

## Mindset Workbook

As an entrepreneur, the inner work is JUST as important as creating a mailing list, building a website and finding clients. Without the inner/mindset work, it's very hard to attract success. We both want you to be SUCCESSFUL AF so let's dive deep into the important mindset work that comes with being an entrepreneur.

It's time to get clear on those fears, doubts and limiting beliefs that are blocking you from your full potential! Our beliefs are all learned. Just as we can learn a negative belief, we can unlearn it and replace it with a new, positive belief. Let's get clear on the beliefs that are not serving you, and create some powerful new ones instead!

1. What exactly do you want?
2. How will this change your life?
3. How will this change the lives of others?
4. What fears and doubts are coming up for you? Why don't you want this success? What are you afraid will happen when you reach this level of success? Why are you scared it might not happen for you?
5. Look at each doubt/fear you wrote out, and re-write the true story
6. Create an "affirmation" or sentence to say to yourself throughout the day to calm your mind and switch back to the positive.

What are you feeding your mind on a daily basis? The things you read, watch, listen to, and surround yourself with ALL create an impact on your mindset. Let's get clear on what's serving you and what's not. It's time for a mental detox!

1. What in your environment is having a negative influence on your mindset?
2. What in your environment is having a positive influence on your mindset?
3. How are these influences making you feel? (the good, the bad and the ugly!)
4. Time for a mental + emotional detox! What toxic things or people are not serving you that you need to cut out of your life or seriously limit your exposure to? The more you get rid of the things/people that make you feel like shit, the more you'll make room for the things/people that make you feel your BEST.
5. What or who can you replace these toxic things/people with, to make you feel like your best, vibrant and happiest self?
6. Take a closer look at your circle of influence. Who are the top 5 people you spend the most time with? You are an AVERAGE of these 5 people. Does this make you feel great or a little scared? Who do you need to spend less time with, and who can you spend MORE time with?

Creating a powerful daily practice or daily ritual means incorporating mind, body and soul practices. Use the space below to get clear on your daily practice!

**Your new daily ritual:**

- 1) Start with a gratitude list daily, and really feel that gratitude
- 2) Write out your day as if it has already happened and you are reflecting back on the day- use your imagination here. How do you actually want the day to go?
- 3) Write out a future goal for yourself that you have as if it's already happened! Again, use your imagination here, you get to create the story

**Feeding your mindset daily:**

- Commit to reading/audiobook every single day. Here are my favourite books to get you started:

Get Rich Lucky Bitch by Denise Duffield Thomas  
You are a Badass by Jen Sincero  
Girl, wash your face by Rachel Hollis  
The Compound Effect by Jeff Olsen

- I also listen to a lot of podcast, my favourite ones to get you started:

Amanda Frances  
Lori Harder  
Chris Harder  
Chakra Girl Radio  
The Freedom Babe  
Underestimate Me (this is mine!)

**Manifestation**

Who WOULDN'T want to manifest their biggest desires?! The travel, luxury, success, freedom, beach vaca's ... Let's make them happen VIA your manifestation power!

If you are brand new to the concept of manifesting, I recommend starting with the book:  
The Power by Rhona Byrne

and then getting this book next:  
Super Attractor by Gabby Bernstein

1. Create clarity. What do you want and WHY?
2. Set your intentions. Ask for what you want. Get specific (Remember to focus on what you DO want vs what you don't)
3. Act as if. Become an energetic match. How would you be showing up in your life/biz if you already had these desires? How can you show up this way NOW?
4. Release. Surrender. Trust. How can you focus on staying in the feeling, staying an energetic match, and trusting that your desires are being delivered to you? (Hint: let go of the HOW and the small details!!)