

LET'S GET VISIBLE!

WITH LAURA POOLE

**BOLD
MOVES
CLUB**

PROGRESS TRACKER

1	2	3	4	5
☐	☐	☐	☐	☐
6	7	8	9	10
☐	☐	☐	☐	☐
11	12	13	14	15
☐	☐	☐	☐	☐
16	17	18	19	20
☐	☐	☐	☐	☐
21	22	23	24	25
☐	☐	☐	☐	☐
26	27	28	29	30
☐	☐	☐	☐	☐



On a scale of 1–10, how visible are you right now?

1 2 3 4 5 6 7 8 9 10

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**PRACTICALLY
A GHOST**

**ABSOLUTELY
EVERYWHERE**

What does visibility mean to you?

**In 30 days, what's the one thing you would love to be able to say
you've done?**



THE 5 C'S OF VISIBILITY

CLARITY

What do I want to be known for?

What am I actually known for?

CONFIDENCE

Be able to confidently say what you do.

Showing up without overthinking everything.

CONNECTION

Most people only post and forget this bit.

It's even more important now AI is everywhere

CONSISTENCY

Keep putting yourself out there

How do I do this without burnout?

CONVERSION

Actually getting the sale/ visibility/ opportunity.

Are you actually asking for the sale/ opportunity?



BREAKING THE “BUSY” CYCLE

**What stories am I telling myself that are holding me back?
(I need more training, better camera, etc.)**

What work am I doing that may be procrastination?

How am I being “busy” (but not productive)



CHOOSING YOUR PROJECT

Ideas Dump! Some questions to help get you started...

What excites you the most? What do you feel would have the most impact on your business? What have you been avoiding doing? Where have you been playing small?

**YOU CAN ABSOLUTELY DO EVERYTHING...
BY DOING ONE THING AT A TIME.**

Now its time to choose. What is your project going to be?

You will be writing this out every day over the period of the sprint!



CHOOSING YOUR PROJECT

What am I selling?

Who is it my customer?

Where can I find them?

What problems do I solve for my customer (any pain points)?

Why should they buy from me?

Example on the next page



CHOOSING YOUR PROJECT

Example: Cardiff Girls Club Networking

What am I selling?

Fun women's networking events in Cardiff central

Who is it my customer?

Millennial women in business craving connection

Where can I find them?

Local Facebook groups, posting on IG about their businesses, local WhatsApp groups

What problems do I solve for my customer (any pain points)?

- looking for community and connection
- They dislike "regular" networking
- Want to connect with more businesses to create more opportunities

Why should they buy from me?

I care about each and every woman who comes to an event and truly want the best for them. I will do my best to serve them however I can



CHOOSING YOUR PROJECT

What needs to get done? This is another brain dump section.

Write down a list of things that you want to get done during the sprint that will take you closer to achieving your goals on this project. Try to chunk bigger things down into smaller manageable tasks.



COMMITMENT

What will you do if you miss a day?

will you catch up the next day or skip it and move on to the next?

I, _____ am committed to completing the sprint.

I will show up for myself every single day.

I will show up even on the days I don't feel like it or when the sprint doesn't feel like it's working.

I will take the time each day to work on what is important to me.

I will try things even when they don't feel comfortable or easy.

I will trust in the process because I am here to have a breakthrough.

I know that by taking care of myself, and doing the work on myself and for myself, I can better show up for the people around me.

I will be open and honest with the sprint community as this will allow them to support me.

I will have fun with it.

Signed:



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EXAMPLE

DAY 1
Clarity

What is Your Project?

(This will be the same each day)

GET ON 10 PODCASTS THAT HAVE MY
TARGET AUDIENCE AND PITCH MY BOOK.

What high-impact priority task will I do today?

USE AI TO HELP ME MAKE A LIST OF
100 PODCASTERS TO CONTACT THEN
REACH OUT TO 3 OF THEM

Today's Wins

- ☒ Minimum 20 mins action on
your project
- ☒ Answer question below
- ☒ Daily check in on the group
- ☒ 10 MINUTE WALK AS SOON AS I WAKE UP
(BEFORE LOOKING AT MY PHONE)

Picture one real person who needs what you offer. What are they struggling with right now?

