

ASIAN FEMALE
ENTREPRENEUR *collective*

INSPIRE MOTIVATE EDUCATE

LET'S GET HONEST

- ❖ Let's **dream big! WELL DONE FOR ALL YOUR LIVES!**
- ❖ You will **need to do the work and implement!** The women that learn, implement and take action they get the results. Use the threads and ask questions. There will be a dip in the middle. Read the guidelines
- ❖ **Anything and everything** is possible You **aren't broken** and there is nothing wrong with you! You don't need fixing
- ❖ You might **feel unworthy and undeserving** – but this isn't true! Be **open minded** and honest in here
- ❖ Keep yourself **accountable** – we won't be consistently chasing you!
- ❖ Ask questions and share your **experiences/ideas – don't lurk**
- ❖ Make sure you are **supportive of others too** – show and share your love! You will see this reflected back
- ❖ The group **creates the energy! I am not your Guru and I encourage nondependent mentoring!**

TOPIC

1. Week 1 – Success Rituals and Mindset

MINDSET AND SPIRITUALITY

- ❖ It is a deeper connection to your inner self, your soul and the universe.
- ❖ Has become linked with all the different ways in which we as humans can connect to a deeper meaning and purpose in life, something bigger than ourselves. And have the most important element is **FAITH AND TRUST**.
- ❖ Keep an open mind and have a **spirit of throwing everything** at it! You must believe to achieve.
- ❖ **SINCE I STARTED BELIEVEING IN THIS SO MANY THINGS HAVE HAPPENED!**

5 THINGS TO FOCUS ON

TRUST – You are fully supported

**ACCEPTANCE –
Know that everything
is a lesson**

ACTION

DITCH FEAR

DITCH LACK

DREAM DAY EXERCISE

- ❖ NOT NEXT WEEK, NOT WHEN YOU HAVE LOST WEIGHT, NOT AFTER CHRISTMAS – NOW!
- ❖ You get **one shot** at this thing called life!
- ❖ Cannot tell you how much it has changed my life and my habits. I used to walk around a **nervous anxious state and jumping onto my laptop in my pyjamas** and now I am super chilled, have breakfast with my husband in the mornings or work out in the gym.
- ❖ This is all about designing the **future YOU**. This has everything to do with your business. It will motivate you, give you fulfilment and contentment
- ❖ If you hold the vision and **keep taking small action steps each day** you will create it!
- ❖ Please fill out the worksheet that supports this training which is the **dream day exercise**

