



# IGNITING YOUR INNER INFLUENCER

A 4-WEEK  
SELF-COACHING  
PROGRAM

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# INTRODUCTION

Hey there, and welcome! You're stepping into a powerful 4-week journey of transformation. This is all about meeting your best entrepreneurial self - your Inner Influencer.

So, who is this Inner Influencer? Well, it's you - only more confident, resilient, and driven. It's you with a deep understanding of your emotions, skills, strengths, and purpose. Your inner influencer is your inner leader, your most authentic highest self.

Inner influence is all about being a leader within. Inner leadership is the backbone of entrepreneurship. It's about you leading the way for being a champion and cheerleader for yourself. It's the fuel that keeps you going when times get tough. It's the guiding light that keeps you focused on your vision, and the compass that helps you make the right decisions.

We'll kick off by getting a clear picture of who your Inner influencer is. Imagine this as a sneak peek into your future, the one where you've faced down challenges and come out on top.

After that, we dive into a daily routine that keeps you connected to this Inner Influencer. And then? It's time to level up with four deep-dive sessions, each focusing on a key element of your Inner Influencer.

Your Inner Influencer is waiting. It's time to step into your power and begin this exciting journey of transformation. Here's to your success!

## DISCLAIMER:

While this journal is a powerful tool for self-discovery and growth, it doesn't replace the personalized advice and perspective that a professional coach can provide. A coach can ask the hard questions, push you beyond your comfort zone, and hold you accountable in a way that a journal simply can't.

# PRE-WORK

## MEET YOUR INNER INFLUENCER

Hey, let's take a moment. Imagine you're about to meet someone truly incredible - this person is you, only the most powerful, confident, and wise version. This is your Inner Influencer, inner leader and highest self. It is the entrepreneurial powerhouse that's all set to take the world by storm. Exciting, right? Now let's dive into knowing them better.

**INNER INFLUENCER = INNER LEADER**

**Visualize:**

Close your eyes for a moment. Imagine your highest self. What do they look like? What's around them? What are they doing? Jot down everything you see.



**Values:**

Every leader has their guiding principles. What are the top five values of your inner leader? Write them down.



**Strengths:**

Your inner influencer is gifted. What are their superpowers? Write down what they excel at. What do you feel your truest essence is a leader in?



**Room for Growth:**

Yep, even your inner influencer has things to work on. What are those areas? Remember, it's okay to be a work in progress.



**Handling Emotions:**

Life is a rollercoaster. How does your Inner Leader handle those high highs and low lows?



**Resilience:**

We all face roadblocks. What's your Inner Influencer's secret to shaking off the dust and getting back up?



**Drive:**

What's the fuel that keeps your Inner Influencer going? What's their ultimate goal or purpose?



This is your space, and there's no rush. Take your time to explore each question. Once you're done, take a step back. Look at what you've written. You're looking at your Inner Influencer. Ready to unlock all this awesomeness? Let's do it together!

## 28 MORNING POWER STATEMENTS TO AWAKEN YOUR INNER INFLUENCER

1. Today, I transform challenges into stepping stones towards success.
2. I trust my intuition and it guides my entrepreneurial journey.
3. Being authentic is my strength and differentiator in business.
4. Every setback is a setup for a comeback. I bounce back stronger.
5. I am driven by a purpose greater than myself.
6. I tune into my feelings, they are my guiding compass.
7. I am not afraid to stand out and let my uniqueness shine.
8. Resilience is my middle name. I'm built to last and thrive.
9. I am here to make a positive impact in my own unique way.
10. My emotional well-being is a priority. It fuels my productivity and creativity.
11. I embrace my true self, it's my most trusted business partner.
12. I bend, I don't break. I always bounce back.
13. My goal is not just to build a business, but to build a legacy.
14. I allow my feelings to surface, giving them the space to breathe and teach.
15. By staying true to myself, I attract the right opportunities.
16. Challenges shape me, but they don't define me.
17. I am living my life on purpose, making a difference in my unique way.
18. I channel my emotions to understand and empathize with my customers.
19. There's no competition, because nobody can be me.
20. No obstacle is insurmountable, I'm the master of adaptation and resilience.
21. I am on a mission to make a meaningful change in the world.
22. Today, I will harness my emotions to fuel creativity and innovation.
23. I am unapologetically me, and this authenticity drives my success.
24. I stand firm in the face of adversity, always ready to rise again.
25. Each day, I take one step closer to my dream.
26. My emotional intelligence enables me to build strong relationships in business.
27. By embracing my unique strengths, I stand out in a crowded market.
28. Each challenge faced is a resilience muscle strengthened. I am unstoppable.

