

# FREEDOM BUDDY SYSTEM

This buddy system is to get you through the inertia of the first 3 months, so you can build momentum. (Or if you started a while ago, this could bring some new momentum to your business). If you stick to the system rigorously, you greatly increase your chances of business success. Missing your first buddy call is your first signal to the universe that you're ready to let success go.

## FREEDOM BUDDY STRUCTURE

- 1) **Schedule twelve weekly 30 minute phone calls** with your buddy. (Tip: Try and keep the same time and day for each one, and don't move a call unless absolutely necessary. Send your subconscious the signal that these calls are a priority in your life.)
- 2) **Alternate each week** with one of you taking the role of coach, and the other taking the role of coachee. Coach will initiate the calls, manage the time, and is responsible for ensuring the call happens!
- 3) **Questions for the coach** to ask (leave chit chat until the 30 minutes are up):
  - a. What have you accomplished in the past 7 days that you are proud of – firstly around your internet business, and secondly anything else in your life. (Validate and celebrate with the coachee. If they are beating themselves up, ask them what they will do differently this week.)
  - b. What's the next step for you in growing a successful internet business? (Tip: if they don't know, then ask what they could do to work out the next step.)
  - c. What specific actions will you take in the next 7 days to move forward? Make a list. Only choose actions you promise to complete.
  - d. What questions do you need answered? Make a list. By what date will you have posted those in the online forum?
  - e. What other support do you need to move forward in your business? How can I support you?
- 4) **Encourage them**, in every session, to go and post questions in the online forum. Model good behaviour by posting your questions in the online forum.

## RULES FOR SUCCESS

- 1) **Take responsibility** upon yourself for the system to work even if your buddy drops the ball.
- 2) **Use your buddy for support**, but don't rely on your buddy.
- 3) **Important:** Your buddy is not meant to be a technical or coaching expert. They are a fellow world-changer who has agreed to get on a call with you once a week to help you keep moving forward! So cut them some slack, and empower them to be an awesome coach by taking lots of action.
- 4) **Make your buddy calls a priority** in your life. (Life will try and shift you around – don't fall for it.)
- 5) **Call like clockwork** at the exact time you promised (and if your buddy is a minute late calling, call your buddy straight away).
- 6) **Don't reschedule** unless it's an emergency. (Building a regular time builds habit. As you start to shift things the system loses power. Each time you make a commitment you're sending a message to the universe, your buddy, and your subconscious that this is important.)
- 7) **If your buddy misses the call**, hold the coaching session with yourself and hold yourself accountable to what you promise yourself.
- 8) If your buddy keeps dropping the ball, try and enroll your buddy in stepping up to the plate. If you can't, find yourself another buddy using the website at <http://www.GetPaidForWhoYouAre.com/buddy>. (Again, you're responsible for making the system work.)