DEEP QUESTIONS YOU WANT TO ASK YOURSELF

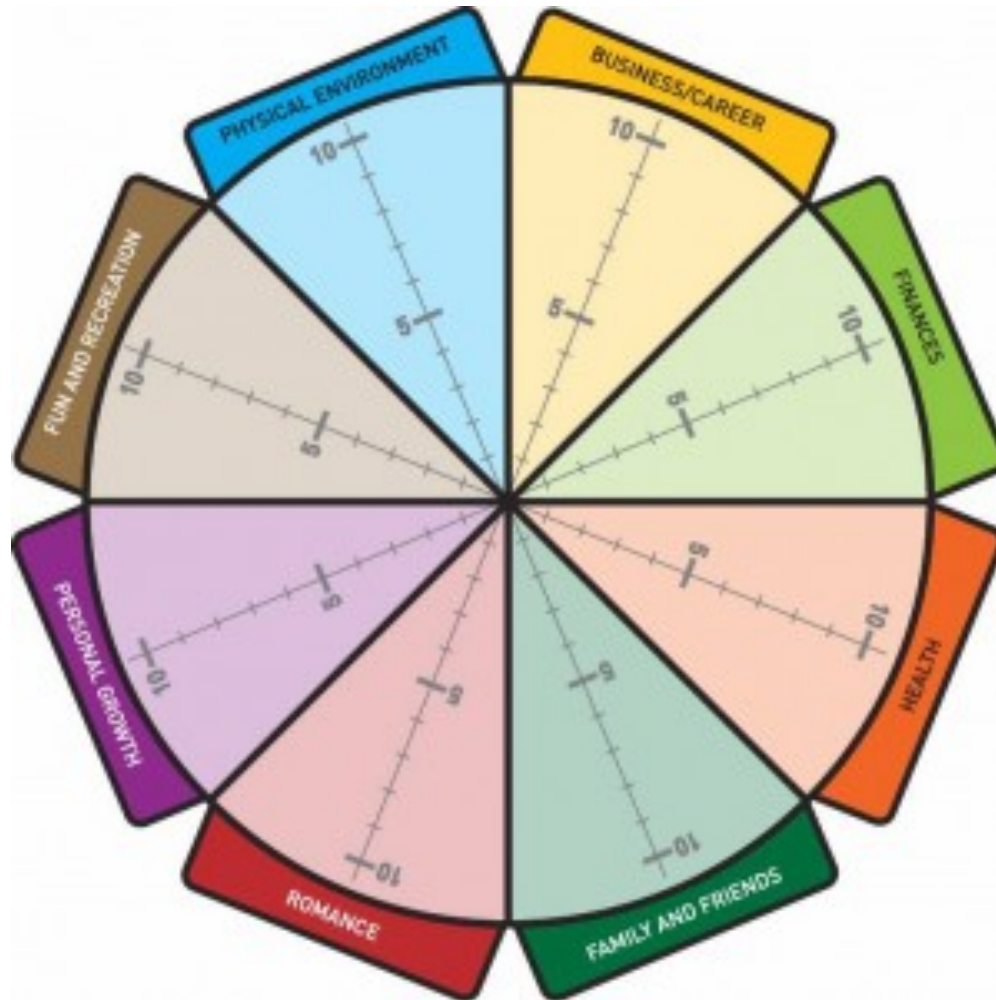
- ❖ What would your perfect idea of life look like, every day? What would you say and do? And what would you focus on?
- ❖ What would you no longer be available for - people, conversations, thoughts, beliefs?

ACT LIKE A WEALTHY WOMAN NOW

- ❖ How would you show up?
- ❖ How would you feel?
- ❖ What would you focus on?
- ❖ What would you think?
- ❖ Not being my true and whole self?
- ❖ Why am I dimming my light?
What are you truly scared of?