HER BIGGEST STRUGGLE IS GETTING SEEN BY
THE RIGHT PEOPLE. SHE'S PUTTING SO MUCH
WORK IN BUT NOT MAKING SALES AND SHE'S
EXHAUSTED BY IT.

Maxx your results!



Work for more than 20
mins on your project



Celebrate someone
else in the community



Share in the
community

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DAY 1
Clarity

What is Your Project?

(This will be the same each day)

What high-impact priority task will I do today?

Today's Wins

- ☐ **Minimum 20 mins action on your project**
- ☐ **Answer question below**
- ☐ **Daily check in on the group**
- ☐

Picture one real person who needs what you offer. What are they struggling with right now?

Maxx your results!



- ☐ **Work for more than 20 mins on your project**
- ☐ **Celebrate someone else in the community**
- ☐ **Share in the community**

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DAY 2
Clarity

What is Your Project?

(This will be the same each day)

What high-impact priority task will I do today?

Today's Wins

- ☐ Minimum 20 mins action on your project
- ☐ Answer question below
- ☐ Daily check in on the group
- ☐

If a stranger at the bus stop asked what do you do? What's the simplest true answer?

Maxx your results!



- ☐ Work for more than 20 mins on your project
- ☐ Celebrate someone else in the community
- ☐ Share in the community

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DAY 3
Clarity

What is Your Project?

(This will be the same each day)

**What high-impact priority
task will I do today?**

Today's Wins

- ☐ **Minimum 20 mins action on
your project**
- ☐ **Answer question below**
- ☐ **Daily check in on the group**
- ☐

**What's one moment that shaped
why you do what you do?**

Maxx your results!



- ☐ **Work for more than 20
mins on your project**
- ☐ **Celebrate someone
else in the community**
- ☐ **Share in the
community**

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DAY 4
Clarity

What is Your Project?

(This will be the same each day)

**What high-impact priority
task will I do today?**

Today's Wins

- ☐ **Minimum 20 mins action on
your project**
- ☐ **Answer question below**
- ☐ **Daily check in on the group**
- ☐

**What do you do? Try not to look
at Tuesday's answer. The more
you say it the less weird it
becomes when someone asks you.**

Maxx your results!



- ☐ **Work for more than 20
mins on your project**
- ☐ **Celebrate someone
else in the community**
- ☐ **Share in the
community**

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DAY 5
Clarity

What is Your Project?

(This will be the same each day)

What high-impact priority task will I do today?

Today's Wins

- ☐ **Minimum 20 mins action on your project**
- ☐ **Answer question below**
- ☐ **Daily check in on the group**
- ☐

What did you do this week that past-you normally wouldn't have done? Write down three wins, however small.

Maxx your results!



- ☐ **Work for more than 20 mins on your project**
- ☐ **Celebrate someone else in the community**
- ☐ **Share in the community**

NOTES FROM THE LIVE WEEK ONE CLARITY

Use this space to note down any questions you want to get answered on the weekly live calls and anything you want to remember from the calls.



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DAY 6
Confidence

What is Your Project?

(This will be the same each day)

**What high-impact priority
task will I do today?**

Today's Wins

- ☐ **Minimum 20 mins action on
your project**
- ☐ **Answer question below**
- ☐ **Daily check in on the group**
- ☐

**What does 'showing up' actually
look like for YOUR life, not
someone else's?**

Maxx your results!



- ☐ **Work for more than 20
mins on your project**
- ☐ **Celebrate someone
else in the community**
- ☐ **Share in the
community**

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DAY 7
Confidence

What is Your Project?

(This will be the same each day)

**What high-impact priority
task will I do today?**

Todays Wins

- ☐ **Minimum 20 mins action on
your project**
- ☐ **Answer question below**
- ☐ **Daily check in on the group**
- ☐

**Confidence comes from showing
up again and again... How have
you been showing up for
yourself?**

Maxx your results!



- ☐ **Work for more than 20
mins on your project**
- ☐ **Celebrate someone
else in the community**
- ☐ **Share in the
community**

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DAY 8
Confidence

What is Your Project?

