# The Calm Brand Checklist

A mindful 5-minute audit to see if your brand truly feels like you.

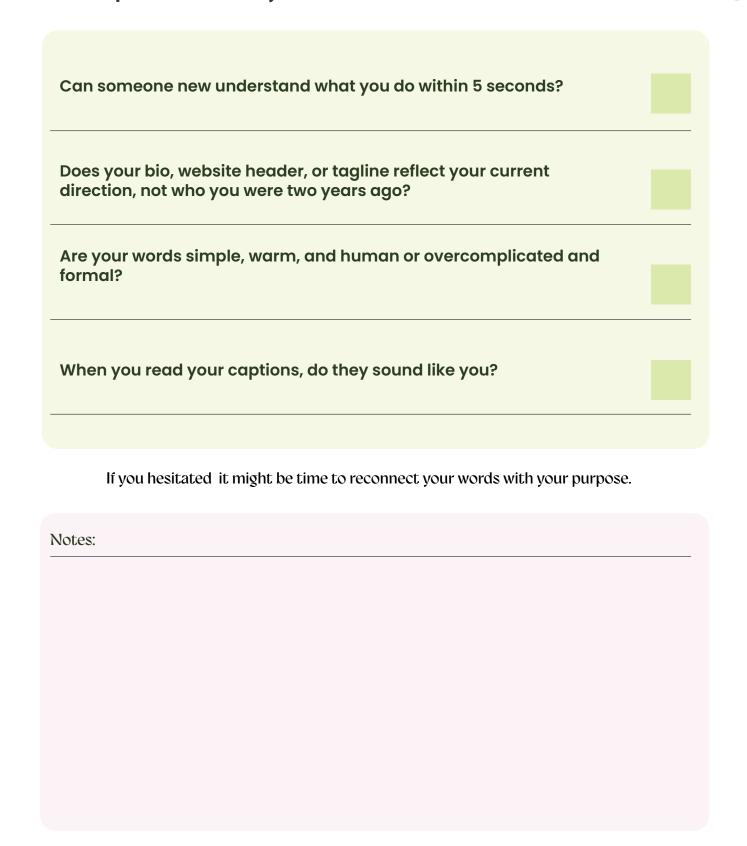
Set a timer for 5 mins and work your way through the 3 pages to gain clarity quickly and calmly over where your brand is right now. This shouldnt be overwhelming thats why you are only dedicating 5 mins of your time. if you feel after you want to take it futher you can make notes on each question.

> Little by the sea st.udio

# SECTION 1: Clarity

#### Is your message clear?

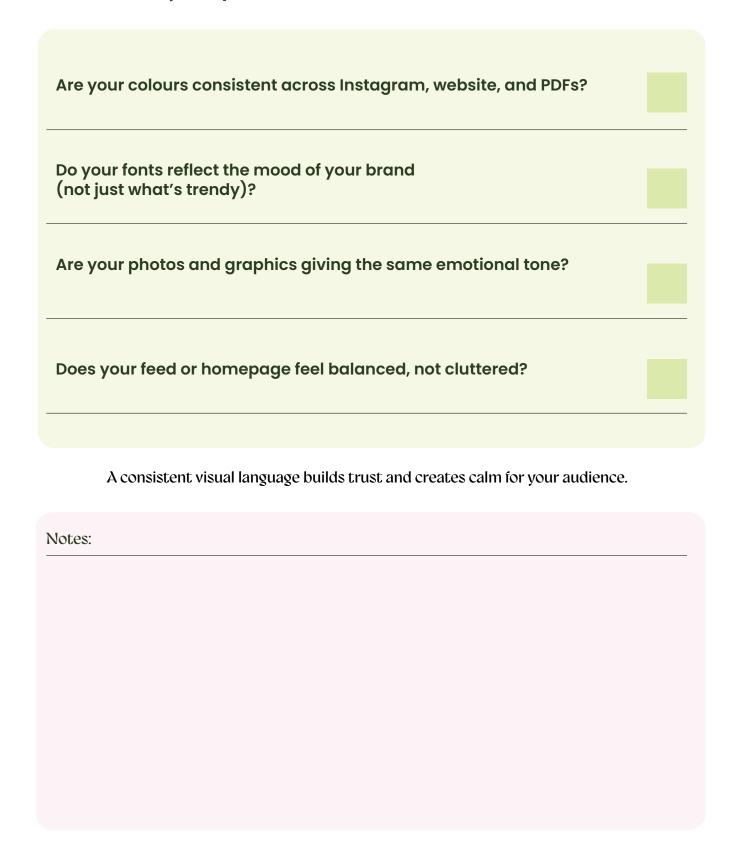
Take a pause and ask yourself:



