



SURPRISING SIGNS

That You're Ready to

U P L E V E L

NOW

By Jill Hope

Money Mindset Coach for Mompreneurs



Introduction



As a successful, driven woman, you most certainly and consistently feel that call within to evolve, create, and grow. In fact, that feeling is inherent in all life.

So when that next call comes deep from within... when you feel the desire well up inside to change something about your life, it means you're feeling the call to stretch yourself, to move towards something bigger, or to experience some level of expansion.

I've been coaching moms and mompreneurs on mindset, confidence, success, passion, and empowerment for 14 years, and what I have noticed in almost everyone I've worked with (and I've definitely noticed it in myself as well) is that as this call to evolve, to create something new, or to change something about our life comes up...there are some common challenges (or at least they look like challenges) that almost all of us will encounter.

What I've learned through my own growth, as well as from my coaching clients, is that these so-called challenges that arise are actually **signs** confirming that **you are in fact ready to expand.**

These challenges show us that it's time to step up, it's time to step in, it's time to move forward in an even bigger way.

Yet one of the biggest mistakes I see too many women make is that they notice these signs, and then instead of stepping in and stepping up and moving forward, they back off, they move away, they slow it down, and it kills their growth every single time. And I do not want that to happen to you.

I wrote this e-book to share these common challenges, or signs, with you so that you see them for what they are: Signs that you, my friend, are ready to grow and the universe is ready to help you. So let's get started!

3 BIG Signs You're Ready to Uplevel NOW

Sign #1

Sign #1: You suddenly receive unexpected bills, or bills for more than you were expecting, or some new unexpected, big expense.



Have you ever had a major appliance meltdown right after you made a big investment in yourself?

Or maybe your car all of a sudden needs a lot of expensive repair work that just happens to coincide with just receiving a big client contract.

Why is it that when you attempt to get ahead financially, there is often a “slap-back”, whereby something comes up that requires you to have to spend a lot of money to resolve it?

It may help to know that it is an extremely common phenomenon for your circumstances to go into what can feel like chaos and a lot of money outflows whenever you are in the process of upleveling.

Why does this happen? Because when you've made a decision and you start stepping into a change, like creating something big that you've dreamed of for a while, or moving to the next level in your business, or creating a certain amount of money far beyond what you've ever done before, you pose a threat to your subconscious mind.

Why Does Your Subconscious Mind Feel Threatened by a Change?



Now the subconscious mind isn't your enemy per se. In fact, the number one job of the subconscious mind is to keep you safe. The reason why it feels threatened when you decide to go for a big dream or goal is because the job of your subconscious mind is to keep you running within the programmed parameters.

That is how it perceives that it keeps you safe. It's like you've got this program inside you and your subconscious mind doesn't want things to go off course (even if going off course is really good for you and helps you to expand).

Your subconscious mind (we'll call it SC from here on out) is consistently monitoring your progress and keeping you on track. And you've probably noticed this. For example, have you ever gotten in a car and been driving while thinking about something else, and kind of losing your mind to your thoughts and not really noticing the road and what you're driving past as you move forward? And then you suddenly get to your destination and you're like, "Oh my gosh, I don't even remember driving there!"

Has that ever happened to you? It has definitely happened to me and it's kind of freaky and a little weird. And it's kind of cool, too, because what's taking over at that moment when you are up there in your thoughts is your SC because it knows how to get the car safely from point A to point B.

It kicks in to support you. That's when the SC is a great help to you. But when you want to make a change and go outside that programmed path, your subconscious sees a threat. And it wants to stop you at all costs.

So as you start moving towards a bigger goal, and you're taking those steps forward and you're doing some scary things, what often happens is all of a sudden, all hell breaks loose in your environment. Stuff starts breaking down.

That's when you start getting unexpected bills or the appliance meltdown. And it can get to the point where you might feel like “wait a minute, is something trying to stop me?”

And the mistake so many women make is we think “oh, these must all be signs that I'm not supposed to do this, right?” Have you ever been in this situation and had that thought before?

Why Stopping Your Progress Is So Dangerous



Something to understand about this is that it is downright dangerous to your growth and the growth of your business and bank account when you get to this point of making a positive decision for your growth, and then things start breaking down in your environment and you choose to see it as a sign that you're supposed to stop.