(This will be the same each day)

**What high-impact priority
task will I do today?**

Today's Wins

- ☐ **Minimum 20 mins action on
your project**
- ☐ **Answer question below**
- ☐ **Daily check in on the group**
- ☐

**What's the number one reason
someone doesn't buy from you?**

Maxx your results!



- ☐ **Work for more than 20
mins on your project**
- ☐ **Celebrate someone
else in the community**
- ☐ **Share in the
community**

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DAY 9
Confidence

What is Your Project?

(This will be the same each day)

**What high-impact priority
task will I do today?**

Today's Wins

- ☐ **Minimum 20 mins action on
your project**
- ☐ **Answer question below**
- ☐ **Daily check in on the group**
- ☐

**What's a story that you can tell?
Something that relates to what
you're doing.**

Maxx your results!



- ☐ **Work for more than 20
mins on your project**
- ☐ **Celebrate someone
else in the community**
- ☐ **Share in the
community**

**LET'S
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DAY 10
Confidence

What is Your Project?

(This will be the same each day)

**What high-impact priority
task will I do today?**

Todays Wins

- ☐ **Minimum 20 mins action on
your project**
- ☐ **Answer question below**
- ☐ **Daily check in on the group**
- ☐

How can I make today count?

Maxx your results!



- ☐ **Work for more than 20
mins on your project**
- ☐ **Celebrate someone
else in the community**
- ☐ **Share in the
community**

NOTES FROM THE LIVE WEEK TWO CONFIDENCE

Use this space to note down any questions you want to get answered on the weekly live calls and anything you want to remember from the calls.



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DAY 11
Consistency

What is Your Project?

(This will be the same each day)

What high-impact priority task will I do today?

Today's Wins

- ☐ Minimum 20 mins action on your project
- ☐ Answer question below
- ☐ Daily check in on the group
- ☐

Who do you want to be by day 30? Not just what you want to have achieved.

Maxx your results!



- ☐ Work for more than 20 mins on your project
- ☐ Celebrate someone else in the community
- ☐ Share in the community

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DAY 12
Consistency

What is Your Project?

(This will be the same each day)

What high-impact priority task will I do today?

Today's Wins

- ☐ Minimum 20 mins action on your project
- ☐ Answer question below
- ☐ Daily check in on the group
- ☐

Have you been carving out time each day for focused action?

Maxx your results!



- ☐ Work for more than 20 mins on your project
- ☐ Celebrate someone else in the community
- ☐ Share in the community

LET'S GET VISIBLE!

DAY 13
Consistency

What is Your Project?

(This will be the same each day)

What high-impact priority task will I do today?

Today's Wins

- ☐ Minimum 20 mins action on your project
- ☐ Answer question below
- ☐ Daily check in on the group
- ☐

Where do you usually quit? Day 3? Week 2? How can you make sure you don't quit this time?

Maxx your results!



- ☐ Work for more than 20 mins on your project
- ☐ Celebrate someone else in the community
- ☐ Share in the community

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DAY 14
Consistency

What is Your Project?

(This will be the same each day)

What high-impact priority task will I do today?

Today's Wins

- ☐ Minimum 20 mins action on your project
- ☐ Answer question below
- ☐ Daily check in on the group
- ☐

Did you show up even on the days you didn't want to? What kept you going?

Maxx your results!



- ☐ Work for more than 20 mins on your project
- ☐ Celebrate someone else in the community
- ☐ Share in the community

**LET'S
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DAY 15
Consistency

What is Your Project?

(This will be the same each day)

What high-impact priority task will I do today?

Today's Wins

- ☐ **Minimum 20 mins action on your project**
- ☐ **Answer question below**
- ☐ **Daily check in on the group**
- ☐

What excuse have you used most this week? What's really underneath it?

Maxx your results!



- ☐ **Work for more than 20 mins on your project**
- ☐ **Celebrate someone else in the community**
- ☐ **Share in the community**

NOTES FROM THE LIVE WEEK THREE CONSISTENCY

Use this space to note down any questions you want to get answered on the weekly live calls and anything you want to remember from the calls.



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DAY 16
Connection

What is Your Project?

(This will be the same each day)

What high-impact priority task will I do today?

