

Promo Center

Alana Cahoon FREE GIFT / WEBINAR

Free Gift:
20 Questions to Ignite Your New Year

Free Live Webinar:
Empowered Balance: Cultivating Calm, Clarity, and Compassion

Dear Partners,

Thank you for being a promotional partner. I'm excited to invite you to continue your partnership with us for our January event including a FREE GIFT and FREE LIVE WEBINAR.

Registrants will be introduced to the January 22nd online course, Being In Balance, which you will receive 40% commission.

Dates, copy and graphics are below.

If you have any questions, please reach out to us at alana@alanacahoon.com.

Sincerely,

Alana

Alana Cahoon
Founder and Mindfulness Coach, Grow 2 B U, LLC

Free Gift:

20 Questions to Ignite Your New Year

- Promotional Window: December 15, 2024 - January 9, 2025

Free Live Webinar:

Empowered Balance: Cultivating Calm, Clarity, and Compassion

- Promotional Window: December 26, 2024 - January 6, 2025

Find all the resources you need to promote our **FREE GIVEAWAY** and **FREE WEBINAR** to your email list and social media audience right here. **Pre-written Content** includes Ready-to-go social media captions, email templates, and newsletter blurbs. Feel free to tweak them or use your own wording.

Your Unique Affiliate Link

Please paste your unique affiliate link in the suggested copy below. You can find your link in the spreadsheet here:

[List of Marketing Affiliate Links Here](#)

Register to be a Marketing Affiliate Here:

https://www.alanacahoon.com/affiliate_users/sign_up

Log into your Affiliate Account Here:

https://www.alanacahoon.com/affiliate_users/sign_in

FREE GIFT:

20 Questions to Ignite Your New Year

- **Promotional Window: December 15, 2024 - January 9, 2025**

Promotional Email/Newsletter and Social Media Blurbs

Each section has ready-to-use materials that you can easily copy and paste to promote the lead magnet.

Solo Email

Email 1: Begin Your Reflective Journey

Subject: Unlock Your Best Year Yet with 20 Inspiring Questions

Body:

Dear [Recipient's Name],

What if this year could be your most fulfilling one yet? With just 20 thought-provoking questions, you can ignite a journey of self-discovery, reflection, and intentional living that will set the tone for an incredible year ahead.

The **20 Questions to Ignite Your New Year** [[<--EMBED FREE GIFT LINK](#)] are designed to help you:

✨ Reflect on the past year—celebrate your wins, embrace lessons learned, and acknowledge your growth.

✨ Clarify your vision for the year ahead by setting meaningful goals and intentions.

✨ Check in with yourself in the present moment, bringing focus to what truly matters.

These questions were carefully crafted by my colleague, Alana Cahoon. They are your guide to uncovering insights that will inspire you to step into 2025 with confidence and purpose.

Download your free guide now:

👉 Download Your 20 Questions [[<--EMBED FREE GIFT LINK](#)]

Take your time with each question. Reflect deeply, dream boldly, and trust the process—it's all part of your journey to creating a life you love.

Here's to making this year your most impactful yet!

Warmly,
[Your Name]

Email 2: Your Roadmap to a Fulfilling Year

Subject: Ready to Discover What's Possible in the New Year?

Body:

Dear [Recipient's Name],

The start of a new year is the perfect time to pause, reflect, and realign. That's why my friend, Alana Cahoon created **20 Questions to Ignite Your New Year**—a powerful tool to help you gain clarity, set meaningful intentions, and move forward with purpose.

Here's what you'll get:

☀️ **Reflect on the Past:** The first 10 questions guide you to celebrate your progress, embrace lessons learned, and express gratitude for how far you've come.

☀️ **Plan for the Future:** The next 10 questions inspire you to set intentions aligned with your goals, passions, and vision for the life you want to create.

☀️ **Focus on the Now:** Bring your attention to the present moment and discover what truly matters to you right now.

Ready to dive in? Click below to get started:

👉 Access Your 20 Questions [[<--EMBED FREE GIFT LINK](#)]

This simple yet powerful exercise will illuminate your path to a more intentional, inspired, and joyful year ahead.

