

Journey Book



Stephanie Trager

ALIGNMENT FOUR:
Channel Your
Transmission Talk

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CHANNEL YOUR TRANSMISSION TALK

Purpose of Your Story is Your Medicine: The purpose of Your Story as Medicine was to inspire others with your transformation while conveying an idea that was born or learned from your experience.

One aim could be to share a (vulnerable) part of yourself and perhaps a part that no one yet knows. Another aim may be to allow a new perception of your own journey to emerge for yourself so you may see the maturing, growth and evolution of purpose in the events of your life. Connecting the dots in our stories gives life to the flame within... may your story rekindle and spark a new level of magic.

Purpose of Your Transmission Talk: The purpose of your Transmission Talk is to weave in all aspects of Activating Higher Purpose.

From the place of Higher Purpose, standing in the frequency of liberation, speaking your truth, knowing your medicine to share with the world, and grounding in devotion to your authentic power, **what is yours to say?**

To who are you saying it? (list 3 audiences)

What is the message **you promise** to share?

What is the **energy you come from?**

Opening with impact.

Questions work great!

Give the reason you're here today.

Example: "The reason I'm here today is because..."

1. Describe the PROBLEM / OPPORTUNITY YOU SEE THAT GETS TO SHIFT including specific situations you or the people you serve experience. Give one specific example in a story.

2. Describe WHY this is a problem / CHALLENGE / or OPPORTUNITY and for who. What will be the outcome or impact of solving this for the person, people, community, place, future...

3. Describe what happens when this **problem is SOLVED or OPPORTUNITY is harnessed.**

Give an example and tell a story. This can be all about you and why you're a stand for what you're a stand for. Maybe even your unique medicine (from your medicine story) is the solution!

4. BRIEFLY share what they will learn.

Position yourself with vulnerability and credibility.

- Briefly tell your Story is Your Medicine (insert FIRESTORY HERE)

Insert in your Firestory the accumulation of:

- Your current success/expertise
- How it used to be a very different experience for you
- What the “turning point” was for you
- What you discovered or the steps you took
- How awesome this is for you now!

TRANSMISSIONS (the content you teach / transmit)

Create 3 main transmissions (3 points)

For each transmission, follow this sequence:

- Describe the PROBLEM, CHALLENGE, IDEA, OR OPPORTUNITY including specific situations your audience will find themselves in this place
- Describe WHY this is a problem.
- Describe what happens when this problem is SOLVED.
- BRIEFLY share a tip or an idea.

ENGAGEMENT:

Ask a provocative question that allows listeners to FEEL the gravity or levity of what you're transmitting. Give them something to do.

As for a show of hands.

OFFER A TIP or SET OF THINGS PEOPLE CAN DO:

Sprinkle this offering in between your 3 points. Give to your listeners.

Ask a question. "How many people ____" Give a solution. Flow with your peoples.

Stand in your authentic power and what it is you are sharing, give as a transmission. Focus your mind on devotion to the gift of your medicine landing, activating, catalyzing a shift.

What is your transmission?

What happens as a result?

Who receives it? What do they do next?

What do you want them to do next?

Now is your moment to guide them to do this...

Offer a gift, offer a thought, invoke them to take action.

Stand in your authentic power, as you wait for them to receive.

If you have a business, a mission or an ask, this is where you ask or offer.

Offer as a gift, as a transmission. Take up expansive space here and allow the listeners to stand in theirs and focus on your ask or offer, or invitation to take an action.

Once the energy is ready, move on to your next Transmission point.

Closing the Space...

How do you want people to feel? What's the tone in your voice at this point?

Transmit the energy you wish to close with, that you wish to leave people feeling.

Remember to invite people to connect with you, they want to hear more from you now.

Always be gracious with closing, and give listeners an opportunity to receive and digest your transmission, to honor and thank you, and to receive your gratitude and devotion.

Activate Higher Purpose REVIEW:

What are 3 big shifts you've experienced from Activate Higher Purpose?

Did you give 100% to the process? If yes, acknowledge this! I want to hear about your transmissions, your transformation, and what your big take aways are.

If no, you can always reset the clock and dive in! If 40 Days is too short, stretch it, give yourself 80 days. It's perfect.

Are you willing to share your feedback about this experience? If yes, please **click this link** and share away. Thank you thank you. It really helps to know how you are experiencing this process.

Activate Higher Purpose

Thank you thank you thank you.



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Be True to You

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