. Social media presence

* Airtable
* Make.com
* ChatGPT
* Claude
* Perplexity
* Google Suite (Business)
  + Business Domain

A website to see the type of services I offer, a bio of myself, a description of my new created modality of internal family systems, parts, work, and human design to get your manifestation and or goals.

Clarity around their services that I that I offer. These include signing up for a newsletter, free content on Instagram and TikTok, a small paid subscription for ongoing tips around how to integrate human design and internal family systems based on themes workshops, which are held as a webinars in a group setting. I'm more in depth coaching container, which is going to last over a series of four minimum sessions within the sessions. We identify the goal and our manifestation that somebody is calling in, we go over the human design to print of the self and how to embody into self lead lifestyle within this lifestyle. We're focusing on energy type strategy. Authority and profile homework is sent around out of to actively live into this which includes tips visualizations. The person should be actively living in their blueprint with their authority and strategy for a minimum of two weeks prior to connecting back to then start to do the internal audit of parts work in our third session. We are breaking down. What parts are holding them down or back from their manifestation prior to meeting with me to go over specifically what parts are showing up homework is sent ahead of time of a full description of the breakdown of parts work we will have already discussed the course of in session with the human design, but the managers and the protectors and the exiles will be sent via email. the client is to come to session with some thoughts and ideas around their limiting beliefs and on what parts are showing up. In session, we will begin to talk about these parts. I will be asking questions around the manager and the firefighter, and we will name these art specifically to them. We will be talking about how these parts are holding them back from whatever manifestation and or goal we are working towards the homework prior to the next session is all around the un burdening process. The idea is to feel as though they are integrating and meeting their parts in the last session we really talk about how to start living with a line action. We bring it all together and how they course self as their human design self lead has identified and connected with all of the parts that are limiting themselves from getting to their goal and from their creating an action step for their goal.

So this is so this is four sessions a profile needs to be created prior to meeting with me in this profile. I will know their birthdate will then allow me to see their human design, which I'll be able to see their energy type strategy authority profile I'll be able to see the thing that they're choosing to focus on for example motherhood, career, abundance, low self worth, the goal that they're trying to reach which could be tangible or intangible, and any possible limiting beliefs that they are aware of we will discover more together than anything I can see ahead of time would be helpful.

I need to create the exact framework for each session and the exact documentation that will be emailed to the person pre and post sessions.