

Workbook

# Mindset Practices

ASIAN FEMALE

ENTREPRENEUR  
*collective*

# Mindset Practices

**What is your why?**

---

---

---

---

---

---

---

---

---

---

**Now let's dig deeper on this. Why is it your why and why is it so important to you?**

---

---

---

---

---

---

---

---

---

---

# Mindset Practices

How happy and fulfilled are you in the below areas of your life?

---

---

---

---

---

---

---

---

---

---

	1									10
<b>Health</b>	●	●	●	●	●	●	●	●	●	●
<b>Love</b>	●	●	●	●	●	●	●	●	●	●
<b>Business</b>	●	●	●	●	●	●	●	●	●	●
<b>Money</b>	●	●	●	●	●	●	●	●	●	●
<b>Family</b>	●	●	●	●	●	●	●	●	●	●
<b>Friends</b>	●	●	●	●	●	●	●	●	●	●
<b>Socialising</b>	●	●	●	●	●	●	●	●	●	●
<b>Me time</b>	●	●	●	●	●	●	●	●	●	●
<b>Spirituality</b>	●	●	●	●	●	●	●	●	●	●
<b>Environment</b>	●	●	●	●	●	●	●	●	●	●

# Mindset Practices

**How do you feel with all areas of your life?**

---

---

---

---

---

---

---

---

---

---

**What three areas will you be focusing on for the next three months?**

---

---

---

---

---

---

---

---

---

---

# Mindset Practices

**How exactly will you do this? Write out specific action steps**

---

---

---

---

---

---

---

---

---

---

**Why do you want to change these areas and what will it mean for you as a person?**

---

---

---

---

---

---

---

---

---

---

# Mindset Practices

**What do you need to release from your life in order to grow?**

---

---

---

---

---

---

---

---

---

---

**If you were leading the way in your life, acting from the highest version of yourself, how would you be showing up daily?**

---

---

---

---

---

---

---

---

---

---

# Mindset Practices

**How are you currently benefiting from the situation you are in which is within your comfort zone?**

---

---

---

---

---

---

---

---

---

---

**If you continue to stay where you are right now what are the consequences of this? For example others will come along and scale what you do or you may have to be stuck in your corporate job for ever!**