RATE YOUR LIFE IN EACH OF THESE AREAS



Credit -Paul Meyer

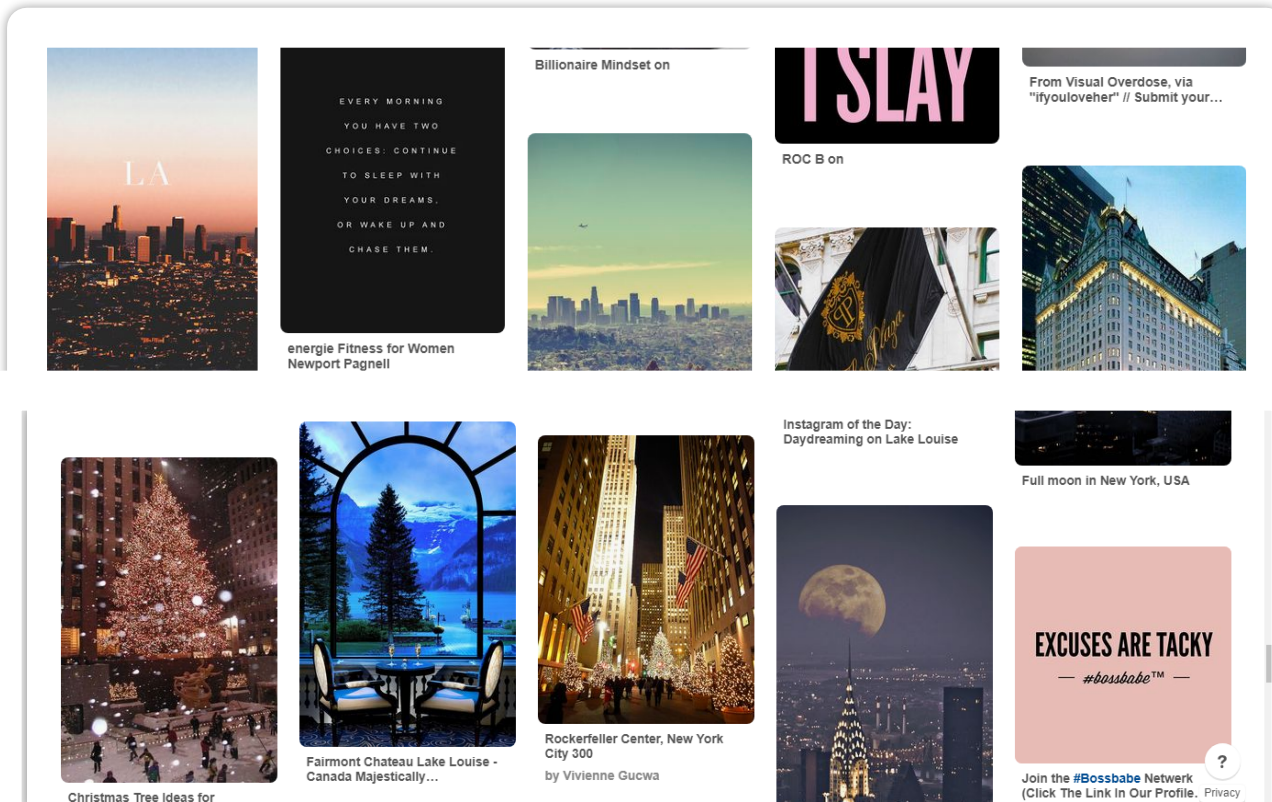
CREATING YOUR DREAM LIFE

- ❖ Now **rate your life** in each of these areas
- ❖ What do you **really want to focus** on in the next 90 days? Is it mindset and business? It is your health or your relationships?
- ❖ **Pick 3** for the next 90 days and then also build these into your schedule and be super aware of them and also focus on them.
- ❖ For me it's a **health goal** so I have kick started this morning with a call with my PT.



CREATE A VISION OR PINTEREST BOARD THAT RESONATES WITH YOU

Really spends some time on a vision board or Pinterest board which features your big desires and dreams for 2020/2021!



DECLUTTER NOW!

- ❖ In order to **release blocks and baggage** we need to declutter! This includes physically, emotionally and energetically. Basically anything that isn't serving us!
- ❖ All clutter is extra space held by us. When you release it and let it go it impacts everything else in your **life energetically** and spatially, including your business. You are creating energy which can then be used for money making activities!
- ❖ Don't underestimate the **power of decluttering**. When I want to **manifest money** my first tool is to declutter!
- ❖ Literally be ruthless and go through everything including **digital files, your phone, clothes, paperwork** and everything else! Go through room by room

LET'S TALK ABOUT THE TRUE BLOCKS THAT HOLD YOU BACK!

- ❖ There are **two types of minds** that exist within us. Ego and Higher Self. A great book to read to understand this deeper is Outwitting the Devil on audible.
- ❖ Your ego wants to keep you safe, comfortable and stuck! It talks to you **ALL THE TIME** without you realising it!
- ❖ But you need to know that you hold the power over it, and you can **choose another thought** which is from your higher self!
- ❖ Sabotages kick in when your ego wants to take over! We will **sabotage ourselves instead of acting** therefore we either delay the action or don't take any action at all
- ❖ It can be different for everyone, so the key is to **find out what yours is specially for you**

COMMON SABOTAGES

- ❖ Putting things off in business such as a website
- ❖ Being scared of your true power
- ❖ Not following up with leads
- ❖ Procrastinating regularly
- ❖ Not putting yourself out there
- ❖ Not following up with opportunities
- ❖ Not going to the gym even when you have time
- ❖ Spending all the money you have
- ❖ Not looking at your numbers in business

COMMON SABOTAGES

- ❖ Mindless scrolling rather than doing the work
- ❖ Being stuck in the past
- ❖ Think you are annoying people with social media therefore you don't do it
- ❖ Not having procedure or systems in your business
- ❖ Thinking that your business is just a hobby
- ❖ Fear of judgement so you just don't take action or put yourself out there
- ❖ Not taking time for important business-related activities

WHAT TO DO WITH THE ACTUAL SABOTAGES?

