

The KickStart Formula: Your Simple 3 Steps to Ultimate Productivity, Everyday

The Step-by-Step Guide That Will Give You a Daily
Habit to Double Your Productivity



Hey beaut,

Welcome to my little corner of the internet.

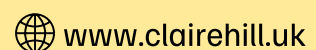
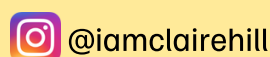
I'm Claire Hill, ex-teacher now Business Coach, with over 9 years of experience in business, giving you tools + tips to help you overcome your doubt and procrastination, allowing you to grow your business and make loads of money.

With over 23 years of experience supporting people to become the best and most vivid versions of themselves, I can help you to see and believe in what's possible for you and make that magic inevitable, all without overwhelm.

CLAIRE HILL

Business Coach

Founder of The Vivid Business Club Membership





The KickStart Formula

Good Morning, beaut, how are you?

I'm here to share the secret to my productivity success, allowing me to be the most productive and efficient person I know. I call it *The Kickstart Formula*[™].

This isn't just another routine—it's a supportive way to start each day feeling steady, focused, and ready for whatever comes your way, even when the shit hits the fan and your whole day is derailed.

I know you're here because you want to make the most of your time, and this formula will help you do just that.

Let me guide you through my formula allowing you to create a habit that builds confidence and consistency, one that anchors you every morning.

The idea is that you listen or watch me go through The KickStart Formula every day, until it becomes part of your daily routine. If you fall off the wagon, no worries, just start again the next day. So here it is...

CLAIRE HILL

Business Coach | Founder of The Vivid Business Club Membership



The KickStart Formula

It's a simple 1-2-3 approach:

1. Brain Dump

Let's clear your mind. Take a moment to get all your thoughts and to-dos out on paper or in a note. Think about every area of your life; your business, your home life, kids, pets, family, friends, house stuff, etc. Include everything your brain is holding on to. If you have completed this the day before, write down anything from your list that you didn't need to get to, yesterday.

2. Highlight & Prioritise

Now, using a highlighter, pick out what's important for today and that must be completed that day. Think of the stuff that is going to power your business boat.

3. Order the tasks from Worst to Best

Arrange those tasks, with a number next to each of them, starting with number one next to the worst & toughest job; the job you're likely to avoid! By getting it out of the way, you'll free up energy for the rest of your day. Order the rest of the tasks from worst to best. If you get distracted or the shit hits the fan, you just have to find the number you were working on, that's it. You will always know exactly what you were doing and what to do next.

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The KickStart Formula™

With this formula, you'll build momentum and focus, and even on hard days, you'll know exactly how to realign.

Over time, it'll bring you the peace of mind and motivation that comes from feeling in control of your day.

So beaut, I know you've got this.

I'm cheering you on and know that your feelings of pride and accomplishment, together with your self-belief, are going to start to sky rocket.

Remember, everything is happening exactly as it should. Hold your nerve and trust the process.

You've got this. I'll see you tomorrow.

Claire x

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