Why is it so dangerous? Because if you stop, you go back to square one. Any progress that you did make is completely wiped away. In that moment of stopping, you put yourself back in the conditioned program that you've been operating under and nothing changes.

And that is when you may wonder “what's wrong with me? How come everyone else can do this but me? Why are they growing and I'm not?”



How come they look so successful, and I don't?"

You tell yourself all of those negative ideas, and then that holds you back even more, and then you may start to feel like crap about yourself. Does any of this sound familiar?

When you do that to yourself...when you see havoc being wreaked in your life, and you decide that it means you're not supposed to move forward so you stop, **you put your dreams on pause**. And not only that, but you often go *backwards*.

Step Beyond the Chaos and Take Action



So next time you're experiencing this, notice where you want to go in your thoughts, and catch yourself and let yourself know that the fact that this is happening means you're actually making some real progress and moving forward. You're spreading out your walls and stepping into a bigger space.

You're upleveling.

You've got to allow your whole system to accept the change before you see the fruits and get to really start experiencing that thing that you've been desiring and working so hard for.

You've got to step into the desire *despite* the chaos and despite the bills. You've got to realize that getting a lot of bills is not a reason to NOT step in and make whatever investment you were inspired to make in the moment before the bills happened.

Now this is not to say that you ignore the bills or the chaos. You actually do need to take responsibility – you do need to respond to what's going on – however, you don't need to get emotionally involved in it, nor do you need to abandon your expansion.

The good news, and what I've often noticed, is that when you can take one step beyond the chaos and say “Okay, I see that and I'm going to take care of it”, your SC starts to settle down a bit. She sees that you're okay and you're not going to die.

That's when things start to calm back down, and that's when you start to be able to adapt to this next level that you've just stepped into. And that's when you can start receiving the results of making that change.

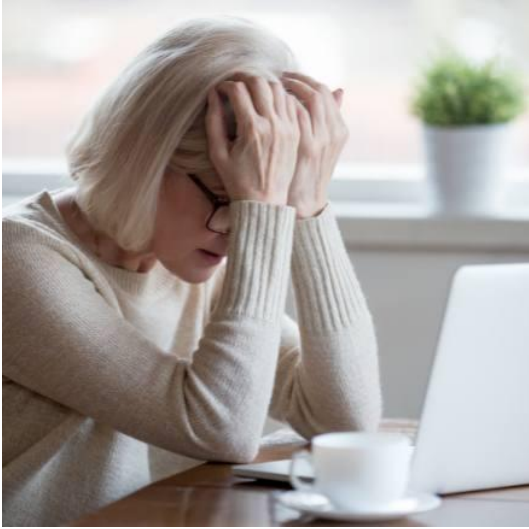
So that is the first thing to look out for – receiving those unexpected bills and expenses and seeing chaos erupt around you when you start seeking greater expansion and moving in the direction you want to go.

Because that's the first sign that you are actually on the right track -- that you are actually upleveling.

Sign #2

Sign #2: You start to feel exhausted or burnt out, either after or during your client calls – or as a result of the work that you used to love doing. You're just not energized by it anymore.

When this starts to happen– when you start to feel restless in your work, or you start to feel a little bit bored, or you're not as lit up or energized by client calls anymore– whereas you used to be in the past– if you've seen a change there, that could indicate that your pricing is no longer in alignment with who you're actually becoming.



Or it could mean that you're ready to offer your gifts in another way, or a bigger way.

Or it could be that you're ready to work with clients at a higher vibrational level than you've been working with currently.

And that is because your vibration is rising and so you're going to want to call in clients on that same vibrational level.

It can feel like suddenly there's a disconnect with your client/s, or maybe your client sessions don't go as well, or you may feel a lack of enthusiasm or energy or inspiration in those sessions.

You Are Meant to Love What You Do



When I am in client calls, I am absolutely in love. I love working with my clients. I love listening to them. I love hearing those things that they are not aware of, that they just aren't coming to

themselves, and being able to share that with them and help them see something about themselves in a new way.

I love letting them know “this is what I'm seeing/hearing– what do you think?” And then I love seeing the light bulb go off in their minds...seeing that aha moment and watching the growth that transpires as a result. That inspires me like nothing else I do.