- ❖ First look at **3-5 sabotages** which are really holding you back that have the most impact on you and hold you back. Mine was the rebrand and my weight! Recently it's been being scared of my true power.
- ❖ **Look for trends in your sabotages**. Is it something to do with putting yourself out there? Is it fear of what others will think? Recognise them so you know when they will strike so you are aware of them and can deal with them through action
- ❖ **Awareness** really is everything so write them down! Challenge it every time it comes up!
- ❖ Next **time your sabotage surfaces** ensure that you acknowledge it, and you act against it, so you override it. Post in the group for accountability

GROUNDING YOURSELF AND CONNECTING DAILY

- ❖ This is **necessary daily**. At the end of the day we all want to create our dream lives and leave a legacy and this work should be your non negotiable! It's a lifestyle change!
- ❖ It's essentially **getting you into a higher vibe each day**. And when you get into a high vibe each day that's when you attract in amazing things
- ❖ You need to **raise your vibration energetically** and you can only manifest when you are a good energetic match for the opportunities
- ❖ **We may feel guilty, but we need to do it**. We are all walking around in our heads rather than physically feeling ourselves! This about connecting with yourself and feeling rather than just doing and thinking!
- ❖ A great book to read is **Ask and It Is Given** by Jerry Hicks
- ❖ In the mornings I want you to ask yourself **how you are feeling out of 10**

MORNING MINDSET AND SUCCESS RITUALS

- ❖ **Change your perspective on everything!** If you don't have time – make time. You need to programme your mind for success.
- ❖ **Wake up earlier** if you can. This has really helped me so much. Switch off Wifi before you go to bed!
- ❖ Have a **morning routine**. Make this non negotiable and make sure its protected! Even if you take 20 minutes
- ❖ **Gratitude** is also a game changer! Write 10 things daily that you are grateful for



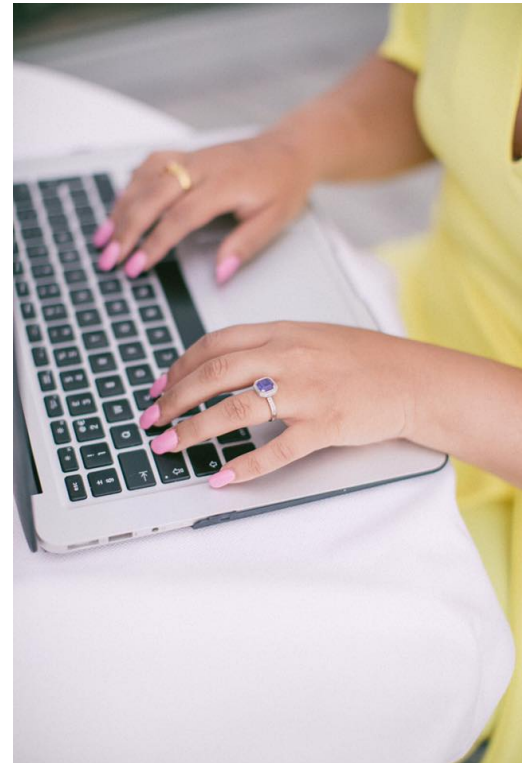
MORNING MINDSET AND SUCCESS RITUALS

- ❖ **Meditation** proven to decrease stress and anxiety. There are so many free meditations on Insight Timer. I use incense and a clear space.
- ❖ **Journalling** can be powerful. Morning pages - <http://juliacameronlive.com/basic-tools/morning-pages/>. For me writing in the future tense really helps me. You can write out what's on your mind and blocking you.
- ❖ **Affirmations** are positive words that can help you to overcome negative thoughts. You can record your own ones in Think Up or use affirmation cards or say them in the mirror.
There are some examples in the appendix

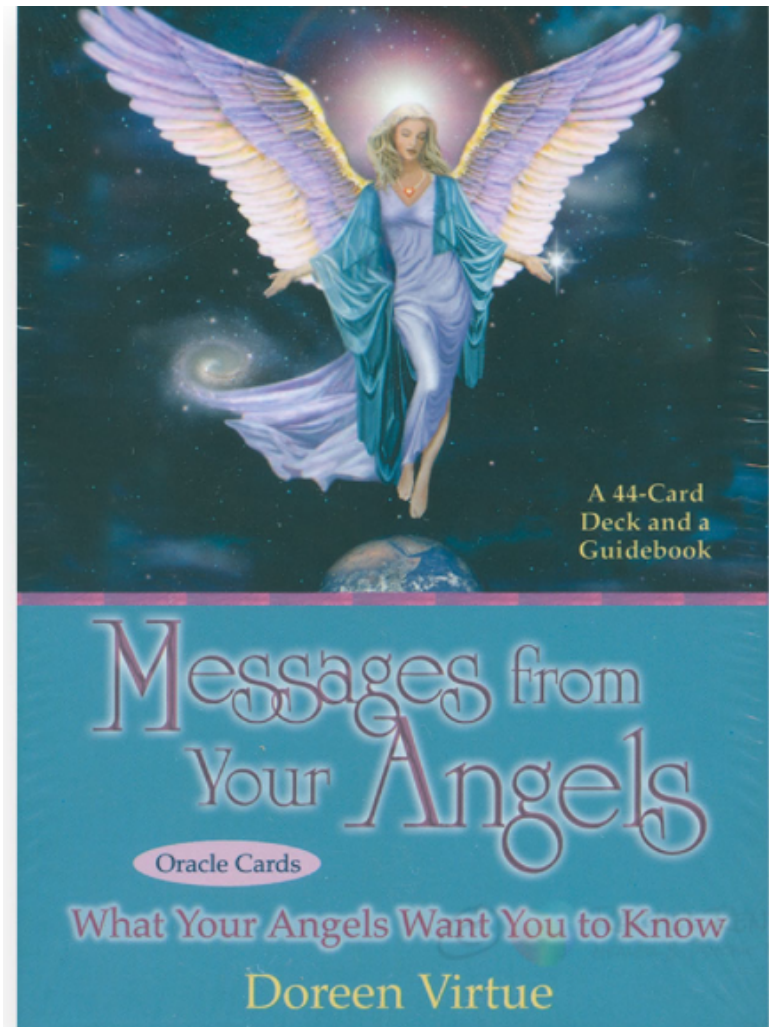


MORNING MINDSET AND SUCCESS RITUALS

- ❖ **Visualisation.** Try and get really clear in your mind what you want to be and become. It can be a certain scenario where you visualise a positive outcome.
- ❖ Drop your **jaw and relax.** Think of the scenario and then put yourself in there. The more detailed and emotion led it is the better. Feel the emotions and think it's a done deal!
- ❖ If you feel like its not going to happen – you need to release this. **You need to trust in the process.**
- ❖ Do the “I am the type of woman who”exercise



MONEY GOALS DAILY AND SPIRITUAL TOOLS



WHO IS THE TYPE OF WOMAN YOU NEED TO BE? AMAZING EXERCISE

What story do you choose to release?

What story do you choose to believe?

Ho'oponopono – Hawaiian technique

- ❖ Forgiveness is going to be key in helping you **move through both your money and mindset blocks**
- ❖ Do not **underestimate this exercise**. So many times I have done a forgiveness list and then the next day a client will book me!
- ❖ Joe Vitale says, **“The clearer you are, the quicker you manifest”**.
- ❖ I want you to **write down 20-50 memories** relating to what has happened in your life that you still hold worry, fear, shame, embarrassment or anger around. These memories are holding you back and impacting your daily life
- ❖ **Feel into the memory** of each one and hold it

