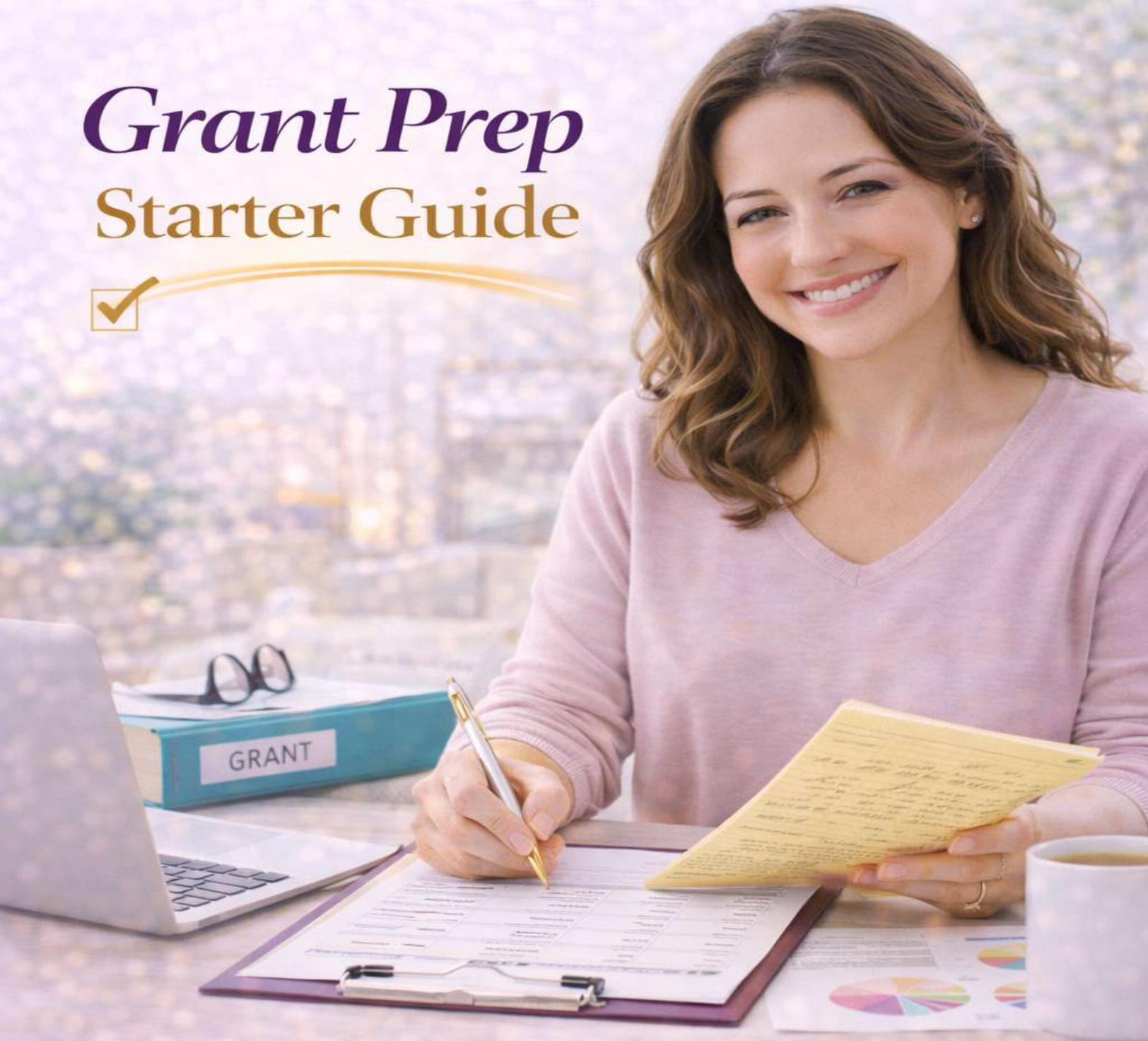


Fit Firm & Fabulous

A woman's guide to easy weight loss, wellness and beauty

Grant Prep Starter Guide



Five steps to get organized and ready before
you start applying for grants or funding

WELCOME

Many women hear about grants, funding, or financial assistance and think:

- "That sounds complicated."
- "I don't know where to start."
- "I'm probably not qualified."
- "I don't have time to figure it out."