Today's Wins

- ☐ **Minimum 20 mins action on your project**
- ☐ **Answer question below**
- ☐ **Daily check in on the group**
- ☐

What's worked best so far this sprint? What did people actually respond to?

Maxx your results!



- ☐ **Work for more than 20 mins on your project**
- ☐ **Celebrate someone else in the community**
- ☐ **Share in the community**

LET'S GET VISIBLE!

DAY 17
Connection

What is Your Project?

(This will be the same each day)

What high-impact priority task will I do today?

Today's Wins

- ☐ Minimum 20 mins action on your project
- ☐ Answer question below
- ☐ Daily check in on the group
- ☐

Who's been engaging with you lately? Liking, commenting, lurking. Can you name three people? Have you connected with them?

Maxx your results!



- ☐ Work for more than 20 mins on your project
- ☐ Celebrate someone else in the community
- ☐ Share in the community

**LET'S
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DAY 18
Connection

What is Your Project?

(This will be the same each day)

**What high-impact priority
task will I do today?**

Todays Wins

- ☐ **Minimum 20 mins action on
your project**
- ☐ **Answer question below**
- ☐ **Daily check in on the group**
- ☐

**What conversations happened
this week that wouldn't have
happened without your visibility?**

Maxx your results!



- ☐ **Work for more than 20
mins on your project**
- ☐ **Celebrate someone
else in the community**
- ☐ **Share in the
community**

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DAY 19
Connection

What is Your Project?

(This will be the same each day)

**What high-impact priority
task will I do today?**

Today's Wins

- ☐ **Minimum 20 mins action on
your project**
- ☐ **Answer question below**
- ☐ **Daily check in on the group**
- ☐

**Do you have any testimonials/
nice things people have said
about you that you can share?**

Maxx your results!



- ☐ **Work for more than 20
mins on your project**
- ☐ **Celebrate someone
else in the community**
- ☐ **Share in the
community**

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DAY 20
Connection

What is Your Project?

(This will be the same each day)

**What high-impact priority
task will I do today?**

Todays Wins

- ☐ **Minimum 20 mins action on
your project**
- ☐ **Answer question below**
- ☐ **Daily check in on the group**
- ☐

**How many conversations a day
are you having? Conversations in
the comments section count.**

Maxx your results!



- ☐ **Work for more than 20
mins on your project**
- ☐ **Celebrate someone
else in the community**
- ☐ **Share in the
community**

NOTES FROM THE LIVE WEEK FOUR CONNECTION

Use this space to note down any questions you want to get answered on the weekly live calls and anything you want to remember from the calls.



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DAY 21
Conversion

What is Your Project?

(This will be the same each day)

**What high-impact priority
task will I do today?**

Todays Wins

- ☐ **Minimum 20 mins action on
your project**
- ☐ **Answer question below**
- ☐ **Daily check in on the group**
- ☐

**What are you afraid will happen
if you ask for the sale directly?**

Maxx your results!



- ☐ **Work for more than 20
mins on your project**
- ☐ **Celebrate someone
else in the community**
- ☐ **Share in the
community**

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DAY 22
Conversion

What is Your Project?

(This will be the same each day)

**What high-impact priority
task will I do today?**

Todays Wins

- ☐ **Minimum 20 mins action on
your project**
- ☐ **Answer question below**
- ☐ **Daily check in on the group**
- ☐

**How often are you sharing your
offer? online or at events etc**

Maxx your results!



- ☐ **Work for more than 20
mins on your project**
- ☐ **Celebrate someone
else in the community**
- ☐ **Share in the
community**

**LET'S
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DAY 23
Conversion

What is Your Project?

(This will be the same each day)

**What high-impact priority
task will I do today?**

Today's Wins

- ☐ **Minimum 20 mins action on
your project**
- ☐ **Answer question below**
- ☐ **Daily check in on the group**
- ☐

**Who showed interest this month
that you haven't followed up with
yet?**

Maxx your results!



- ☐ **Work for more than 20
mins on your project**
- ☐ **Celebrate someone
else in the community**
- ☐ **Share in the
community**

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DAY 24
Conversion

What is Your Project?

(This will be the same each day)

What high-impact priority task will I do today?

