Let me help

you build your

ELEVATE Team!

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You were not created for Isolation Island.

That is a mantra that I share so often, that Gayle King (yes, that Gayle King) mentioned it on CBS Mornings. Want to know that story? DM me on IG. I love telling people all about it!

But seriously, “you were created for COMMUNITY. You were NOT created for Isolation Island”, but what often happens is that we either have been disappointed so much in our lives that we’ve decided it’s “safer” to just embody Beyonce’s mantra “It’s just me, myself and I, that’s what I found in the end” (I love you Bey, but that’s just not true), or we’ve embraced a trauma-response and are now ‘hyper-independent” (and you are hyper-exhausted as well if you tell the truth). Which one resonates with you? Are you settled on “All I have is myself” or do you know you have good people around you, but you are the “proud independent sis who won’t ask for help”.? DM me on IG and let me know.

Well, I hate to tell you this, but sis, you’ve stumbled upon the wrong woman, because I am not going to let you continue on the path of self-destruction. Wait. Let me rephrase that. You have actually met the right woman…I’m just the person you need to help you slow your life down long enough to pay attention.

Actually, that’s another mantra that I have on repeat: As busy women who are crossing all the T’s and dotting all the I’s, we must learn to PAUSE AND PAY ATTENTION. What are you paying attention to? You are paying attention to what is and what isn’t working in your life! AND!!! The truth is, you are reading this because one of the things that isn’t working is that you haven’t INENTIONALLY (remember that word) created your team! And so, yes, you’ve stumbled onto the right woman because that is what we are about to do! We are about to create your specific circle of people that can help you ELEVATE!

My entire professional career is focused on helping YOU elevate not just what you do (although what you DO is important and I can help you with that too), but also helping you elevate WHO YOU ARE! I am committed to helping folks JUST LIKE YOU, Live L.I.F.E. Over here we are Living Intentionally, Fully Engaged. (I told you to remember that word: Intentionally! That's the key).

And sis...in order for you to ELEVATE...in order for you to Live L.I.F.E., you need your squad, your crew (can I go real old school and say Posse? Listen, I turned 50 this year...I think that officially makes me an Auntie, so bear with me!).

When I talk about building your team, this is not a casual circle. No sis. We are building out a team of people in every area of your life that can help you "move to a higher position" (which is the definition of Elevate – and that is what we do around here...we MOVE TO A HIGHER POSITION). But you can't move to a higher position by yourself.

Let me say that again.

(INSERT YOUR NAME HERE AND HEAR ME SAYING IT WITH GREAT EMPHASIS), You cannot move to a higher position by yourself.

You need a team.

You need your people.

You need support.

And so, we are about to START THE PROCESS of building your team.

Now, the truth is, the team you REALLY need is extensive. We need to cover all the areas of your life, but, sis, you are busy. And because you are juggling all the things, we are going to do this in increments.

For now, I just want you to work on your FIRST FIVE! Over the next 21 days...that's 3 weeks...I want you to IDENTIFY FIVE MEMBERS FOR YOUR TEAM (from the list below) that you don't already have identified. That's it...JUST FIVE! And you have 21 Days to identify AND MAKE INIITAL CONTACT with those five!

You with me? Don't worry, I will walk you through it again in just a moment.

But first, I want to make sure you really understand why this is so important. So, scan the QRC below to check out a video from me, explaining this in more detail. I really want you to understand why this isn't optional if you truly want to live a life that is fulfilling, meaningful and worthwhile. Again, this is not optional.

Alright sis, I hope you are convinced now that you gotta build-out this ELEVATE Team so that you can truly Live Intentionally, Fully Engaged.

Oh. And I mentioned my IG several times already, but sis, DM ME on IG to let me know that you are committed to this...I want to know how it's going!

Here's to your elevation,

Robin (IG: @robinmayonline)

MY ELEVATE TEAM

Let's get started. Follow the steps below to create your ELEVATE Team. I believe this process will be easier if you print this pdf, but, if you are digital girlie then you can keep it right here! Either way, I want you to PRIORITIZE YOU for the next 21 days.

Below you will find an EXTENSIVE LIST of the people YOU need on your Elevate Team. Sis, we've covered almost ALL of the bases, but, as you will see, I have some spots left for you to fill in the blanks for team members that you need that I may have missed. (And you already know what I'm gonna say. DM ME on IG and let me know what I missed...we may update this document!)

You ready? Let's do this!

Step 1: Do an initial review of the provided list.

As you are reviewing the list, when you come across an area that you already have someone identified, and you are satisfied with that person/place fill them in the coordinating spot. (Example: If you already have your "Go-to" Nail Tech, put their name/business).

Step 2: Review the list a second time.

If there is an area that doesn't apply to you, simply put the letters: N/a. Now, I want you to be careful here. Only put "Not Applicable" if it really doesn't apply AT ALL. (Example: You don't get your hair braided, so you don't need a specific Braider).

Avoid putting "N/a" in areas that seem out of reach for you. We are elevating...we are moving to a higher position. So, while you may not see a need to have your own caterer right now, that may become a priority down the line. So simply leave it blank.

Step 3: Identify your FIRST FIVE.

Review the list again and take note. Out of the entire list, what is PRIORITY for YOU over the next 21 days? What "positions" / "Roles" need to be filled? If you printed this pdf out, grab a highlighter and mark the FIRST FIVE roles you are going to focus on for the next 21 days.

