

Crafting Your Core Message

Template: "I help"

"I help [WHO you work with] who are struggling with [PROBLEM] to {SOLUTION}."

Examples:

"I help women who are struggling with sugar cravings and low energy to have energy all day and sleep well."

"I support men who are tired of diets that don't work, to finally lose the weight and keep it off, while still eating foods they enjoy"

"I work with people struggling with IBS to know how to eat foods that don't aggravate their body and send them to the bathroom"

"I help women in their 40s 50s and 60s who want to age well with glowing skin and stay healthy and energized for many years to come"

Draft Your Core Message Here:

