

Master Your Mindset & Keep Moving Forward

Review, Grow & Scale Your Business



week eight

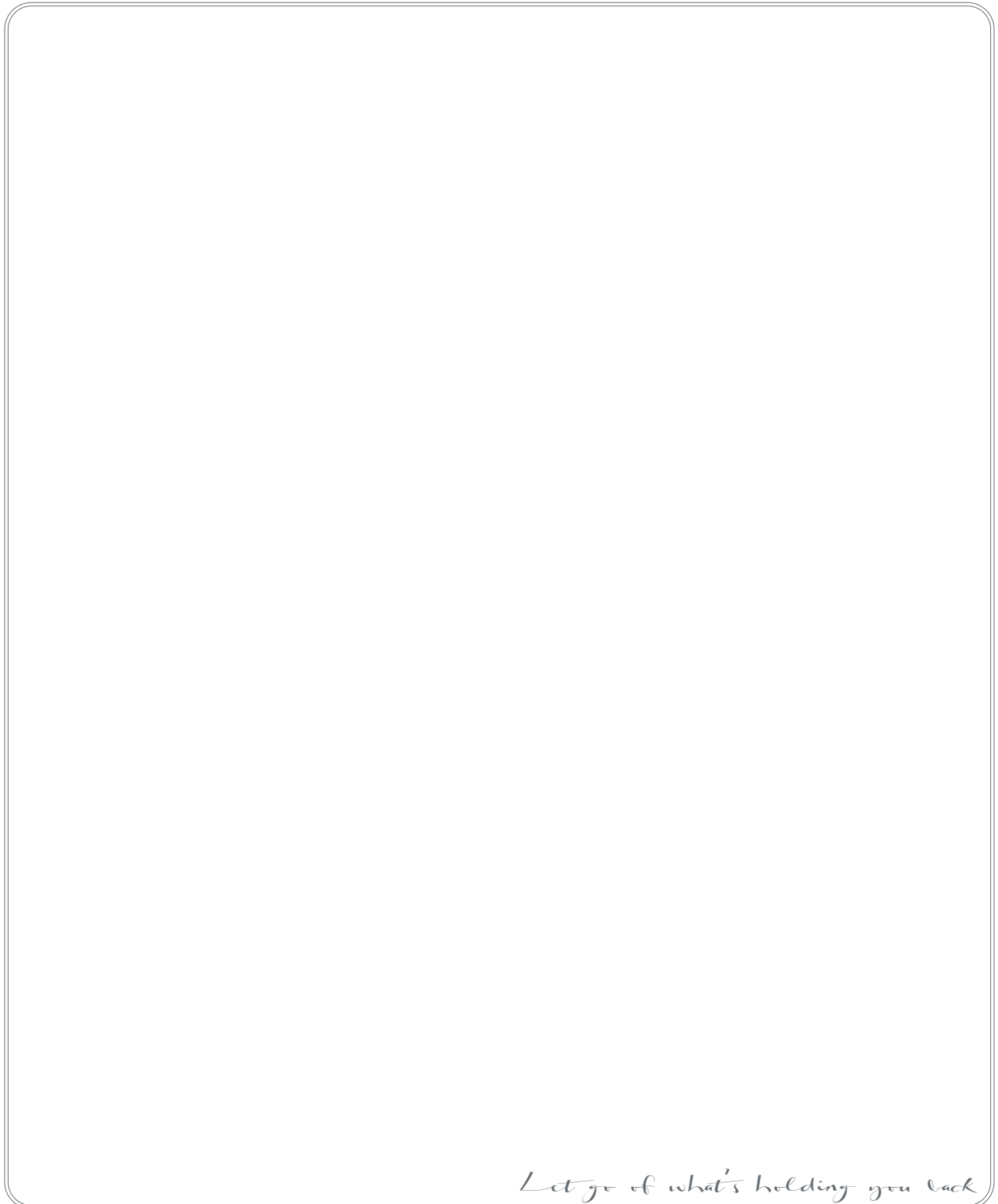


What is holding you back?

Let's write down and get out what comes up for you and what is holding you back.

Journal prompts:

- What do you often say to yourself that hurts you or makes you feel bad?
- Would you say this to a loved one?
- What holds you back?
- What thoughts stop you from taking action?



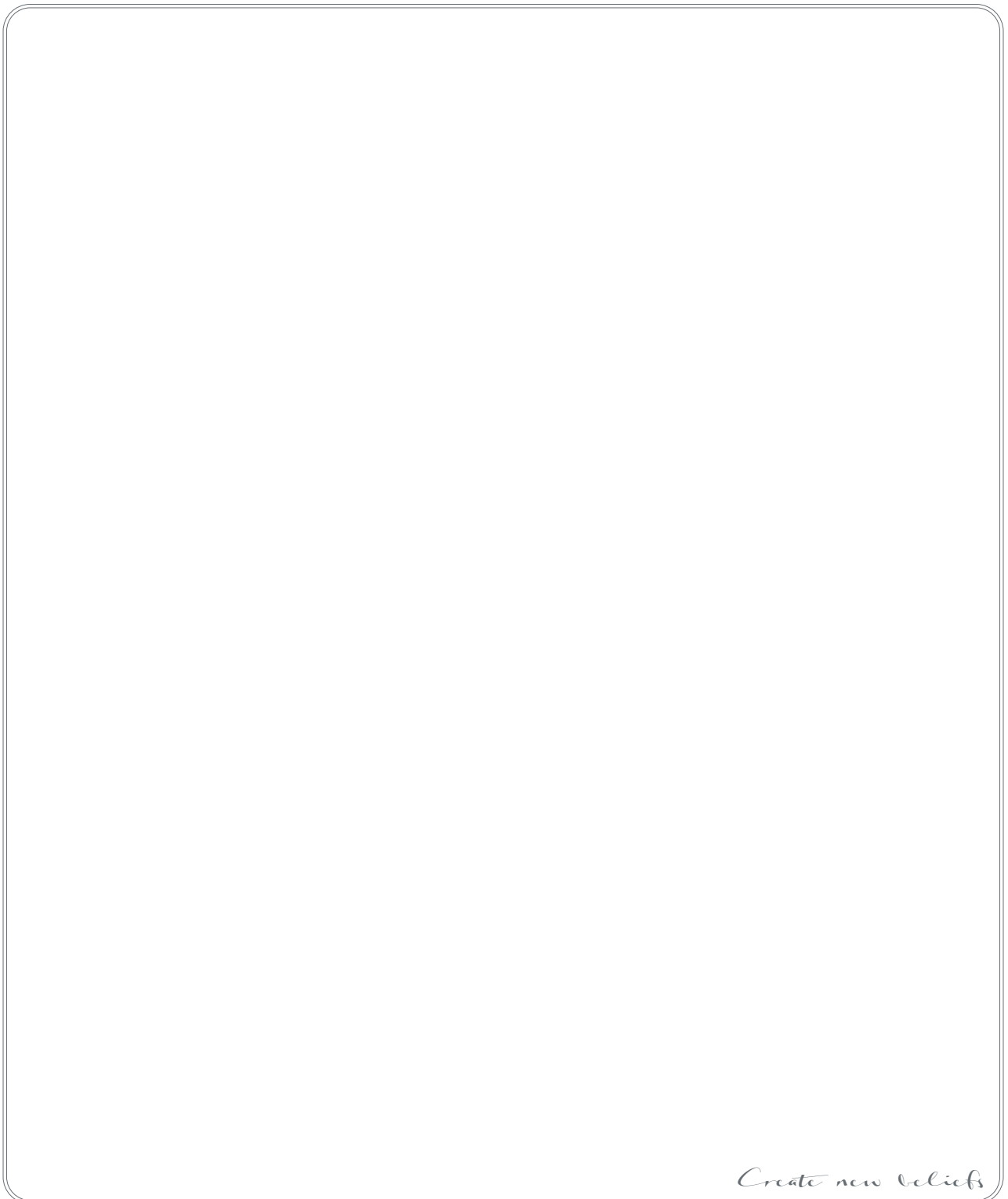
Let go of what's holding you back

Reframe these beliefs

What is the opposite of these beliefs?

Make it into a phrase that feels good for right now:

- I am working towards...
- I want to...
- I am letting go of feeling...
- I choose to let go
- I let go



