The 5-Day Sales Engine

Convert Conversations into Subscribers, Then Clients

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(...but only if they're part of a repeatable weekly system)

1. Posting "I've got space" content

Casual CTA posts or stories — great for visibility, but if not followed up with conversations, it's a dead end.

2. Running polls or engagement stickers

Polls, sliders, and question boxes are gold — but only when you follow up with the people who respond.

3. Sharing client wins or transformations

This builds proof and trust — but without a call to action, it's just a nice story.

4. Making soft offers or mini invites in Stories

"DM me if you're curious" works — but only when your audience has context from the rest of your weekly content.

5. Following up with old leads

One of the most effective (and neglected) tactics — but if done randomly, you'll miss timing and momentum.

6. Sending value-driven emails

Awesome tool to deepen connection — but if not paired with strategic CTAs and consistency, it fizzles.

7. Posting your point of view or mini rants

Builds authority fast — but needs to be balanced with invitations and proof to lead to clients.

8. Offering short-term micro offers or free trials

Great for urgency and conversions — but you need the visibility and warm leads first.

9. Reposting content that worked

Efficient and smart — but if you only rely on this, you lose traction over time.

10. Being active in other people's comment sections or DMs

Builds relationship and reach — but only if you bring them back into your world with a clear offer or invite.

Market and Sell with Intention









Why This Works



Random marketing

Most coaches market inconsistently



Structured rhythm

Stay visible and converting consistently



Adaptable system

Works in Waitlist or Sales mode



Creates momentum

Builds anticipation before launch



Two Phases, One System

Waitlist Mode	Sales Mode
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Building your list Making clear offers

Warming leads Inviting people to join

No spaces open Spaces open

Focus on desire building Focus on conversion



Weekly Flow – Waitlist Mode



Monday

Visibility + Waitlist Invite



Tuesday

Conversation Starters + Opt-In



Wednesday

Share POV + Waitlist Purpose



Thursday

Behind-the-Scenes + What's Coming



Friday

Proof + FOMO



Weekly Flow – Sales Mode

Monday

Visibility + Spots Available

Tuesday

Conversations + Objection Handling

Wednesday

POV + Re-engage Leads

Thursday

Offer Breakdown + Direct CTA

Friday

Proof + Final Reminder





Switching Between Modes

Waitlist to Sales

- Email waitlist FIRST
- Offer early access incentives
- Shift messaging to "book now"
- Use genuine urgency

Sales to Waitlist

- Announce doors closed
- Celebrate new clients
- Open waitlist immediately
- Begin building anticipation



Why It Converts Better



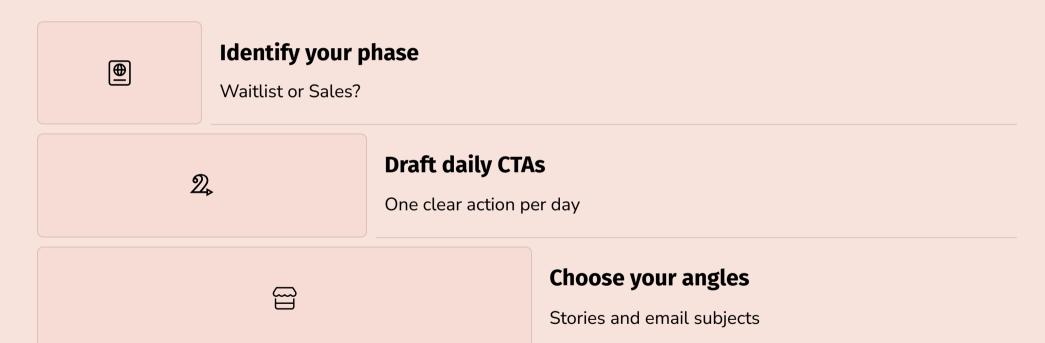


Example Weekly Flow





Build Your Own Engine







Final Takeaways

0%

100%

Random Marketing

5-Day Engine

Unpredictable outcomes

Consistent rhythm

365

Always On

Something to say every day