How to expand your productivity by mastering your energy with Molly Mandelberg

with Molly Mandelberg · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Molly Mandelberg, founder of Wild Hearts Rise Up, moved from one-on-one hypnotherapy to courses and programs because one-on-one work put a cap on how many people she could serve.

- [ ] Ask who you'd want to work with for the next three to five years, and niche down to that person.
- [ ] Check that your offer's name speaks to a pressing need in health and beauty, relationships or money.
- [ ] Outline your next course, then sell it before you build it.
- [ ] Use your first buyer as a sounding board while you create the modules.
- [ ] Block out unscheduled days or a weekly four-hour block for creative work and big projects.
- [ ] Group your client calls into fewer days so you aren't switching gears between calls and creative work.
- [ ] Journal before you get out of bed and before you go to sleep, and reach for your journal before your phone.
- [ ] Batch your marketing content and schedule it with email and social media schedulers.
- [ ] Acknowledge yourself for every finished task and set a reward for finishing a project.
- [ ] Find an accountability partner for a project you keep putting off.

Listen, read the transcript and get the links: addspacetoyourlife.com/podcast/energy-management-for-productivity-molly-mandelberg/
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