The truth?

Most people don't fail at getting grants because they're unqualified. They fail because they're **unprepared**.

This guide exists to solve that.

The **Grant Prep Starter Guide** walks you through five simple preparation steps so that when you find a grant or funding opportunity – you're ready to apply confidently instead of scrambling.

No legal jargon.

No overwhelm.

Just clear, realistic organization.

WHAT THIS GUIDE DOES (AND DOESN'T DO)

This guide does:

- Help you get organized
- Show you what information you'll need
- Save you time later
- Reduce application stress

This guide does NOT:

- Promise guaranteed grant approval
- Replace official application instructions
- Require business experience

Think of this as your grant readiness foundation.

WHY PREPARATION MATTERS

Grant applications often ask for:

- Personal or business details
- Financial information
- Clear purpose statements
- Supporting documents
- Proof of eligibility

When you already have these prepared:

- Applications take minutes instead of hours
- You feel confident applying
- You miss fewer opportunities
- You avoid frustration

Preparation creates opportunity.

STEP 1

CLARIFY YOUR PURPOSE

Before applying for any grant, know:

- What do I need funding for?
- How much funding do I need?
- Why does this matter to me?

Write Your Purpose Statement:

"I am seeking funding to _____
because _____."

Keep it simple and honest.

Why this matters:

Clear purpose helps you choose the right grants.

STEP 2

GATHER BASIC PERSONAL OR BUSINESS INFORMATION

Prepare:

- Full name
- Address
- Phone and email
- Date of birth (if required)
- Social media or website (if available)

If applying as a business:

- Business name
- Business description
- Date started
- Registration details (if applicable)

Why this matters:

Most applications request this information.

STEP 3

ORGANIZE FINANCIAL INFORMATION

Prepare:

- Monthly income estimate
- Monthly expenses estimate
- Recent bank statements (if required)
- Basic budget outline

You don't need perfect numbers – just realistic ones.

Why this matters:

Many grants assess financial need or stability.

STEP 4

CREATE A SIMPLE SUPPORTING STORY

Grants often ask:

- Why should you receive this funding?
- How will it help you or your community?

Write 3–5 sentences:

"I am applying for this funding because..."

This support will help me...

The impact will be..."

Save this. Reuse it.

Why this matters:

Having a pre-written story saves time.

STEP 5

BUILD A GRANT FOLDER

Create a digital folder labeled:

Grant Applications

Inside, save:

- Purpose statement
- Personal info document
- Financial info document
- Supporting story
- ID scans (if needed)

Now every future application becomes easier.

Why this matters:

Organization removes overwhelm.

Simple Grant-Readiness Checklist

- Purpose statement written
- Personal/business info saved
- Financial snapshot prepared
- Supporting story drafted
- Grant folder created

When these are done – you are grant-ready.

Important Reminder

Grants vary.

Always follow each specific grant's instructions.

This guide simply ensures you are prepared, confident, and ready to move quickly.

What You'll Notice

- Less intimidation around grants
- Faster application time
- More confidence applying
- Increased chances of not missing opportunities

Because opportunity favors preparation.

NEXT STEP GO DEEPER

If you'd like access to curated funding resources, income-building systems, and financial empowerment tools, visit the:

Money & Freedom Tab

on your Fit Firm & Fabulous website

There you'll find:

- Funding resource collections
- Income expansion guides
- Financial confidence tools
- Earning opportunity hubs

You don't need luck.

You need readiness.

Preparation turns possibility into reality.

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