Today's Wins

- ☐ **Minimum 20 mins action on your project**
- ☐ **Answer question below**
- ☐ **Daily check in on the group**
- ☐

If someone read your last three posts on social media, would they know exactly what to do next?

Maxx your results!



- ☐ **Work for more than 20 mins on your project**
- ☐ **Celebrate someone else in the community**
- ☐ **Share in the community**

**LET'S
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DAY 25
Conversion

What is Your Project?

(This will be the same each day)

**What high-impact priority
task will I do today?**

Today's Wins

- ☐ **Minimum 20 mins action on
your project**
- ☐ **Answer question below**
- ☐ **Daily check in on the group**
- ☐

**How easy is it to buy from you?
Can you make the process any
easier?**

Maxx your results!



- ☐ **Work for more than 20
mins on your project**
- ☐ **Celebrate someone
else in the community**
- ☐ **Share in the
community**

NOTES FROM THE LIVE WEEK FIVE CONVERSION

Use this space to note down any questions you want to get answered on the weekly live calls and anything you want to remember from the calls.



**LET'S
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DAY 26
Reflection

What is Your Project?

(This will be the same each day)

**What high-impact priority
task will I do today?**

Today's Wins

- ☐ **Minimum 20 mins action on
your project**
- ☐ **Answer question below**
- ☐ **Daily check in on the group**
- ☐

**What's the biggest shift in YOU
(not your numbers) since day 1?**

Maxx your results!



- ☐ **Work for more than 20
mins on your project**
- ☐ **Celebrate someone
else in the community**
- ☐ **Share in the
community**

**LET'S
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DAY 27
Reflection

What is Your Project?

(This will be the same each day)

**What high-impact priority
task will I do today?**

Today's Wins

- ☐ **Minimum 20 mins action on
your project**
- ☐ **Answer question below**
- ☐ **Daily check in on the group**
- ☐

**If you kept this pace for 90 days,
what would be different?**

Maxx your results!



- ☐ **Work for more than 20
mins on your project**
- ☐ **Celebrate someone
else in the community**
- ☐ **Share in the
community**

**LET'S
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DAY 28
Reflection

What is Your Project?

(This will be the same each day)

**What high-impact priority
task will I do today?**

Today's Wins

- ☐ **Minimum 20 mins action on
your project**
- ☐ **Answer question below**
- ☐ **Daily check in on the group**
- ☐

**What's the biggest thing you
learned about yourself, not your
business, this sprint?**

Maxx your results!



- ☐ **Work for more than 20
mins on your project**
- ☐ **Celebrate someone
else in the community**
- ☐ **Share in the
community**

**LET'S
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DAY 29
Reflection

What is Your Project?

(This will be the same each day)

**What high-impact priority
task will I do today?**

Today's Wins

- ☐ **Minimum 20 mins action on
your project**
- ☐ **Answer question below**
- ☐ **Daily check in on the group**
- ☐

**What's one thing you did this
month that scared you, and you
did it anyway?**

Maxx your results!



- ☐ **Work for more than 20
mins on your project**
- ☐ **Celebrate someone
else in the community**
- ☐ **Share in the
community**

**LET'S
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DAY 30
Reflection

What is Your Project?

(This will be the same each day)

**What high-impact priority
task will I do today?**

Today's Wins

- ☐ **Minimum 20 mins action on
your project**
- ☐ **Answer question below**
- ☐ **Daily check in on the group**
- ☐

**What are you most proud of from
the last 30 days? What's next?**

Maxx your results!



- ☐ **Work for more than 20
mins on your project**
- ☐ **Celebrate someone
else in the community**
- ☐ **Share in the
community**

NOTES FROM THE LIVE WEEK SIX REFLECTION

Use this space to note down any questions you want to get answered on the weekly live calls and anything you want to remember from the calls.



YOU DID IT!!

CELEBRATE YOURSELF AND TAKE SOME TIME TO RELAX!

WHATS NEXT?

Laura is going to send out a reflection questionnaire for you to complete but here's a couple just for you...

What do you want to keep doing from the sprint?

Will you take a break or are you eager to choose another project and go again?

Whats next for you?