Take the first step today—your best year yet awaits!

Wishing you clarity, joy, and success,
[Your Name]

Newsletter Blurbs

Short Newsletter Blurb

Ignite Your New Year with Reflection & Intention

Start 2025 with clarity and purpose! Download the **20 Questions to Ignite Your New Year**—a free guide designed by my friend, Alana Cahoon. It will help you reflect on the past, set meaningful goals, and step confidently into the future.

- ✨ Celebrate your growth
- ✨ Clarify your goals
- ✨ Create a vision for your best year yet

Download Your Free Guide Now [[<--EMBED FREE GIFT LINK](#)]

Long Newsletter Blurb

20 Questions to Ignite Your New Year

Are you ready to make 2025 your most fulfilling year yet? Start with this free guide, **20 Questions to Ignite Your New Year**, designed to help you reflect, plan, and align with your true purpose.

Here's what you'll get:

- ☀️ **Reflect on the past:** Acknowledge your wins, embrace lessons learned, and celebrate how far you've come.
- ☀️ **Plan for the future:** Set intentions and goals that align with your vision for the life you want to create.
- ☀️ **Focus on the present:** Check in with yourself and gain clarity on what truly matters right now.

This step-by-step reflection process was crafted by my friend Alana Cahoon. It is perfect for anyone looking to start the year with a renewed sense of purpose and direction.

Download your free guide today and take the first step toward your best year yet!

👉 **Get Your 20 Questions Here** [[<--EMBED FREE GIFT LINK](#)]

Let's make 2025 a year to remember. 🎉

Social Media Blurbs

Facebook/LinkedIn Blurb

🎉 **Make 2025 Your Year of Growth & Purpose!** 🎉

Start the new year with intention and clarity using this free guide: **20 Questions to Ignite Your New Year**. This simple yet powerful tool was designed by my friend, Alana Cahoon. It will help you:

- ✨ Reflect on the past year's lessons and achievements

- ✨ Set meaningful goals for the year ahead
- ✨ Gain clarity on what truly matters

Download your free guide today and take the first step toward your best year yet!

👉 **Get Your 20 Questions Here** [[--EMBED FREE GIFT LINK](#)]

#NewYearReflection #PersonalGrowth #GoalSetting

Instagram Blurb

✨ Ready to Ignite Your New Year? ✨

Step into 2025 with clarity, purpose, and confidence using this free guide: **20 Questions to Ignite Your New Year.**

- 💡 Reflect on your growth
- 💡 Set meaningful goals
- 💡 Gain clarity for the year ahead

This was carefully crafted by my friend, Alana Cahoon. Download your FREE guide today!
[\[--EMBED FREE GIFT LINK\]](#)

#NewYearGoals #PersonalGrowth #IgniteYourYear

Twitter/X Blurb

Ready to make 2025 your best year yet? ☀️ Download **20 Questions to Ignite Your New Year** crafted by my friend Alana Cahoon and start your journey to reflection, clarity, and growth today!

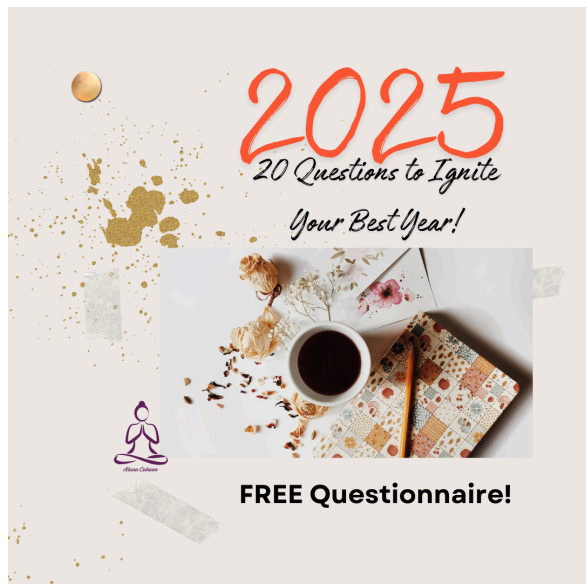
- ✨ Reflect on the past
- ✨ Set future goals
- ✨ Gain focus and purpose

👉 Download Your Guide [\[--EMBED FREE GIFT LINK\]](#) #GoalSetting #NewYearReflection

Graphics for 20 Questions to Ignite Your New Year!

