

# THE FEEL GOOD FRAMEWORK



The Feel Good Framework is one of the 40 Mindset Hacks presented in Wealth from Within. Check it out!

## PLAY TO YOUR STRENGTHS

Focus on the things that you are EXCELLENT at and ditch the rest. This is not the time to learn a new skill or try a new platform. Embrace what comes easy. The thing you can do blindfolded with your hands tied behind your back. Many people find this hard, because they don't think they should be paid well for something that comes so naturally, but it's the exact opposite. Doing what comes easy not only eliminates stress, but it guarantees RESULTS.

## UNCOVER YOUR BRILLIANCE

Now that you are embracing your natural strengths and what you are good at. It's time to discover why what you do is different and how your approach is unique. This is your brilliance. This is what separates you and makes you YOU. Because here's the deal... You can't screw up what you were born to do.

## LEAD WITH YOUR ONE THING

I know, I know. The dreaded "One Thing", but let me tell you, it's the most surefire way to stand out and command respect- by focusing on the ONE thing you want to serve people with. Focusing on one thing not only positions you as the expert and the most viable option for potential clients, it also makes your job a helluva lot easier to do. Don't complicate things, focus on your one thing and effortlessly attract the people who need you.

## LISTEN TO YOUR INTUITION

Look inside. Instead of constantly seeking advice from friends, coaches, mentors, or Facebook groups (Yikes!), realize that every answer you are seeking is already inside of you. And it starts with the FEELING. What is your gut telling you? What's your first reaction? How does it feel when you talk about or think about the thing or situation? Trust what your body is telling you is right and go with it.

## SELL TO SERVE

In order for business to feel good, effortless and in flow... you MUST fall in love with selling. Selling is not sleazy. Asking for money is not greedy. Selling is serving- it's providing value in exchange for transformation. You must embrace this or nothing will ever feel good and your mindset will not shift into wealth.

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## BE YOURSELF

No matter what, always just be you. Quirks, polarity, silly faces and all. We are in an industry that thrives on authenticity and vulnerability. People want to know who you ARE. They want to connect with a real human, with real emotions, that they can relate to- not some robot trying to sell them something. Embrace your uniqueness and you will effortlessly attract your true tribe.

## KNOW YOUR COMMUNICATION STYLE

This goes back a little bit to knowing your strengths, except I feel like knowing your communication style is the key to real connection with your audience. Never mind the gurus telling you you need to livestream, do webinars or podcast, if that's not how YOU best communicate your stories, your authenticity and your expertise. Figure out what best suits you and your personality (ie. writing, speaking, video, etc) and go all in with it.

## UPLEVEL YOUR ENVIRONMENT

Take a look around. Who is supporting you (or not supporting you)? Are you surrounded by people who believe in you, or nay sayers and negative Nancy's? Uplevel your connections, your environment and what you will allow in your space. Remove anything or anyone that doesn't FEEL GOOD.

## ABOUT JENN

Jenn Scalia is a visibility strategist and THE go-to expert for entrepreneurs who want the world to know their name. This self-professed introvert and single mom went from rock bottom to creating a 7 figure business within 3 years. Known for her tough love, no-B.S. style, Jenn helps entrepreneurs overhaul their biggest fears and empowers them to share their message with the world.



## WHAT'S NEXT?

Join me for Wealth from Within and Take a 40 Day Immersive Experience That Will Shift You Into the Best Version of Yourself So You Can Attract Anything and Everything You Want in Your Life **Instantly**.

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