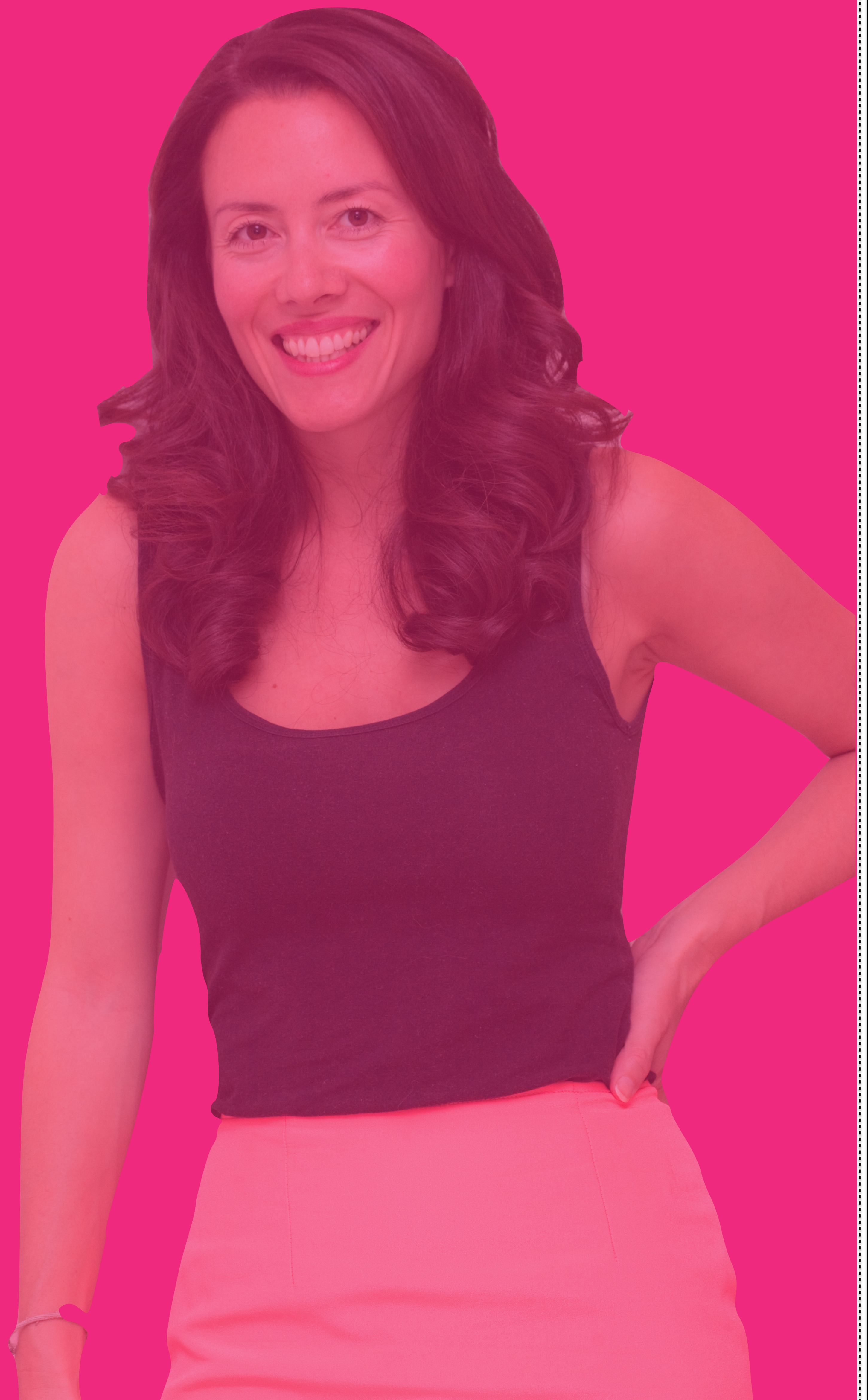


TASK #1

SHIFT YOUR ENERGY & MINDSET

with Zoe B

WORKSHEET



TASK #1

When I check in with my energy do I feel contracted or expansive about getting lots of new clients?

Next get clear on your energetic blocks:

Fill in the blanks: I might be repelling clients energetically because....:

1. I worry that if I get a lot more clients _____ will happen

2. I worry that if I get more clients I'll have to _____

TASK #1

3. If my biz stays as it is (and I didn't get more clients), I'd be secretly relieved because _____

Now consider where this block might have come from?

When in your history have you seen this pattern repeat?

Who or what does this pattern remind you of?

TASK #1

How will you shift into your leadership energy to overcome these hesitations?

FINAL STEP: Post your #1 energetic block in the facebook group with the tag #Magic-1

My #1 biggest energetic block from attracting more clients is _____ and this block reminds me of _____

EXAMPLE:

My #1 biggest energetic block from attracting more clients is that I worry I won't have the time to service them all properly and I'd end up letting them down and this block reminds me of when I was very stressed on a recent work project and I let down my team

NOTE:

This training series was run live and the facebook group is now closed. Therefore there is no task or contest. Simply enjoy completing the worksheet. To find out about Zoe's next live training series, join the Conscious Business 2.0 Facebook group >>here.