Below are the graphics you can use to promote the gift.

Click on the images below to access the download links!



FREE LIVE WEBINAR:

Empowered Balance: Cultivating Calm, Clarity, and Compassion

- **Promotional Window: December 26, 2024 - January 6, 2025**

Promotional Email/Newsletter and Social Media Blurbs

Each section has ready-to-use materials that you can easily copy and paste to promote the lead magnet.

Solo Email

Email 1: Discover the Secret to Greater Balance, Joy, and Success

Subject: How to Break Free from Overwhelm and Create True Balance

Dear [First Name],

As a busy professional, you may often feel like you're caught in a constant balancing act: managing your career, family, health, relationships, and personal growth. You aspire to live a life filled with purpose, freedom, and balance—but instead, you find yourself overwhelmed by the pressure to do it all.

Here's the good news: There is a way to break free from the cycle of overwhelm and reclaim your balance. You don't have to do it all alone, and you certainly don't have to sacrifice your well-being in the process.

That's why I'm inviting you to **Empowered Balance** [[--EMBED YOUR WEBINAR AFFILIATE LINK](#)] a **FREE Live Webinar** that will show you how to create calm, clarity, and compassion in your life so you can reduce stress, regain your balance, and cultivate more energy and vitality.

In this transformative session, you'll discover:

- ✓ Proven tools to create calm and clarity, even in high-pressure situations
- ✓ Holistic strategies for aligning your work and personal life
- ✓ A renewed sense of purpose and joy to fuel your success

This live online training event is designed by my colleague, Alana Cahoon. She will give you the practical tools and holistic strategies to cultivate balance, even when life feels chaotic.

As a holistic coach, Alana has worked with thousands of people to help them develop the inner strength and clarity they need to thrive—no matter the circumstances.

Join us for this **FREE Live Online Event: *Empowered Balance: Cultivating Calm, Clarity, and Compassion*** [**--EMBED YOUR WEBINAR AFFILIATE LINK**]

 Saturday, January 4th at 12 PM EST

 Monday, January 6th at 7 PM

 Wednesday, January 8th at 12 PM

 **Reserve Your Spot Today** [**--EMBED YOUR WEBINAR AFFILIATE LINK IN THE TITLE HERE - then delete this instruction before sending to your audience**]

This is your opportunity to bring more balance, clarity, and purpose into your everyday life.

To your success and well-being,
[Your Name]

Email 2: Discover the Secrets to Thriving in Your Career and Life

Subject: Achieve Calm, Clarity & Compassion in 2025 

Dear [First Name],

Are you ready to welcome the new year with tools to elevate your career and personal life? Join us for **Empowered Balance: Cultivating Calm, Clarity, and Compassion** [**--EMBED YOUR WEBINAR AFFILIATE LINK**]

In this **FREE LIVE Online Webinar** my friend, Alana Cahoon will introduce you to practical strategies that will help you to thrive with greater ease, joy, and prosperity.

In this transformative session, you'll gain:

-  **Proven tools** to create calm and clarity, even in high-pressure situations.
-  **Holistic strategies** for aligning your work and personal life.
-  **A renewed sense of purpose and joy** to fuel your success.

✨ Choose a session that works for you:

- Saturday, January 4th at 12 PM EST
- Monday, January 6th at 7 PM
- Wednesday, January 8th at 12 PM

Spaces are limited—secure your spot now! [<--EMBED YOUR WEBINAR AFFILIATE LINK IN THE TITLE HERE - then delete this instruction before sending to your audience]

Let's make 2025 your year of balance, clarity, and fulfillment!

Warmly,
[Your Name]

Newsletter Blurbs

Short Newsletter Blurb

Cultivate Calm, Clarity & Compassion in 2025!

