WISDOME™

Wave Rhythm

PLANNER

APRIL

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Nikki xx

This planner is designed to help you build intentional momentum in your course, coaching program, or membership, without being online all the time. Use this as a guide to create purposeful 'waves' of energy in your learning space, so your audience knows when to show up, how to engage, and where to go next.

Each section follows a simple structure:
✅ What you're doing
✅ Why it matters
✅ How to apply it to your business

1. Define Your Wave

You're choosing the specific purpose and container for this engagement period. Clarity helps you stay focused and helps your people know exactly why they're joining.

How:
·- Name of this wave (theme, challenge, cohort name, etc.):
·- What offer, goal, or transformation is this wave supporting?
·- What's the ideal start and end date for this focused period?
·- How long will it run (e.g. 4 weeks, 6 weeks, 90 days)?

2. Build Anticipation Before It Starts

You're setting the tone early by building curiosity and interest. This creates excitement without overwhelming your audience. It gives them time to emotionally prepare and say yes.

How:
·- What teaser content or early posts will build interest?
·- What's the main invitation or CTA you'll use?
·- When will you officially open the space to early access or warm leads?

3. Deliver the Live Wave with Intention

You're stepping into the high-energy delivery phase. This is when your audience gets the most interaction and value, and it's where real transformation happens.

How:
·- What weekly rhythm will you follow (themes, modules, actions)?
·- What live events or calls will take place during the wave?
·- How will you prompt community connection (peer shares, Q&As, co-working)?

4. Wind Down with Purpose

You're closing the loop so people feel completion, not confusion. Ending with clarity helps reinforce the value of the experience and opens the door for future offers.

How:
·- What final recap, reflection, or celebration moment will you offer?
·- What CTA or next step are you inviting them into?
- Will this space pause, stay open with light rhythm, or evolve into a new container?

5. Reflect & Repeat with More Confidence

You're reviewing what worked and preparing for the next wave. This builds real momentum, you're not starting from scratch, you're building from experience.

How:
·- What worked well and what felt aligned in this wave?
·- What didn't land or felt heavy to run?
·- What changes will you make before the next wave starts?

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