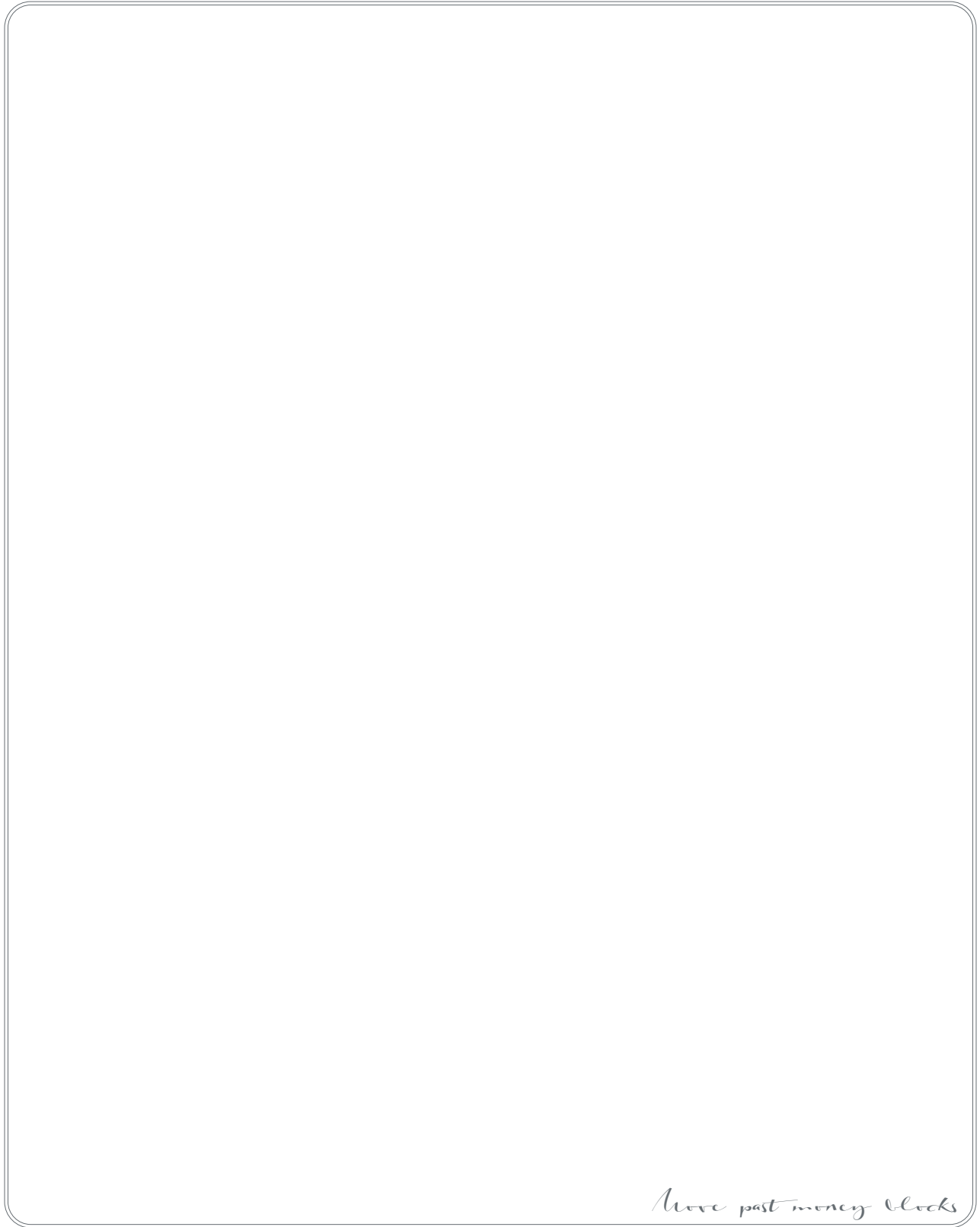
A large, empty rounded rectangular box with a thin black border, intended for writing the reframed beliefs.

Create new beliefs

Money mindset

What is your money story?

- How do you talk about money?
- How do you feel about money?
- How do you spend your money?
- How do people close to you talk about money?



Move past money blocks

Mindset tools

Affirmations

- I am going to make £xxx or more in September.
- I will sell XXX of products in September.
- I attract new customer and order to my business daily.
- I am a money magnet.
- Money is a tool to help me get what I want.
- Money isn't the most important thing but it does help me nurture the most important things.
- I choose positive thoughts to start to change my mindset.
- I am kinder to myself everyday.
- I can rest and be productive.
- I am grateful for everything I have in my life.

Journal prompts

- How am I feeling today?
- What will move me forward?
- What is holding me back?
- What am I excited by right now?
- What is my body telling me today?
- Pose your problem as a question and answer it.

Visualisation steps

- Be clear on what you want and flip the script on what holds you back.
- Visualise what you want in detail by seeing it in your minds eye, talking it aloud or creating a vision board.
- Add emotions and feelings.
- Take small steps in real life to get there.