

ADVANCED COPY REVIEW AIKIDO

How To Qualify For A Review

- 1 - Put all of the following in ONE Google doc with comment access turned on.
- 2 - Your document must answer the 4 questions from the winner's writing process (attached below)

1. Who am I talking to?

I'm talking to 18-65-year-old men and women, often business owners, who suffer from anxiety, depression, relationship issues, and communication issues.

2. Where are they now? (emotionally, what are their dreams, their challenges)

Emotionally, they feel isolated, lonely, frustrated with their constant pattern of negative thinking, and are unable to connect with others to the capacity they would want.

Their dreams consist of them walking through their world with a resilient and positive mindset, forming fulfilling connections with those around them such as romantic partners and friends, and maintaining a sense of mental peace and calm without having to put on an act.

Their challenges consist of them having perceptions that make them think negatively about the world, victimizing themselves to the point that they don't take steps to improve their mental health, and suppressing emotional trauma that continues to emerge in their current life.

3. What do I want them to do in the end?

I want them to get hooked by my client's post, feel a personal connection, hit the follow button, share it, and be curious enough to check out the website link in their bio and book a session, whether it's for psychotherapy, reiki healing, or hypnotherapy.

4. What are the steps in between they need to take, believe, or hear to make them do that?

The reader should find my client's Instagram posts, relate to something discussed, see practical use for it in their issues, and believe my client can offer personalized help for their mental health goals.

****3 - Your document must list the reader's roadblocks and the solution/mechanism that will solve those roadblocks (lesson also attached below)****

The reader's roadblocks are their negative perceptions regarding themselves and their surroundings, their lack of knowledge regarding how their trauma affects their current life, and their self-accountability.

The solution/mechanism that will solve their roadblocks is a 1 on 1 session with my client where they discuss their emotional background and work to implement personal coping skills that the reader can take to balance their mood and implement cognitive perceptions that provide them with the outcomes they want, such as confidence, awareness, and loving relationships.

Hypnotherapy is more equipped to handle the mental aspect of the reader's roadblocks but Reiki also provides another calm, coping strategy the reader can utilize.

4 - Your document must include your best personal analysis of your copy's weakness and how you think you should improve it.

Some posts may be too vague in the specificity of the situations being discussed in the captions which can be fixed by digging into more of what people online who are interested in my client's services, are discussing about their current state, dream state, and their values.

The Instagram posts I write don't completely match my client's tone and style. I can keep experimenting, trying to mirror her posts in tone and terminology, all while keeping things concise and compelling for her readers

5 - You must share an unlisted Rumble or Vimeo video of you performing 100 pushups, 100 bodyweight squats, 100 dips, or 100 pullups.

1. How to get over a breakup:

Hook: The secret to moving on after breakups

If you've found yourself in the aftermath of a recent breakup, remember, you're not alone.

We can navigate through this tough time with a little understanding.

Breakups hit hard.

The sleepless nights, and the pit in your stomach, can eat at you.

But here's the thing, it's normal to feel grief because it's a natural part of the healing process.

It's our body's way of saying, "Hey, something changed, and we're still figuring it out."

Start by picturing a blank canvas...

Life after a breakup can seem daunting, but it's also an opportunity. Think of it as a chance to open up new doors and explore possibilities beyond your previous relationship.

Taking up new hobbies, exploring new places, and with time, who knows, maybe even meeting some incredible new people along the way.

What's your go-to self-care tip for someone during their tough times? Share your strategy below!

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#SelfLoveJourney #MindfulHealing #NourishYourSoul #BreakupRecovery #HealingHeart
#MovingOnMagic #BlankCanvasMoments #NewBeginningsAhead #ExplorePossibilities

1. How to listen more instead of lecturing:

Hook: Try this next time you're in a heated conversation

How is it that some tough conversations can quickly turn into one-sided lectures?

Picture better communicating with someone, even in the heat of an argument, not bulldozing each other's points.

Next time you're tempted to give some advice or response, hit the brakes for 3 seconds, and allow the other person to finish their thought.

This small pause allows you to better let the other person's words sink in, even when you're riled up.

Suddenly, it's not a fight anymore, it's a conversation, making sure everyone feels heard because deep down, that's what everyone wants.

Drop a comment below about your go-to tip for being a better listener.

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#ListenBetter #EarsWideOpen #HearTheHeartbeat #ConvoFlow #TalkTime #ChatConnection
#PauseAndUnderstand #3SecondWisdom #ChillForClarity

2. Gottman Method:

Hook: This method keeps love alive in your relationship

Everyone hits an emotional wall when steering their relationship through emotional twists and turns.

Couples roadblocks come out of nowhere. We can't predict them all.

But we can use a few principles to turn those roadblocks into quick, speed bumps during our romantic journey.

Enter The Gottman Method, a therapy approach for couples that lists secrets for improving your relationship dynamics.

It's about finding what clicks and what doesn't within your relationship.

The keys are to keep a strong sense of emotional connection and intimacy using affection, admiration, and strong communication skills

No criticism, no defensiveness during arguments, just a level of respect during the ups and downs of love.

Share your thoughts below on how you keep love alive in your relationship!

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#RelationshipWisdom #CoupleConnection #LoveNavigator #LoveInEveryMoment

#HeartfeltConnection #RomanticJourney #GottmanInsights #GottmanApproach #GottmanMagic