# DEEP DIVE WEEK 1: EMOTIONAL INTELLIGENCE

Emotional intelligence is not just about identifying your own emotions, but also understanding the emotions of those around you. It's about harnessing those emotions and using them to guide your thinking and behavior.

How did an emotion you experienced recently influence a decision you made?

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Can you recall a situation where you managed your emotions effectively to handle a stressful situation?

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# DEEP DIVE WEEK 1: EMOTIONAL INTELLIGENCE

How have you used your emotional intelligence to build stronger relationships in business?

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Describe a time when you used your feelings as a compass to guide your actions.

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# DEEP DIVE WEEK 1: EMOTIONAL INTELLIGENCE

How do you prioritize your emotional well-being to fuel your productivity and creativity?

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Reflect on how you channel your emotions to fuel creativity and innovation.

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# DEEP DIVE WEEK 1: EMOTIONAL INTELLIGENCE

How do you practice emotional self-care?

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## DEEP DIVE WEEK 2: AUTHENTICITY

Authenticity is about staying true to who you are, what you do, and whom you serve. It's your unique qualities and authenticity that set you apart from the competition.

What unique qualities do you believe you bring to your business?

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How does being your authentic self in business provide a competitive advantage?

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## DEEP DIVE WEEK 2: AUTHENTICITY

How has your authenticity attracted the right opportunities or people?

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Describe how you ensure that your true self is reflected in your business.

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## DEEP DIVE WEEK 2: AUTHENTICITY

How does your business reflect your personal values?

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Describe a time when being true to yourself led to a business success.

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# DEEP DIVE WEEK 2: AUTHENTICITY

How do you balance business needs with staying true to yourself?

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# DEEP DIVE WEEK 3: RESILIENCE

Resilience is the ability to bounce back from setbacks, adapt to change, and keep going in the face of adversity.

Reflect on a time when you turned a setback into a comeback. How did it make you feel?

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How have you adapted to a significant change or overcome a major hurdle in your business?

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# DEEP DIVE WEEK 3: RESILIENCE

Describe how a challenge has shaped you, but didn't define you.

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How does resilience manifest in your daily business operations?

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# DEEP DIVE WEEK 3: RESILIENCE

How have you turned challenges into stepping stones for success?

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What practices help you in maintaining resilience during tough times?

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# DEEP DIVE WEEK 3: RESILIENCE

How has your resilience helped you stand firm in the face of adversity?

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## DEEP DIVE WEEK 4: PURPOSE

Having a purpose means you know why you are doing what you're doing. It's your 'why' that gives your work meaning and guides you in your decision-making process.

What purpose drives you to keep moving forward in your business?

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How does your purpose reflect in the daily operations of your business?

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## DEEP DIVE WEEK 4: PURPOSE

How does your business help you make the impact you want to make?

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What steps are you taking to align your business actions with your purpose?

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## DEEP DIVE WEEK 4: PURPOSE

How does your purpose help you in decision making for your business?

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Describe how you are building not just a business, but a legacy.

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## DEEP DIVE WEEK 4: PURPOSE

How do you ensure that every task you undertake brings you closer to your goal?

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The background features a soft gradient from light orange at the top to light green at the bottom. In the upper right corner, there are several white birds in flight. In the lower half, there are stylized palm trees in a light green color.

# MONTHLY REFLECTION

KEEPING BEING  
CONNECTED WITH  
YOUR STRONG  
INNER INFLUENCER

Moving forward, take what you've learned with you into new experiences. At the end of each month, it's essential to take some time to pause, reflect, and reconnect with your inner influencer. This reflective practice allows you to assess how well you've nurtured your inner influencer, identify areas for growth, and set goals for the coming month.























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