



METAMORFIZE w/ LISA META

# BE THE CREATOR OF YOUR LIFE™

Conscious branding, graphic design & business coaching

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“Create your future from your future, not your past.”

- Werner Erhard



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“Inspiration without action, is merely entertainment. Act on your inspiration today.”

- Mary Morrissey

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## High Frequency Living Process™

This process has been carefully designed to align you with your personal and professional goals by teaching you the Science of Change™ so you can be the creator of your life.

### **REALIZE...what you want in your life**

Witness your thoughts, what are you thinking?

Learn the way your mind works, understand the science (Law of Thinking).

Emotions as frequencies, where are you vibrating?

See the connection between your thoughts and your current reality, assess the situation.

Make the decision to change.

### **VISUALIZE...yourself already having it**

Create what you want by using visualization techniques.

Apply the Law of Thinking.

Reprogram your mind, align your thoughts with your goals.

Create a meditation practice, learn how to breathe and be still.

Understand the Art of Communication.

### **ACTUALIZE...by creating an easy to follow action plan**

Practice ways to raise your frequency.

Learn how to breathe deeper & move more.

Create a morning routine for success.

Practice the new way of thinking and being.

Owning your power to transform.

Define your version of success & happy.

### **INTEGRATE...the new you into everyday living**

Learn to use fear as your guide.

Being with uncomfortable as a tool to grow.

Learn to love the unknown.

Find others who are at your frequency or higher.

Building new relationships with parts of yourself.

Managing your energy.

Allowing yourself to embrace change and be happy.

### **BE THE CREATOR OF YOUR LIFE**

The Art of Manifesting.

Get Social – be seen & heard.

Experience more joy!

## Business Development

### **BRAND STRATEGY & DEVELOPMENT**

Marketing Planning  
Discover Your Message & Your Big Why  
Creative Thinking  
Focused Collaboration  
Copy Direction  
Information Organization  
Yearly Business & Financial Planning  
Social Media Campaign Strategy  
Email Campaign Strategy  
Business Development Skills  
Sales Processes, templates and scripts  
Discovering Your Ideal Client  
Networking 101: Connect & Convert  
Package & Program Creation  
Creating Multiple Streams of Income  
Product Development  
Technology Troubleshooting  
Website Analysis + Next Steps Report  
Solid Accountability

## Graphic Design

### **OFFLINE MARKETING**

Logo & Business Cards, Postcards  
Flyers & Brochures, Print Ads  
Trade Show Booth Elements  
PDF E-Books  
Social Media Banners & Images

### **ONLINE MARKETING**

WordPress Websites  
E-commerce Websites  
Custom Designed Websites  
Website Banners & Elements

*Domain/hosting set up, coding and development not included. I have a developer on my team available to you and managed by me.*

Email Campaigns  
Websites Opt-ins  
Web Ad Banners

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## Personal Development

### **MIND: REFRAMING**

Mind set & inner exploration  
Conscious decisions making  
The art of communication  
Create a morning routine for success  
Be the creator of your life™ methodology  
Understand how you work - find your flow  
Change your thoughts, change your life  
Lifestyle development  
Change your money story - make more!

### **MEDITATION**

Biodynamic Breathwork  
Guided Meditation  
Customized Meditations created just for you  
Visualization  
Tarot Readings

### **BODY: HEALTH & WELLNESS**

Releasing Addictions  
Changing diet & relationship to food  
Creating exercise routine  
Body image confidence  
Eliminate sugar & wheat support  
Love yourself, trust yourself  
Daily rituals for personal success

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“ALONE WE CAN DO SO LITTLE; TOGETHER WE CAN DO SO MUCH.

- Helen Keller

