

Task 1

Speaking Reel Script

Topic: Your business isn't growing because you aren't growing.

[Hook]

Your business isn't stuck because of Instagram's algorithm. Or because clients don't have money. It's stuck... because you are.

Think about it. You want 5L a month clients, but you're still showing up like a 1L-a-month business owner. Undercharging, overdelivering and avoiding the uncomfortable conversations that actually shift your income.

Your business can only expand to the level that you do. The moment you raise your standards, your boundaries, your offers - your business follows.

[CTA]

So stop waiting for growth to just 'happen.' Start becoming the version of you who can hold it. That's the real unlock. Ready to step into it? Let's talk.

Carousel Copy

Topic: People don't buy your product. They buy who they get to become once they work with you.

Slide 1:

They don't want your service. They want the shift it gives them.

Slide 2:

Nobody pays 2L for "12 coaching calls."

Slide 3:

They pay 2L to feel confident in sales. To work 4 hours instead of 14. To finally take weekends off without guilt.

Slide 4:

It's not about deliverables. It's about transformation.

Slide 5:

Your offer isn't "X sessions" or "Y modules."

Slide 6:

Your offer is who they get to become when they say yes to you.

Slide 7 (CTA):

Stop selling services. Start selling transformation. Ready to reframe your offer? DM us.

Caption

You're not selling coaching calls. Or strategies. Or hours of your time, but the version of your client that exists after working with you.

The one who charges more without fear. The one who finally takes weekends off. The one who feels confident walking into sales calls.

That's what high-ticket clients invest in. Not your time, but their transformation.

If you're done underselling yourself and want to learn how to package your work in a way that speaks to that version of your client - DM me "TRANSFORM".

Task 2

Speaking Reel Script

Topic: Not all silence is peace. Sometimes it's shut down.

Not all silence means peace. Sometimes... silence is survival.

There's a difference between choosing silence because you feel calm... and going silent because your body shuts down. In calm silence, you still feel present. Open. Safe. In shutdown silence, you feel numb. Frozen. Like your words and emotions are trapped inside.

That shutdown isn't your fault, it's your nervous system protecting you the only way it knows how. But it's not the same as peace.

[CTA]

If you've ever confused shut down with calm, you're not alone. And you can learn to feel the difference. Healing begins when you do.

Carousel Copy

Topic: You don't attract what you want—you attract what feels familiar.

Slide 1:

We don't attract what we want. We attract what feels familiar.

Slide 2:

That's why someone who grew up with criticism... may feel drawn to partners who criticize them.

Slide 3:

Someone who never felt seen as a child... may find themselves chasing unavailable people.

Slide 4:

It's not because you want more pain. It's because your body is wired to recognise it.

Slide 5:

The nervous system confuses familiar with safe, even when it isn't.

Slide 6:

Healing is the process of teaching your body a new kind of familiarity.

Slide 7 (CTA):

So you can finally move towards what you truly want... not just what you've always known.

Caption

The work of healing isn't about "manifesting harder." It's about gently rewiring your body to feel safe in healthier dynamics.

So you can stop repeating old cycles... And finally move toward what you actually deserve.

Does this land for you? I'd love to hear if you've noticed this pattern in your own life.