



Welcome to 30 Days of Real Magic!

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Week 4: Building Heart Centered Connections

Last, week was all about the heart and was designed to help you drop more into your heart. This week we are taking things to the next level. The prompts are designed to help you use your heart energy to create connections with your tribe ;)

The guest expert that I have for you this week is Anna Frandsen who is a Business Coach for Heart Centered Entrepreneurs. Anna is a total genius when it comes to building heart centered connections. A few years ago I remember when she was first bringing her biz online and she did such an amazing job building authentic relationships and connections. Which is why, I wanted to talk to her about this.

In our interview/ chat we talked all about...

- Building heart centered connections with your tribe.
- What to start with (even when you don't know where to start).
- Anna's biggest fear and struggle in the early stages of her business.
- The magic of asking for help & allowing yourself to be seen/ witnessed.
- How to lead with heart & lead by example.
- Plus more.

>>> You can watch this week's interview [here](#) <<<

Then once you do come join us in [Soul Inspired Success](#) FB group and share your biggest take away!

* Note: If you miss any interviews or prompts you can access them at:

www.lynseylandry.com/realmagic





Day 1: Ask for Support!

One of the things that stood out to me about Anna... and it's something that has allowed ME to get clients (totally wasn't a strategy, but did land me clients) is ASKING FOR SUPPORT!

When you show up and ask to be seen, witnessed, or ask for support... energetically, it OPENS YOU! It can feel super vulnerable because you are opening... and at the same time that opening to been seen & receive support ALSO let's you open to receive money ;)

Today, your prompt is to ask for support.

This might be asking for support around something you are creating, or clarity on what you want to create, or maybe you desire to be witnessed as you work through something.

There is no right or wrong way to do this :)

If you need help with this prompt... you can ask for that too. Looking forward to SEEING & SUPPORTING you.

Where do you desire support:



Day 2: Tap into your passion!

One way to connect with heart & to make heart centered connections is to share your **PASSION and EXCITEMENT** for your work.

AND to also really feel into the work you LOVE doing with your clients or the TRANSFORMATION you love witnessing them have.

Today... I want to invite you to take some time to allow the PASSION for your work & your clients to brew.

Then write about it in your post.

What do you love about your work / what excites you the most:

What transformation do you love to witness in your clients:



Day 4: Coffee Chat!

Asking questions and having simple/basic conversations is a fabulous way to make connections with your tribe.

During the interview/chat Anna give a connection tip that I just love:

→ *Imagine you are at a coffee shop talking to a perfect client. What would you ask them? What would you talk about? What would you desire to know from them?*

Today, I want you to take a few minutes to meditate on this and come up with 3-5 questions you could ask your tribe.

3-5 Questions you would ask your tribe:

1. _____

2. _____

3. _____

4. _____

5. _____



**Ready to bring more heart & soul into
your biz so you can deepen your
success with more ease?**

Schedule an *Awaken Your Magic* call and let's chat!

[>> Schedule your FREE chat <<](#)




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