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Majestic Mindset Shifts for Getting Unstuck!

by Jennifer Henczel



Welcome!

This workbook goes with my presentation, “5 Majestic Mindset Shifts for Getting Unstuck” - these shifts helped me to finally breakthrough from being a PT entrepreneur to a full-time business owner. This workbook will make more sense if you listen to the podcast for more explanation on the exercises...

Listen to the Podcast

Go to Episode #2: Getting Unstuck. Listen to our podcast episode that accompanies this workbook:

Elevating Experts Show

<https://elevating.biz/podcast>



1. Community

Have a mindset of building community. Remember, you need to build your circle of support around yourself. It will not build itself.

People will help you, IF you show up to be helped.

Focus on what you can give, not take. Learn how to collaborate, rather than compete. We are stronger together, wouldn't you agree?

What are 3 places or people who you can network / socialize with in the next month:

2. Courage

Be courageous! Remember, you need the courage to realize that your IDEAS alone are not enough. There's a difference between knowing and doing. Stop stopping, and implement what you know.

Think about... What's the biggest impact you can have in your organization or your business, right now? What are the actions you need to take to make those significant changes happen?

Now, imagine that it's December 31s of this year. List 3 things you need to have done by that date to make the BIGGEST difference and really move the needle in your life or business:

Now, of those 3 things, put a check beside the #1 thing, and set a date when you want to have that done by:

3. Clarity

Passion: What's your absolute passion? What really lights you up?

What's one word that describes that.

Superpower: What do others know you for being the best at?

What's one word that describes that.

Purpose: How you serve the world with your passion.

Use those words and that language to express yourself more often and see how it feels in your mind and body. Write a sentence about yourself using those thoughts and words:

4. Confidence

I want you to know that you are a brilliant genius with much to offer the world. I know you are. You have a message, your message matters. People want to hear what you have to say.

Think about your passion and your superpower that we talked about above and think about one word that encompasses all of that. Now, fill in this blank:

I am _____ Royalty

or

I am the Queen of _____ fill in the blank

or

I am the King of _____

Are you community royalty? Are you business royalty? Are you the Queen of organization? Empowerment royalty? Health & Wellness Royalty? The King of gluten free living? Whatever your passion and purpose is, you are royally that.

We're taking royal back! Your highest form of yourself. It's you living your passion and highest purpose.

Or, if you prefer, you don't have to use the royal theme. The key is, I want you to feel empowered, so whatever works for you, do that. Try these instead:

I am an expert in... I am a specialist in... I am an influencer in...

5. Collaboration

Grow your business with collaborations and joint ventures.

#1. Find a person in your community and say this to them: “I see you. You help build the community through _____. Way to go!”

Who can you lift up today? _____

#2. Now, on a piece of paper, draw a line down the middle. On one side, list some of your collaboration ideas – whether it’s doing a workshop with someone, or becoming an affiliate, or getting sponsors or door prizes in exchange for promoting them, ...

Passion: What’s your absolute passion? What really lights you up?



Is it time to get some help with all this stuff?



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