Step 4: Time for Research

Now that you've identified the first five roles that you want to have filled in the next 21 days, now it is time to start doing some research. Do you need to find a therapist (yep, you know I think this one is critical!)? Well, have you searched the website for your Insurance provider? Have you asked a friend for a referral? Have you considered what is important to you in this area? Maybe you have been meaning to find a trainer? Have you called your best-friends sister who you know lives in the gym? While she may not be a good fit for you, she may have a referral! This is the time to start researching people for these roles!

Step 5: Make a List

Now that you've done some research, you should have at least TWO, maybe THREE names for your first FIVE! In other words, if your First Five included: 1. A Nutritionist, 2. A Makeup Artist 3. A Obgyn 4. A Pastor/Church Home 5. A Babysitter, then at this stage there should be at least 10 to 15 people on your list. 2 or 3 options for a Nutritionist, 2 or 3 options for a Make-up Artist, etc.!

Step 6: Narrow list and Make Initial Contact

Take a deep breath sis. You are doing great. This step may be the most taxing because now I need you to actually make a move! I want you to narrow down the options (maybe you eliminate someone because they are out of your price range, maybe you eliminate someone else because their location is inconvenient, etc.). Once you've narrowed down your options, now you should contact at least ONE person from your list.

Now remember, we are just making initial contact. Initial contact could mean scheduling an appointment (based on availability, the appt may not be within our 21-day time frame, but that's okay! Having the appointment scheduled is a big first step!). Initial contact may simply mean a phone call to connect! The goal is momentum - so make the initial contact gets you started!

Step 7: Do your Dance Sis!

This is where you celebrate YOU! Honey, if prioritizing ourselves was easy, everyone would do it with ease! With all the things that you are responsible for, it is easy to put YOU on the backburner, but not anymore! You've done the initial steps needed to BUILD YOUR ELEVATE TEAM and I am doing a Congratulatory Dance over here sis (I mean, it's probably the Wop, and if you don't know what that is, then yep, I am your Auntie!).

Again, Congratulations my love! YOU DID THAT!

ELEVATE ROLES

(Note: The asterisk (*) represents further discussion, so scroll down to read more).

Pastor / Church Home (*) _____

Spiritual Advisor (s) (*) _____

Therapist _____

Life Coach (*) _____

Accountability Partner(s) (*) _____

OBGYN _____

Dermatologist _____

Esthetician _____

Dentist _____

Ophthalmologist _____

Nutritionist _____

Chiropractor _____

(Note: The asterisk (*) represents further discussion, so scroll down to read more).

Trainer _____

Nail Tech _____

Lash Tech _____

Brow Tech _____

Makeup Artist _____

Accountant _____

Personal Assistant _____

Baby-Sitter _____

Housecleaner _____

Primary Hair Stylist _____

Braider (*) _____

Masseuse _____

(Note: The asterisk (*) represents further discussion, so scroll down to read more).

Stylist (Attire) _____

Personal Caterer (*) _____

Other _____

Other _____

Other _____

A few things to consider:

Pastor / Church Home: The internet has made virtual church attendance super convenient. And it can be a blessing...but it can also be a hinderance. But it's one thing to periodically attend service "virtually", but when there aren't extenuating circumstances, being in the company of fellow believers is important.

And one more thing. And I am treading lightly with this one but hear me out. I know you love several online ministers, but, when you study scripture, you will understand that your Pastor is the person who has been ordained by God to "shepherd"/cover you spiritually. That means you are called to and connected to the vision of that ministry. Therefore, your Pastor isn't simply someone whose messages you enjoy virtually. Your Pastor and your church home is where you are intimately plugged in, being covered and actively serving. It's a mutual commitment. It's not simply "getting a Word". It is about being connected to a body of Believers where you are also being a blessing to others. This is a serious role and one that should be held in great regard.

Spiritual Advisor (s): This role can also be your Pastor, but if you are not in personal relationship with him/her, it may be an Elder or Minister at the church you attend. Or this person may be a mentor or someone else that you trust to help you filter your life and decisions through a lens of faith. The bottom line is that this person (s) is someone that you are actually in communication with consistently.

Life Coach: There is a difference between a Therapist and a Life Coach, and so based on the season of your life you may need one over the other. To learn more about the difference, visit: www.robinmayonline.com/coaching-vs-counseling/

Accountability Partner(s): These people aren't the crew you just hang out with...these are the people that you know will tell you the TRUTH about you...they will challenge you to walk out your gifts and they will hold you accountable when you are out of order! Don't take this section lightly.

Braider: Are you like me and love a good set of Knotless or Box braids? Now of course, your hair stylist may be the same as the person who braids your hair, but in case they aren't, you know once you find a "Braider you will never give her up" – in my Bobby Brown Voice! (If you don't know what song I am referencing, once again, HEY NIECE!)

Personal Caterer: I know sis. This may seem really extra, but when you think about it, it's really not! Nowadays there are meal prep companies that are a lifesavers, and you can also have a more personalized experience if you have your own "Chef", and the investment may be more reasonable than you think. But if that's not something that is feasible for you right now, you can consider having a caterer on hand for those special events – Birthday parties, Baby showers, Special Holidays, etc.

Let's stay connected! Make sure you are following me on IG (@robinmayonline) and are subscribed to my YT (@robinmayonline). We have some great things in store! Building this Elevate Team is just the beginning.

Did I say I'm proud of you?

Much love,

Robin

ABOUT ROBIN

Robin May is both a Licensed Professional Therapist and Certified Personal and Executive Coach who teaches others to live more intentionally so they can achieve their personal and professional potential. She has counseled and coached hundreds of individuals and inspired thousands.

Robin serves her audiences through online courses, books and several intimate membership groups. Robin likes to say she has a two-lane highway focused on empowering women and equipping couples.

To learn more about Robin, visit: www.robinmayonline.com