---

---

---

---

---

---

---

---

---

---

# Mindset Practices

**What two habits do you need to adopt to bring you closer to your dream life?**

---

---

---

---

---

---

---

---

---

---

**What brings you more joy?**

---

---

---

---

---

---

---

---

---

---



# Mindset Practices

**What makes you happy?**

---

---

---

---

---

---

---

---

---

---

**What do you absolutely love to do?**

---

---

---

---

---

---

---

---

---

---

# Mindset Practices

**What is your passion?**

---

---

---

---

---

---

---

---

---

---

**What gives you momentum and motivation?**

---

---

---

---

---

---

---

---

---

---

# Mindset Practices

**What weekly tasks bring you joy? How would that make you feel if you did this all the time?**

---

---

---

---

---

---

---

---

---

---

**What activities will you be doing daily for your own "Me Time"**

---

---

---

---

---

---

---

---

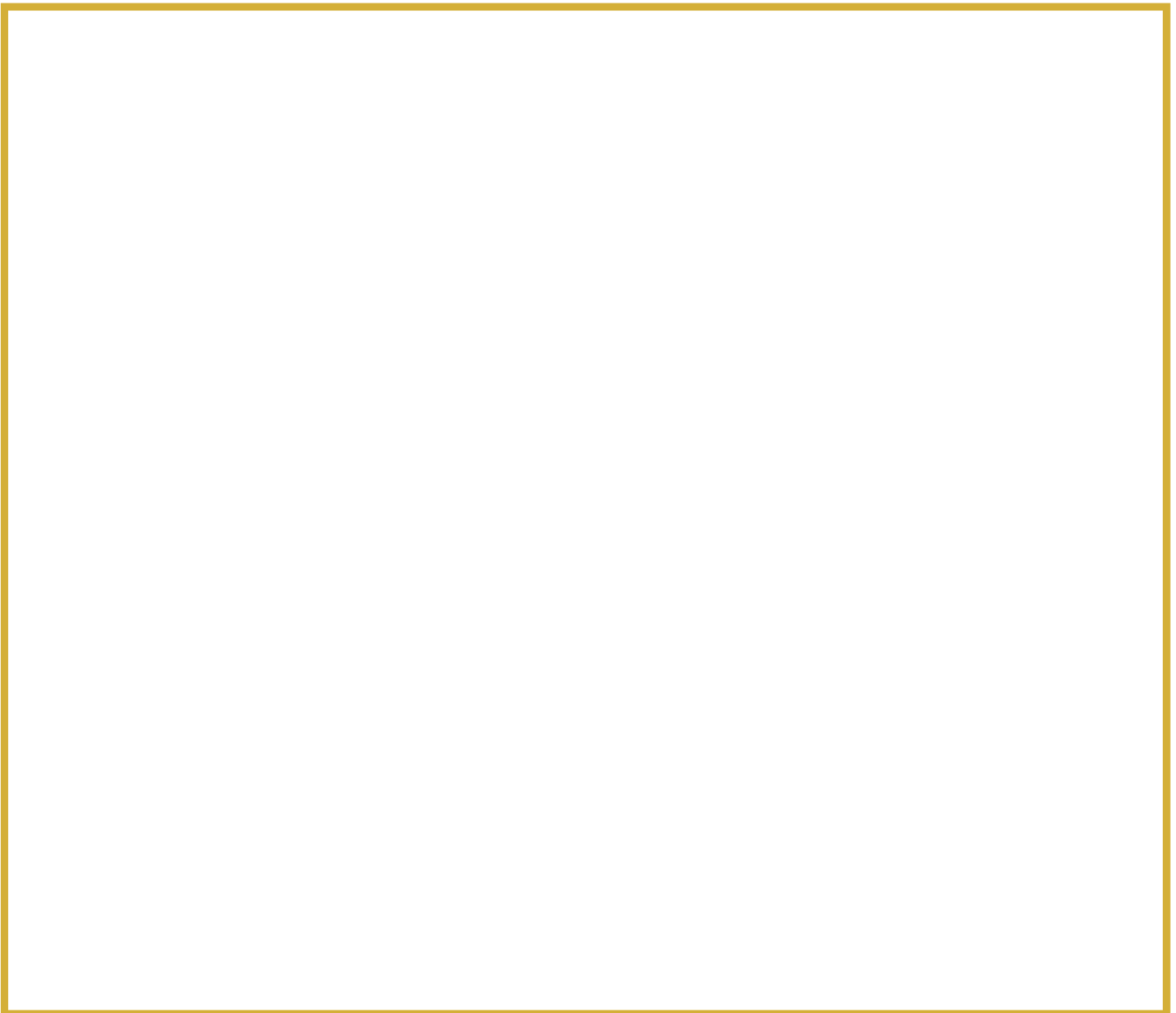
---

---

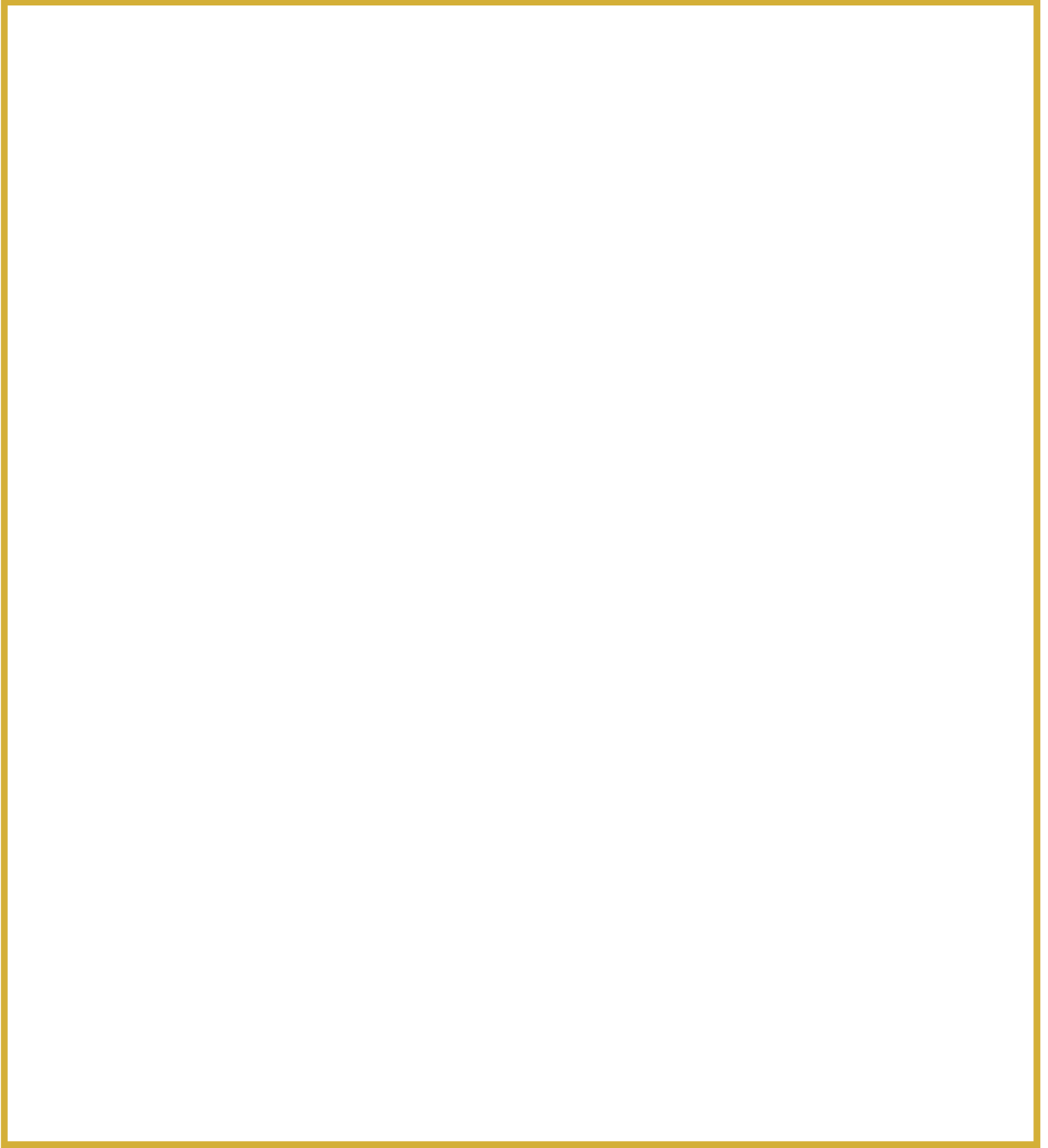
# Mindset Practices

## Your Dream Day

**Write out exactly what you would be doing in your dream day. Get super super specific and clear. Focus on how you want to look, feel and act.**