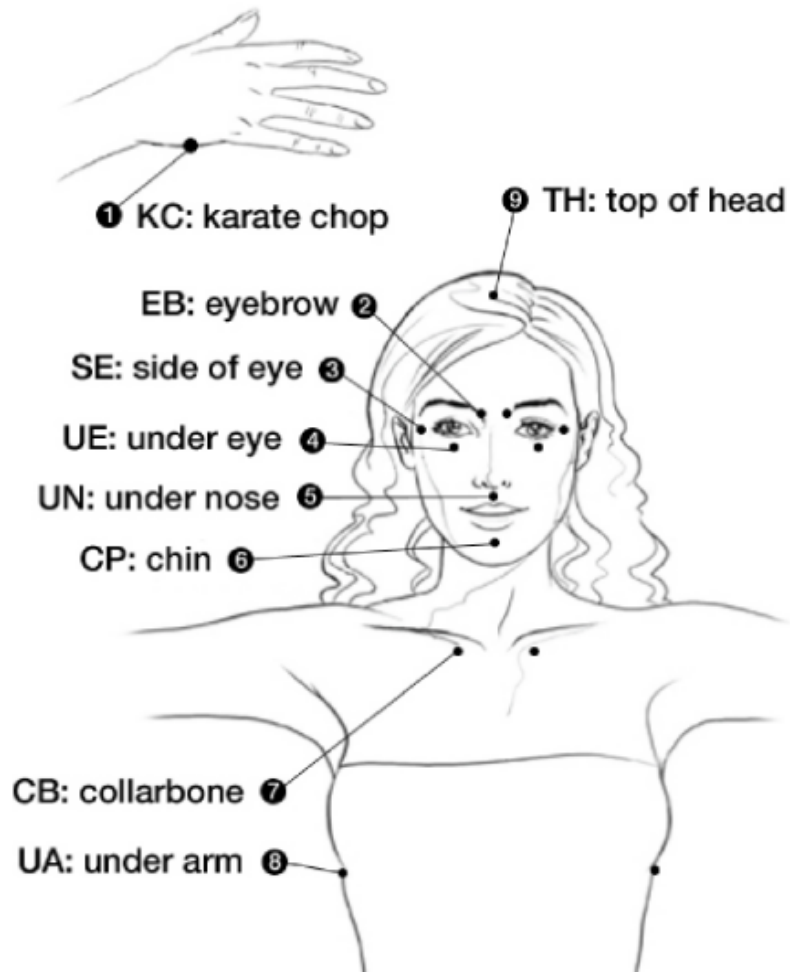
FORGIVENESS IS WHAT SETS YOU FREE!

- ❖ Once you have your list, I want you to go through it, feel the emotion and then say “I forgive you, I’m sorry, Thank you and I love you” – cross it out and go through the list
- ❖ Once the list is all crossed out you can burn it or shred it
- ❖ Do this weekly if you can until there is no emotional feelings left. This will really help you move forward and help you feel lighter!
- ❖ You really can choose any memory. I chose certain relatives and situations from my childhood

EFT

- ❖ Emotional Freedom Technique (EFT) is a game changing tool and helps clear negative beliefs and emotions
- ❖ Based on ancient Chinese medicine and acupuncture
- ❖ Helps release negative blocks and emotions and provides you with empowering emotions and beliefs!
- ❖ Brad Yates on YouTube is my go to! Watch this video here for a intro on it <https://www.youtube.com/watch?v=JiD72cZ5mcU>
- ❖ Start introducing EFT daily/weekly – especially in the morning to set you up for the day!

EFT TAPPING POINTS



ACTION PLAN

- ❖ Read the guidelines
- ❖ Do a live
- ❖ Support each other
- ❖ Register for hot seat
- ❖ Complete the worksheets and then share AHA moments in group
- ❖ Comment on accountability thread
- ❖ Start introducing this daily!

APPENDIX

- ❖ Meditation apps – **Head Space, Calm and Insight Timer**. Insight timer is free and there are lots of different meditations for lots of different areas of your life such as joy, anxiety, weight loss and morning energiser.
- ❖ My favourite meditation is in **Insight Timer called Law of Attraction and Abundance by Gale Minchew**.
- ❖ There is also a paid app called **3m mindfulness** which also might help
- ❖ You need to find what resonates with you and in the spirit of throwing everything at it – **you need to do it and take action!**

AFFIRMATIONS

- ❖ **Affirmation Cards** - <http://www.alifemoreinspired.com/shop/affirmation-cards-and-prints/>
- ❖ You can use the **Think Up app**
- ❖ Here are some affirmations you can use:
 - ❖ Things are always working out for me
 - ❖ I release negativity and fear
 - ❖ I choose joyful thoughts right now
 - ❖ I can figure everything out
 - ❖ My dreams are way more important than my fears
 - ❖ Abundance is everywhere around me
 - ❖ I create magic
 - ❖ I deserve to be happy
 - ❖ Life supports me in every possible way
 - ❖ Today is going to be an amazing day
 - ❖ I choose to enjoy this entrepreneurial journey
 - ❖ Starting now, I'm creating my life exactly as I want it to be
 - ❖ Everything I want is at my fingertips and within me