We are meant to love what we do. So, when I start to feel restless or lack energy in certain client calls, I know something's off with me. I know that I am moving out of alignment for some reason. It's a signal to me that I am probably upleveling and I need to look at that.

I remember the last time I experienced this feeling with clients. I noticed how I was feeling, and when I tuned in, what I realized was that I needed to raise my prices. I realized I was now operating at a different level. And yet my prices had been stagnant for years.

And it was kind of a scary thing asking a client who's been with you for a while to uplevel with you, to rise up with you and step into that higher vibration.

And yet, every single client said yes.

It was scary for them. It felt stretchy because it was a stretch. But they also knew that it was time for them.

When Your Clients Are Ready to Uplevel, You Will Feel It



And that is another element I want to touch on here, because when we're really in tune with our clients, and we get that nudge– that feeling that it's time to uplevel, I believe that means we're not only tuning in to ourselves, but we're tuning into them as well, and getting a signal that's saying “hey, it's time to grow, it's time to move up, it's time to go to the next level.”

It's exciting and it's a good thing. And if there are clients that don't come along with you and join you in the next level– when say, you uplevel your prices– that's okay too. They will peacefully fall away, and they will find someone that matches their current

level. And you will find new clients who match your new level. And that is perfect, and that is beautiful.

But when you choose to **not** make a change for fear of not wanting to lose any clients, fearing that if you raise your prices, for example, that they won't say yes, **then you get stuck.**

That is when the stuckness happens. That is when you start to feel stagnant. That is when your creativity shuts down. That is when your inspiration shuts down. And that is when work is no longer a joy.

When you have no inspiration, no creativity, no true and real evolving connection with your clients, you can't possibly thrive emotionally or financially.

So you'll want to be aware of this second sign, which is feeling a little exhausted and out of alignment during your client sessions. That is simply a sign that you are ready to make a change and uplevel in who you serve, what you charge, and/or how you work with your clients.

Sign #3

Sign #3: You suddenly start to feel a lack of confidence again (whereas you didn't feel this way before).

You've probably heard the term "Imposter Syndrome". Anyone who has stepped into doing their own thing, to a certain degree, feels it at one time or another.

It's this feeling that you don't measure up. That you don't have enough credibility to do what you're doing, or that you're not good enough, or that you're not enough to be able to do what you're doing, or charge what you're charging. All of that comes from "Imposter Syndrome".

You look at what other people are doing, and somehow you just don't feel like you're enough or that you are even coming close to doing what someone else is able to do.

And that can leave you feeling like a fraud. And that's a terrible feeling. There's no confidence in feeling like a fraud.

So, one of the things I've noticed is that when a person is ready to move up to a new level, they have this confidence crisis.

Because moving to a new level– aka upleveling– is like spreading out the walls you operate within. It means growing bigger in your space. It's expansion. It's having greater conscious awareness. It's growth in all ways.



And when you're growing and expanding into something new, that means you're getting out of your comfort zone.

If you're on a continuous path of evolution and growth (which is really the inherent nature within all of us), when you feel that, and when you tune into that, and when you say yes to that, you will be stepping out of your comfort zone. You absolutely will.

And I'm not going to sugar-coat it. It WILL likely feel very uncomfortable.

The Importance of Stepping Out of Your Comfort Zone



The reason you're comfortable in your comfort zone is because you've been doing it over and over and you know how to do it really well. You've grown confident there.

But if you want something more, and if you're willing to grow and expand, anything you want will be sitting just outside of your current comfort zone.

That growth you haven't experienced yet is outside your comfort zone. This means that to experience that growth and create that beautiful "something more" that you want, you're going to be doing things that don't feel so comfortable.

And doing new things that don't yet feel comfortable can mean you might lack a little confidence, right? Because you haven't done it before.

So you might move into that space of feeling a lack of confidence. And when you are in that space of doing something you've never done before, you also might feel a little bit like a fraud. You might feel like an impostor until you really get your feet wet doing it and then expand those walls that you live in, so that this new space becomes your expanded comfort zone.

But when you've expanded yourself, and you've said yes and stepped into it and allowed yourself to feel those feelings and held yourself as you went through it, the confidence comes back.