Start the new year with practical tools and holistic strategies to thrive in your career and life. Join us for **Empowered Balance: Cultivating Calm, Clarity, and Compassion**, a **FREE Online Webinar** with my friend, Alana Cahoon. You'll discover how to create ease, joy, and prosperity in your life.

✨ Session options:

- Saturday, January 4th at 12 PM EST
- Monday, January 6th at 7 PM
- Wednesday, January 8th at 12 PM

Reserve Your Spot [<--EMBED YOUR WEBINAR AFFILIATE LINK]

Long Newsletter Blurb

Step Into 2025 with Calm, Clarity & Compassion!

Are you ready to embrace the new year with tools and strategies to thrive in your career and personal life? Join us for **Empowered Balance: Cultivating Calm, Clarity, and Compassion**—a transformative **FREE Online Event** designed by my friend, Alana Cahoon, to help you unlock greater ease, joy, and prosperity.

During this empowering session, you'll learn:

- ✨ Practical tools to cultivate calm and clarity, even in the busiest moments.
- ✨ Holistic strategies to align your personal and professional goals.
- ✨ Ways to foster compassion and purpose in every area of your life.

Choose a session that fits your schedule:

- **Saturday, January 4th at 12 PM EST**
- **Monday, January 6th at 7 PM**
- **Wednesday, January 8th at 12 PM**

Start 2025 on the right foot—reserve your spot today!

Register Now [[--EMBED YOUR WEBINAR AFFILIATE LINK](#)]

Social Media Blurbs

Facebook/LinkedIn Blurb

✨ Start 2025 with Calm, Clarity & Compassion! ✨

Are you ready to thrive in your career and personal life with greater ease and joy? Join us for **Empowered Balance: Cultivating Calm, Clarity, and Compassion**, a transformative **FREE Live Online Event** by my friend, Alana Cahoon, where you'll learn practical tools and holistic strategies to navigate life with purpose and prosperity.



Choose your session:

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Saturday, January 4th at 12 PM EST

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Monday, January 6th at 7 PM

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Wednesday, January 8th at 12 PM

☀️ Don't miss this opportunity to start the year off balanced and empowered!

Reserve Your Spot Today [[--EMBED YOUR WEBINAR AFFILIATE LINK](#)]

Instagram Blurb

🌿 Empowered Balance: Calm, Clarity & Compassion 🌿

Step into 2025 with tools to create calm, clarity, and joy in your life! ☀️ Join us for this transformative **FREE Online Event** by my friend, Alana Cahoon, to discover holistic strategies for thriving in your career and personal life.

✨ Choose your session:

📅 Jan 4 | 12 PM EST

📅 Jan 6 | 7 PM

📅 Jan 8 | 12 PM

💡 Don't wait—secure your spot now! [[--EMBED YOUR WEBINAR AFFILIATE LINK](#)]

#EmpoweredBalance #Thrive2025 #HolisticWellness #PersonalGrowth

Twitter/X Blurb

Ready to thrive in 2025? ✨ Join Empowered Balance a FREE Live Online Event to discover tools for calm, clarity, and joy.

📅 Sessions:

- Jan 4 | 12 PM EST
- Jan 6 | 7 PM
- Jan 8 | 12 PM

🌱 Start your year empowered! Sign up now [[--EMBED YOUR WEBINAR AFFILIATE LINK](#)]
#EmpoweredBalance #PersonalGrowth

Graphics for Empowered Balance: Cultivating Calm, Clarity, and Compassion!

Below are the graphics you can use to promote the webinar.

Click on the images below to access the download links!



Empowered
BALANCE

*Free
Live Webinar*

Pick your Date!

- January 4th 12 PM
- January 6th 7 PM
- January 8th 12 PM

 www.alanahoon.com

This poster features a collage of images including a sunset over water, a person meditating on a beach, and a small inset image of a person meditating. The background is a light beige color with a subtle pattern of small gold dots.



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Empowered
BALANCE

FREE LIVE WEBINAR!

Pick your Date!

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cultivating calm, clarity & compassion

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This poster features a collage of images including a sunset over water, a person meditating on a beach, and a small inset image of a person meditating. The background is a light blue color with a subtle pattern of small gold dots.