

*Metal*  
**FREQUENCY**

ELLEN ERCOLINI



## WHO YOU ARE

*You are regal. You can see the bigger picture as well as the smaller details needed to execute. You see art and beauty in all things, and have a strong sense of style. You have the power to create anything of exceptional quality. You are on the Metal frequency!*

**You are like an eagle: you can see things from 20,000 feet up in the air or six inches on the ground. There's a duality to your vision that makes you unique.**

## NATURAL TALENTS

*You create beautiful things: art, experiences, moments. You would rather throw something away than put sub-par work out into the world. This attention to detail can set you and your work apart from others in your field.*

**Your vision, elegance and innate regalness create a natural leadership quality in you.**

*The key to getting you to move faster is to make sure your heart is in your work.*

# tools for business growth

You have a really difficult time hearing criticism of your work, because you've toiled so hard to create really beautiful work - so having people around you that understand that about you is also going to be important. Metal people tend to think of themselves like royalty, and the faster the rest of the world catches on to that, the better.

**Adopting a 'less is more' attitude, and structures to help keep you in your zone of genius, are going to be incredibly supportive to your work and stress level.**

It's important not to get too caught in either the big picture or the small details, but to keep flowing towards your vision. Metals can get stuck easily, but when they flow they are unstoppable and what they create is of the highest quality.

## METAL BUSINESS ICON



**MARIE FORLEO**

*Life Coach*

*Motivational Speaker*

*Author*

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People on the metal frequency are ones that see the bigger picture and also take the time to do the detail work to make it happen. Metal frequency folks might take a minute to gather steam, but ultimately they are up to big things. It's okay with them if it takes a while to come to fruition, because the quality of their work is exceptional. You can see this reflected in Marie Forleo's work.

For you, the phrase done is better than perfect is a stone cold lie. This means when you create work, it's top notch. Be sure to create realistic (for you!) timelines of when your work will be ready to launch, so you don't feel like

## things to watch out for

Because of your ability to see the big picture and the small details, you can tip towards pessimism, which can make you anxious, which circles back to pessimism. It's important not to feed that downward cycle and to take action to bust you out of the worry zone.

It can be as simple as taking one action towards making your vision a reality: sending an email, or talking your issue through with someone. Above all, don't isolate yourself and stew in your own head.

**Your attention to detail can tip into perfectionism, which can leave you feeling stuck and frustrated.**

When metal is constricted it becomes hard, brittle, and inflexible. So, when you're feeling stuck and perfectionist, it's important to connect to things that warm you up and help you expand into the flow--like laughter, not taking yourself too seriously, movement.

**Connecting to the joy and fun in life is going to be tremendously supportive to you.**



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