As you step into the desired change, you build your confidence and you build your knowing that you are simply just **becoming more of who you are.**

Look, you cannot be an imposter when you're growing. Why? Because you're just growing into more of who you're supposed to be, more of who your higher self is, you're just expanding into that more. So how can you be an imposter of yourself? How can you be a fraud? You can't, you simply can't.

So I invite you to come to the realization that if you're feeling a lack of confidence, or you feel like you're an imposter, it's just because you're expanding, you are upleveling– whether you're at the beginning of your journey of building a business and growing your wealth, or you've come quite a ways already and you're trying to go to the next level.

Either way, when you're ready for that next level, there is going to be that period of feeling like “maybe I don't measure up to this next level”. And that's okay, because it just means you're expanding into more of who you actually are.

Step Into Your Next Level of Success



So you just learned three unexpected signs that you are ready for change, growth, and an uplevel in your experience.

If you start to recognize these signs in yourself or in your current situation, you can now understand that these things are happening because the growth is here for you NOW.

And as you continue to say YES to what you desire and yes to the growth required to bring those things into your life, you will quickly advance to your next level.

And when you do that, that's when the money comes in. That's when the new higher-level clients come in, that's when the inspiration comes back, that's when your confidence blossoms.

And that's when you step into a whole lot more fulfillment, freedom, and joy doing your passion, purpose-based work (and profiting MASSIVELY from it).

**Are You Ready to Skyrocket Your
Business, Bank Account, and Life this Year?**



In the UPLEVEL Masterclass, you'll discover the simple, powerful path to accelerate your money goals, attract more clients, live with more freedom, and close the gap between where you are and where you want to be in 2023.

The UPLEVEL Masterclass is a 90-minute experience where you will learn the revolutionary, next-level strategy to start living your vision for your life, biz, and bank account NOW.

"3 Surprising Signs That You're Ready to Uplevel"
© Copyright 2023 | Shine Coaching and Wellness Programs, LLC
<http://ishinekids.com>

In the UPLEVEL Masterclass, you'll discover...

- How to operate outside the constraints of space and time (this is so simple it will blow your mind!)
- The 3 Essential Decisions you MUST make to start living your goals and dreams *now*
- The 4-Step Manifestation Process that will put living your biz, bank account, and life dreams on autopilot
- The super simple key to overcoming the blocks that keep you stuck, small, and settling for less than you desire and deserve
- The fool-proof Secret "X-Factor" tool I've been using to speed up my manifestations (you will NOT believe what I've manifested within days using this amazing tool and I can't wait to share it with you!)

2023 is going to be a year like none other, and it is my personal goal and dream this year to help women like you rise up out of your struggle and into the life you came here to live.

The ideas I'm going to share in the UPLEVEL Masterclass will set the tone for your most powerful, expansive year yet!

Be sure to join me LIVE for the UPLEVEL Masterclass (check your inbox for the date, time, and links) if you are serious about upleveling your business, bank account and life this year.

And if you're not registered yet, you can register here:

[Enroll in the UPLEVEL Masterclass Now](#)



**U P L E V E L
M A S T E R C L A S S**

Skyrocket Your Biz, Bank
Account and Life in 2023

with Jill Hope

“3 Surprising Signs That You're Ready to Uplevel”
© Copyright 2023 | Shine Coaching and Wellness Programs, LLC
<http://ishinekids.com>

About Jill and I Shine®



Jill Hope is a money mindset coach for mompreneurs, a writer, lifestyle empowerment mentor, inspirational speaker, and founder of I Shine®. After a successful 22-year corporate career, Jill made the leap into entrepreneurship to pursue her passion of empowering women to

follow their heart and make their dreams a reality. Jill is passionate about supporting busy mompreneurs to make GREAT money doing work that they love, while connecting with their true voice, and live their lives with authenticity, passion, and abundance.

Contact Jill

Jill Hope | I Shine® Coaching and Wellness Programs, LLC

Email: jill@ishinekids.com

Phone: 773-540-7857

Facebook: <https://www.facebook.com/groups/highestlevellife/>



“3 Surprising Signs That You’re Ready to Uplevel”
© Copyright 2023 I Shine Coaching and Wellness Programs, LLC
<http://ishinekids.com>