# Mindset Practices







# Mindset Practices

**What are the top 5 sabotages you are really going to work on for the next 3 months**

---

---

---

---

---

---

---

---

---

---

**How exactly are you going to do this?**

---

---

---

---

---

---

---

---

---

---





# Mindset Practices

**Which story am I committing to release to step into the highest version of myself?**

**Which story am I willing to believe to create a beautiful business and future for myself?**

# Mindset Practices

**Where specifically am I dimming my light and not allowing myself to shine through?**

---

---

---

---

---

---

---

---

---

---

**If I didn't care about what others thought of me what would I be doing in my business? (do not hold back)**

---

---

---

---

---

---

---

---

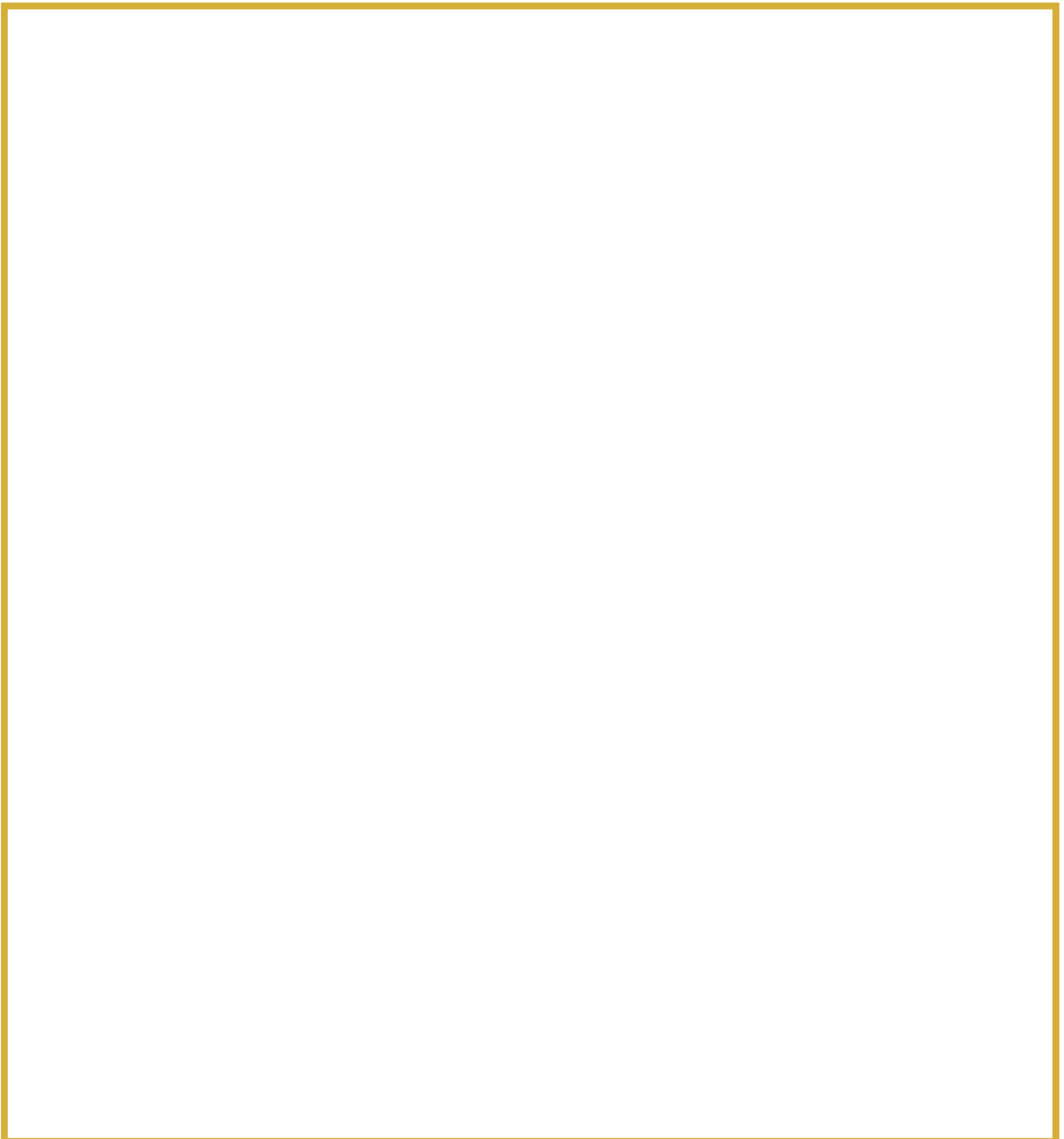
---

---



# Mindset Practices

**Write down 20-50 specific memories that you feel are still holding you back in business. Once the list is all crossed out you can burn it or shred it**



# Mindset Practices



Love  
Sharn x