



EMPOWERED MINDSET STRATEGY ACTION TEMPLATE

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8 TOP EMPOWERMENT STRATEGIES BEFORE STARTING YOUR BIZ

1. MINDSET

I said YES and I will stick to it!

I will be firm, determined, take responsibility, stay committed.

MY WHY

What is validating my decision that will keep me going - e.g more time with my children.

NOTES

MY WHAT (BUSINESS IDEA)

What is my story, journey, passion, challenges, lessons learned that gave me my expertise on a subject. Use this to formulate a business idea.

NOTES

BEYOND MY WHY

What is the ultimate satisfaction I yearn for, BEYOND my WHY? Happiness?

NOTES

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2. PONDERING EXERCISE

My promise to myself: I WILL make this work!

MY SELF-BELIEFS

It is extremely important that I believe in myself if I start this journey – even when doubt sets in – deep down I need to believe that I have exactly what it takes to succeed.

I am strong, able and willing. I have the right intentions. I can and I will.

NOTES

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3. TAKE SMALL STEPS

I will take small steps, consistency is more important than speed.

FACTS

- Small steps at a time, equals big progress over time.
- It's OK to go slow. (Go slow to go fast)
- Some progress is better than no progress.

NOTES

4. BE REALISTIC

I will have realistic expectations.

FACTS

- It's a process, planning will help achieve goals.
- I will have to hustle with time.
- Multitasking will be required at times.

NOTES AND REALISTIC EXPECTATIONS OF QUITTING MY CORPORATE JOB

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5. HAVE A POWERFUL MOTTO / MANTRA

DAILY REPEAT A POWERFUL MOTTO/MANTRA(S) THAT RESONATES WITH ME

- There's always a way
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6. MAKE A VISION BOARD

A VISUAL REMINDER OF YOUR VISION AND WHAT MY GOALS ARE AND WHAT IS IMPORTANT TO ME WHEN I FEEL DISCOURAGED, I CAN LOOK AT IT IMMEDIATELY, IT WILL BRING MY MINDSET INTO THE RIGHT SPACE INSTANTLY.

VISION BOARD POWER WORDS TO TYPE OUT / DOWNLOAD AS MEME'S OR PICTURES AND PLOT ONTO A BOARD AND FIX SOMEWHERE WHERE IT CAN BE SEEN DAILY

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7. HAVE PATIENCE

I will be patient.

I won't give up.

It is a journey, not a race.

8. DROP MY IDEALISTIC EXPECTATIONS

I will align my expectations with what is realistically attainable, so that every achievement within my business will make me feel proud and accomplished.

MY ACHIEVABLE EXPECTATIONS INCLUDE