



ALIGNED ASSKICKERY

A One Week Smackdown to Get You Over Your Shit and Making Money FAST By Being You: Live in The Tribe with Kat!

INTRODUCTION

KAT

LOTERZO

I've created this workbook for you to summarise the AMAZING rush of work we did recently in ALIGNED ASSKICKERY! It has all the links to ALL the videos as well as notes for each.

This is going to be QUITE the "rush" of information. But of course, as anything (especially with what a busy fucking #superwoman you are) you are going to LOVE it!



ALIGNMENT OVERHAUL STREAM

ALIGNED ASSKICKERY ACTION TO DO!

Day 1 - <https://www.facebook.com/groups/rfltribe/permalink/977718598960489/>

- What is your ULTIMATE DESTINATION as best as you know it right now?

Day 2 - <https://www.facebook.com/groups/rfltribe/permalink/978255752240107/>

- You should Journal EVERYDAY. Journal so you are reclaiming ownership of what you want to create!
- Write down your goals and intentions for the day and for your business.

Day 3 - <https://www.facebook.com/groups/rfltribe/permalink/978698678862481/>

- Ask yourself – where do I want to end up at the end of this day?
- REGULARLY check in to make sure you are aligned to your destination.

Day 4 - <https://www.facebook.com/groups/rfltribe/permalink/979295172136165/>

- Have 5 -10min alignment tune-ups during the day not just for business but personally too.

Day 5 - <https://www.facebook.com/groups/rfltribe/permalink/980858561979826/>

- Make sure you are in alignment when you think you are in alignment. Are you wanting things you are called to create in your life or the things you think you should want?

Day 6 - <https://www.facebook.com/groups/rfltribe/permalink/981299421935740/>

- Write into existence what you want to create. Write your daily intentions setting and specific results you want.

Day 7 - <https://www.facebook.com/groups/rfltribe/permalink/981771581888524/>

- When you bring it into your here and now – what do you want it to be about? For your business and life!



MEMBERSHIP PROGRAM/ RECURRING INCOME STREAM

ALIGNED ASSKICKERY ACTION TO DO!

Day 1 - <https://www.facebook.com/groups/rfltribe/permalink/977694958962853/>

- What is the goal for your membership program for you?
- Why the fuck would anybody want to join your membership program?

Day 2 - <https://www.facebook.com/groups/rfltribe/permalink/978258082239874/>

- What people will receive from your membership program?

Day 3 - <https://www.facebook.com/groups/rfltribe/permalink/978699568862392/>

- Decide when this program is going to launch – pick a date and commit to it.
- Bullet point – all of the things that are included and what they will get.
- Bullet point – why should they care for each thing that's included?
- Decide why people are going to majorly benefit from this program.

Day 4 - <https://www.facebook.com/groups/rfltribe/permalink/979299625469053/>

- Write the introduction and the final call to action for your sales page and membership program. Write a letter of explanation and excitement to one person and why its awesome and why you created it.

Day 5 - <https://www.facebook.com/groups/rfltribe/permalink/980860315312984/>

- You are going to start promoting your membership program.
- What is the first piece of promotional material you will use to launch your program?

Day 6 - <https://www.facebook.com/groups/rfltribe/permalink/981311705267845/>

- Go through your offer looking as a potential client and think of all the reasons why you might not buy it.
- You could post your link in the tribe group and ask for an accountability partner.

Day 7 - <https://www.facebook.com/groups/rfltribe/permalink/981772765221739/>

- Start building anticipation for your LAUNCH! Bring some mystery curiosity and excitement ☺ People need to feel your passion!



BUILD A FUCKING FUNNEL STREAM

ALIGNED ASSKICKERY ACTION TO DO!

Day 1 - <https://www.facebook.com/groups/rfltribe/permalink/977709178961431/>

- What is the first thing you want to sell in your funnel?

Day 2 - <https://www.facebook.com/groups/rfltribe/permalink/978258198906529/>

- Map out the outline for your 5 email series for your funnel.
 - 1) First email – will give people a free gift.
 - 2) Second email – indoctrination into you – a blog or something that shares your message
 - 3) Third email – a case study or a story from a client
 - 4) Fourth email - indoctrination into you – a blog or something that shares your message
 - 5) Fifth email – all about the program and why it's awesome and why they wanna buy it

Day 3 - <https://www.facebook.com/groups/rfltribe/permalink/978701482195534/>

- Decide why the hell someone should buy this offer RIGHT NOW. You need a compelling call to action for people not to want to miss out. Add on any bonuses you might want to offer – value based – what people would pay money for.

Day 4 - <https://www.facebook.com/groups/rfltribe/permalink/979301258802223/>

- Have your 5 emails actually written and ready – completed.

Day 5 - <https://www.facebook.com/groups/rfltribe/permalink/980861441979538/>

- Build your funnel - they opt- in - set up your emails (1-3days apart). Techwise - if you need support – go and find someone.

Day 6 - <https://www.facebook.com/groups/rfltribe/permalink/981315421934140/>

- What is the thing your audience wants more than anything? It needs to be a high value FREEBIE. If you are unsure, ask them!

Day 7 - <https://www.facebook.com/groups/rfltribe/permalink/981775131888169/>

- You've got everything you need to know to get this all happening – COMMIT, FOLLOW THROUGH and DO THE FUCKING WORK!



GET PUBLISHED BOOK BOOTCAMP STREAM

ALIGNED ASSKICKERY ACTION TO DO!

Day 1 - <https://www.facebook.com/groups/rfltribe/permalink/977714148960934/>

- What is the purpose of your book?
- What is your book going to be about?
- Who is your book for?

Day 2 - <https://www.facebook.com/groups/rfltribe/permalink/978261458906203/>

- Write down everything that's going to be in your book – every idea, story – any content you think of - get it down.

