

# Checklist For Consistent “Yeses”

*Make a copy of this page to edit and make your own.*

## Structure

- Do you have 1–3 clear core offers, or are you constantly creating new ones when money feels tight?
- Is there one primary offer you are consistently inviting people into right now?
- Is it obvious what you sell and who it is for?
- Would someone landing in your world know the next step within 30 seconds?
- Does your offer feel sustainable to deliver at scale?

## Rhythm

- Are you showing up consistently, or only when income dips?
- Do you have a simple weekly visibility rhythm you can actually maintain?
- Are you nurturing warm leads consistently, or only following up when you feel urgency?
- Are you launching from devotion or from pressure?

*Consistency is safer than feast and famine.*

## Capacity



- Can your current systems support more clients without overwhelming you?
- Are your onboarding and delivery processes clean and repeatable?
- Are you overproducing content instead of strengthening your invitation?

*Money might come in, but it will not stay if your capacity cannot hold it.*

## Regulation

- Does selling feel grounded, or does it spike your nervous system?
- Are you making decisions from steadiness or from fear of not having enough?

*Scarcity-driven selling burns you out. where as regulated leadership builds longevity.*

## Reflection

- What would steady income require from you weekly?
- What would you need to stop doing to create sustainability?
- Where are you overcomplicating something that could be simplified?

Notes:

