



INCREDIBLE
one
enterprises*

Circle the number that feels emotionally congruent. Does it feel like safety, scarcity or a stretch?

Step 2: Add new purchases you'd like to make in the next 12 months.

Expense	Annual Amount

Step 3: Add in your 15% to cover your taxes, insurance payments, health costs and everything you must account for.

15% Extra = _____

Step 4: Add in your profit % (5-20%) this is to make sure that you generate MORE THAN NEEDED to live your best life.

Profit % = _____

New Total = _____

Say this number out loud. Where do you feel it in your body? Do you feel tightening? Relaxation? Expansion? Avoidance?

Step 5: Divide your grand total by 12 to get your new monthly income goal.

Total Annual Amount _____

Divide by 12 _____

Monthly Financial Goal _____



Is this the number that reflects your Sacred Yes Lifestyle™ or the version of you who still shrinks?

Part 2: Determine how many clients you'd like to work with on a monthly basis.

In order to clarify your ideal number of clients per month, we have to start looking at how many private clients you want to work with each week. (A private client is anyone you are working with in a one to one environment, this doesn't include group related programs)

- How many 1:1 individual client sessions/meeting would you like to hold each week?
- How many clients can you hold without contracting, resenting, or over-functioning?
- What number feels aligned with your actual capacity, not your conditioning?
- How long will your sessions be? 30 minutes, 45 minutes, 60 minutes

Ascension Archetype Reflection: Based on your archetype, ask yourself the following additional question:

- Performer: "Where do I try to impress instead of hold?"
- Producer: "Where do I overload myself because I can?"
- Pathmaker: "Where do I undercharge because I prioritize impact?"
- Powerhouse: "Where do I default to hustle instead of regulation?"
- Prophet: "Where do I assume alignment alone will carry the plan?"



Please note: I do not recommend over extending yourself. You want to make sure that you leave time for business development as well.

Once you have the ideal number of private client sessions/meetings you'd like to hold per week, multiply the number by 52.

Then, determine how many actual clients will make up your total client sessions.

To be considered:

1. How often do you need to talk to your clients? Every week, every other week or once per month?
 - a. If you say monthly that means you need a larger volume of clients
 - b. If twice per month, divide number needed in two
 - c. If every week, divide number by 4

Part 3: Set your prices.

You are priceless; your work is NOT.

At this point, you are ready to take your monthly financial goal and divide it by your ideal number of clients that you'd like to work with each month.

Monthly Financial Goal / Ideal Number of Clients = Your Package Price

Example: Your Monthly financial goal is \$100,000 and your ideal number of clients is 20 then your ideal package price is \$5,000

Ask yourself, what do I need to put in a package in order to have people invest \$5,000 for it?

Identity Alignment Prompt

- “Is the price aligned with the version of me I am becoming?”

- “What price makes me sit up straighter?”



Safety + Stretch Prompt

- “Does this price feel like a regulated stretch or an anxious reach?”

Part 4: Ensure that you offer value that EXCEEDS the investment level of your packages.

1. What will your clients gain from working with you?
 - a. How will their lives/careers/businesses/relationships be changed?
 - b. How will you add value to their life?

2. What do you need to ensure is included in your program so that your clients have every opportunity to experience a life changing encounter with your work?
 - a. Should you include an intensive or VIP session?
 - b. How much support will they need from you? Email? Phone? In person?
 - c. What bonuses can you include to support them in their work with you?

3. How much time will it REALLY take for them to experience transformation from you?
 - a. 3 months, 6 months, 9 months, 12 months?

4. Does the value you offer and your clients receive EXCEED the investment you are asking them to make?
 - a. Remember – you are NOT selling your time, you are selling your results.
5. Embodiment Prompt



- a. Who must I become to deliver at this level?
- b. What parts of me must be healed, seen, or strengthened to hold this value?"

6. Worthiness Reflection

- a. What belief about my worth must shift to sustain this price and capacity?

THE GAP: What My Money Map Reveals

With four key questions:

1. What part of my identity must shift to hold this number?
2. Where does my nervous system reject the number or price I chose?
3. Where does my emotional congruence break down?
4. Where do I need SANCTUARY support to close the gap between desire and capacity?

In closing, secure your confidence in your offering and avoid discounting or lowering your process out of fear of rejection. YOU ARE WORTH IT!!