Day 3 - <https://www.facebook.com/groups/rfltribe/permalink/978702182195464/>

- Take everything that you wrote out in Day 2 and simply order it into sequence. For example - order into 10 groups with 10 chapter names.

Day 4 - <https://www.facebook.com/groups/rfltribe/permalink/979338255465190/>

- Write the introduction for book – why did you write this book and why should people read it?

Day 5 - <https://www.facebook.com/groups/rfltribe/permalink/980862408646108/>

- Assign a designated period of time a day where you work on your book – commit to that time till the job is done.
- Familiarise yourself with Amazon Kindle Direct Publishing – google that and read about how to publish on KDP – just look over it.

Day 6 - <https://www.facebook.com/groups/rfltribe/permalink/981317825267233/>

- What is the one key action you want people to take after they have read your book?

Day 7 - <https://www.facebook.com/groups/rfltribe/permalink/981776231888059/>

- Do your writing everyday! Before you know it you will be a published author.
- Lock in a launch date for your book! Keep yourself accountable.
- Do you want to do anything extra or special for this launch?



MONEY MINDSET SMACKDOWN STREAM

ALIGNED ASSKICKERY ACTION TO DO!

Day 1 - <https://www.facebook.com/groups/rfltribe/permalink/977714602294222/>

- What is the money mindset you want to cultivate?

Day 2 - <https://www.facebook.com/groups/rfltribe/permalink/978263928905956/>

- If you did one thing to do with money every single day which would revolutionise your relationship with money what would it be?
- EVERYDAY you need to reclaim what you want in regards to money!

Day 3 - <https://www.facebook.com/groups/rfltribe/permalink/978703355528680/>

- Choose one specific thing today you are going to release in regards to money
- Write down what you are going to do instead of that one thing.

Day 4 - <https://www.facebook.com/groups/rfltribe/permalink/979302608802088/>

- Ten affirmations/declarations around money that are specialised to you.

Day 5 - <https://www.facebook.com/groups/rfltribe/permalink/980862978646051/>

- Set your money intentions for today. When you ask for something, believe it's possible and focus on it - you can bring it into your life.

Day 6 - <https://www.facebook.com/groups/rfltribe/permalink/981318938600455/>

- Restate and rewrite your money intentions for today.
- What are the money related feelings or accomplishments you want to have today? Be specific. Release the fear behind it.

Day 7 - <https://www.facebook.com/groups/rfltribe/permalink/981777831887899/>

- Write down exactly how much money you want! There needs to be a reason why – be clear and specific. Connect emotionally to it.



SHIFT YOUR SHIT STREAM

ALIGNED ASSKICKERY ACTION TO DO!

Day 1 - <https://www.facebook.com/groups/rfltribe/permalink/977715345627481/>

- Write down ALL OF YOUR SHIT!

Day 2 - <https://www.facebook.com/groups/rfltribe/permalink/978262052239477/>

- Argue your case for each point and piece of “SHIT” you wrote down on Day 1 as to why you need to keep that piece of shit in your life.

Day 3 - <https://www.facebook.com/groups/rfltribe/permalink/978704072195275/>

- Today you are going to re-write your story and why you are going to re-write it.
- Why is it a must for you to change this story?

Day 4 - <https://www.facebook.com/groups/rfltribe/permalink/979304822135200/>

- Come up with a shortlist of state changes – however many. (State Changes are activities which get your head back in the game).

Day 5 - <https://www.facebook.com/groups/rfltribe/permalink/980863915312624/>

- Work out how you want to feel on a day to day basis. Identify the top 3 that are most important to you.

Day 6 - <https://www.facebook.com/groups/rfltribe/permalink/981321195266896/>

- Next time you feel resistance you tell it to FUCK OFF! Get the job done and act accordingly.

Day 7 - <https://www.facebook.com/groups/rfltribe/permalink/981784648553884/>

- Write down 5 things that you really want! You will receive what you ask for and what you focus on.



PRACTICAL FUCKING DISCIPLINE STREAM

ALIGNED ASSKICKERY ACTION TO DO!

Day 1 - <https://www.facebook.com/groups/rfltribe/permalink/977719112293771/>

- Write down specifically for business – where do you want to go?
- Write down specifically for life – where do you want to go?
- What are all the practical actions you need to be doing on a daily basis?

Day 2 - <https://www.facebook.com/groups/rfltribe/permalink/978264135572602/>

- What is the sequence of things you think are critical daily activities for your business?
- What is the order you are going to do shit in?

Day 3 - <https://www.facebook.com/groups/rfltribe/permalink/978706762195006/>

- EVERYDAY get your message out in some way!
- Ask yourself EVERYDAY – how am I growing my community?
- Daily Sales activity – have a call to action for the sale – actively speaking to people daily.

Day 4 - <https://www.facebook.com/groups/rfltribe/permalink/979308282134854/>

- I want you to check through your daily routine list, order it in priority and cultivate it – automate it till it becomes a habit.

Day 5 - <https://www.facebook.com/groups/rfltribe/permalink/980864801979202/>

- Write down a complete list of everything that is hanging over you – in business and personal life.
- Go through the list – whizz through it – DO, DELETE or DELEGATE these tasks.

Day 6 - <https://www.facebook.com/groups/rfltribe/permalink/981322221933460/>

- What stuff were you not able to delete and delegate? Put a timer on for 30 mins today and get shit done. Remove the emotion around it.

Day 7 - <https://www.facebook.com/groups/rfltribe/permalink/982319038500445/>

- TRUST IN YOUR OWN INNER VOICE! YOU HAVE THE ANSWERS, LISTEN AND DO THE FUCKING WORK.