# SECTION 1: Consistency

Do your visuals feel calm and cohesive?

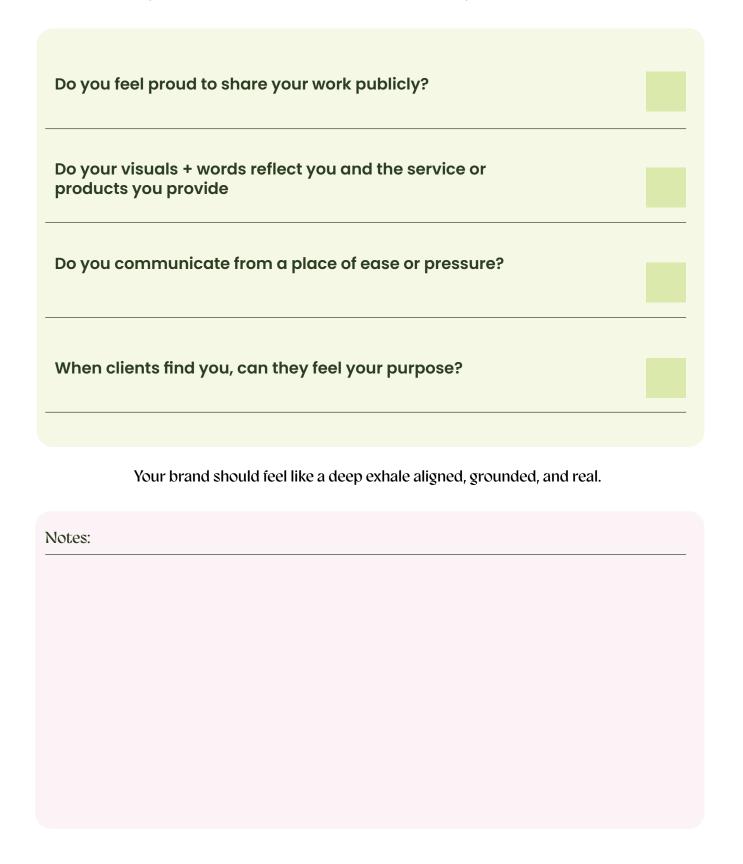
Look across your platforms and materials:



## SECTION 1: Connection

#### Does your brand reflect your values?

Reflect on your emotional connection to your brand:





## NEXT STEPS:

## find your calm direction

If you've ticked more "not quite" boxes than "yes," it might be time for a fresh, grounded perspective.

## **Brand detox Challange**

A place to start looking at your branding £39

I can help you move forward with the things you have covered in the checklist. This Challange is designed for you to delve further find the reasons behind why your clients are not connecting with you in the way you want. it will gives you a more indepth exploration in to the areas you can improve your brand helping you decide if you need to invest in a Brand designer, and if you do need a designer you are clear on where you are heading.

**Download now** 

## Kickstart call





This 60-minute consultation is your power hour (and then some!) to map out the next steps for your brand to create calm consistency. Whether you're feeling stuck, overwhelmed, or just need an expert eye to guide your direction, this session will provide clarity, accountability, and an actionable plan to move forward with confidence.

Book your call today and start moving toward a brand that feels like home.

