

A background of pink hydrangea flowers with a teal overlay.

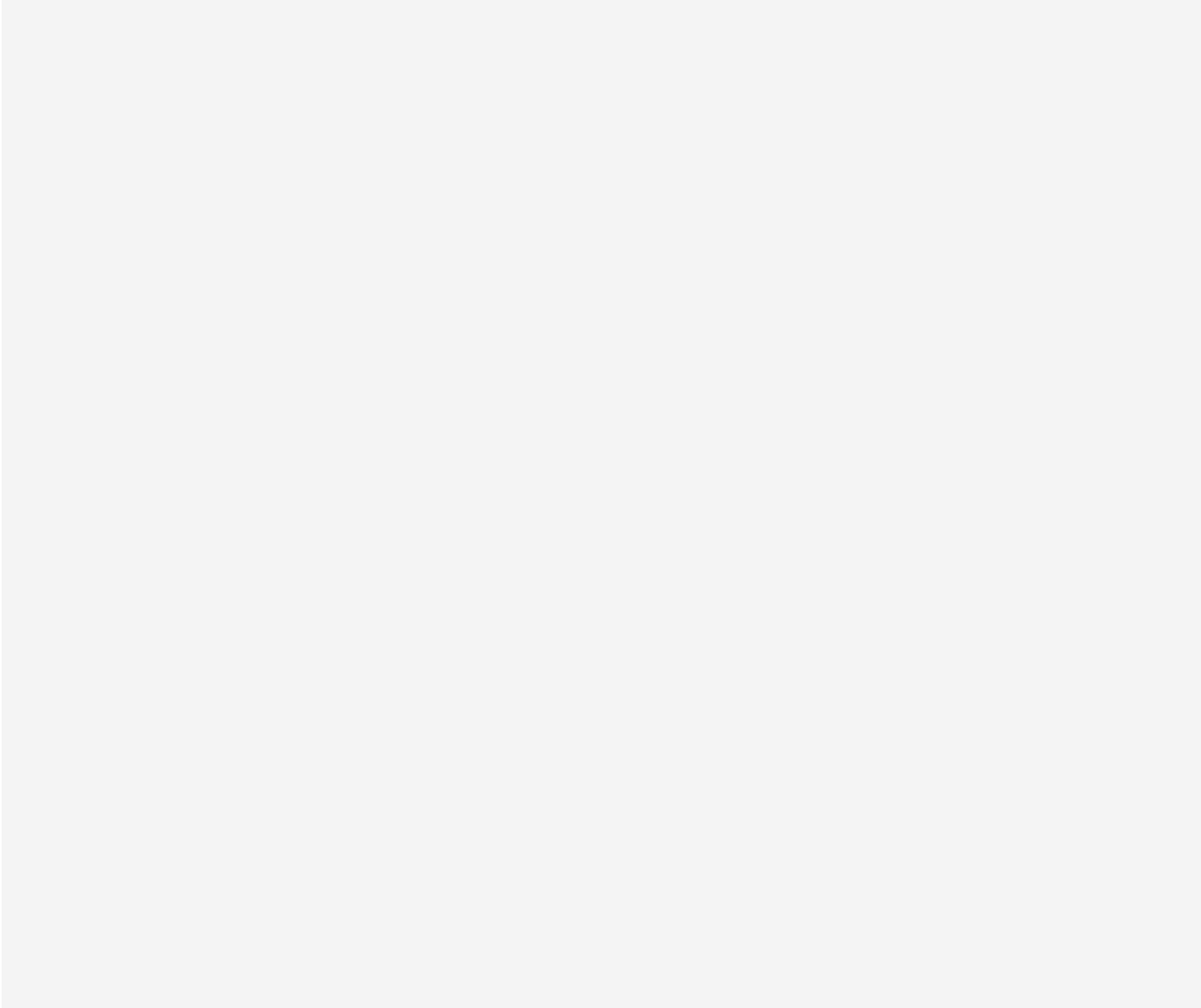
*From Zero
Thriving*

- 7 Daily Actions
For Success

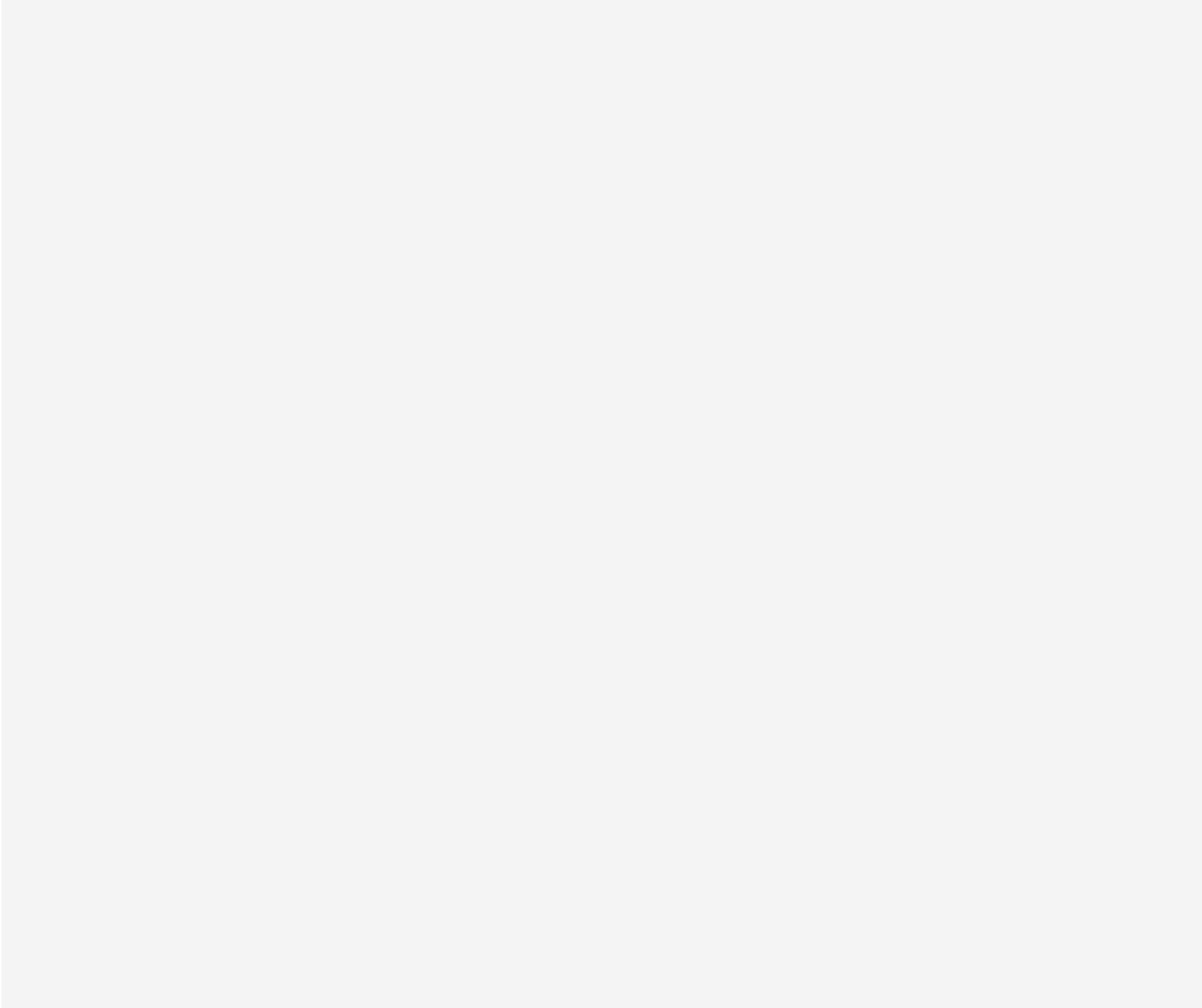
Printable Worksheet

CHRISTINAGREVE.COM

What self-sabotaging excuses have you used up until now when it comes to building your creative business? (Examples: I've tried everything, and nothing helps. This won't work for me. I don't have time to change things. I cannot afford to make the changes I want to make. I don't know how to do it. I don't have the skills. I'm afraid to put all this effort into it, and then no one will care, and no one will buy. Someone else is already doing what I want to do, so why try. I'm afraid to charge too much, so people won't work with me. I'm afraid I'm not good enough, so I won't even try...) How does it make you feel using these words to hold yourself back? Who would you be without these self-sabotaging excuses? What would you be able to do if these self-sabotaging excuses was not present in you?



You're responsible for the energy that you experience on a daily basis. You're responsible for the energy you put into the world, as well as for the energy you take in from the world. The emotional energy of your day dictates what you're going to do and how you bounce back from things. How have you neglected taking care of you in the past? How are you currently protecting your energy-level? How low or how high are your current emotional energy-level? How about your physical energy-level? Do you secretly see making time for self-care as being weak or lazy? How would you like your energy-level to be in the future? What steps do you need to take to get there? Is there something you can do daily that will fuel and recharge your body and mind? And are you willing to prioritize it no matter what?

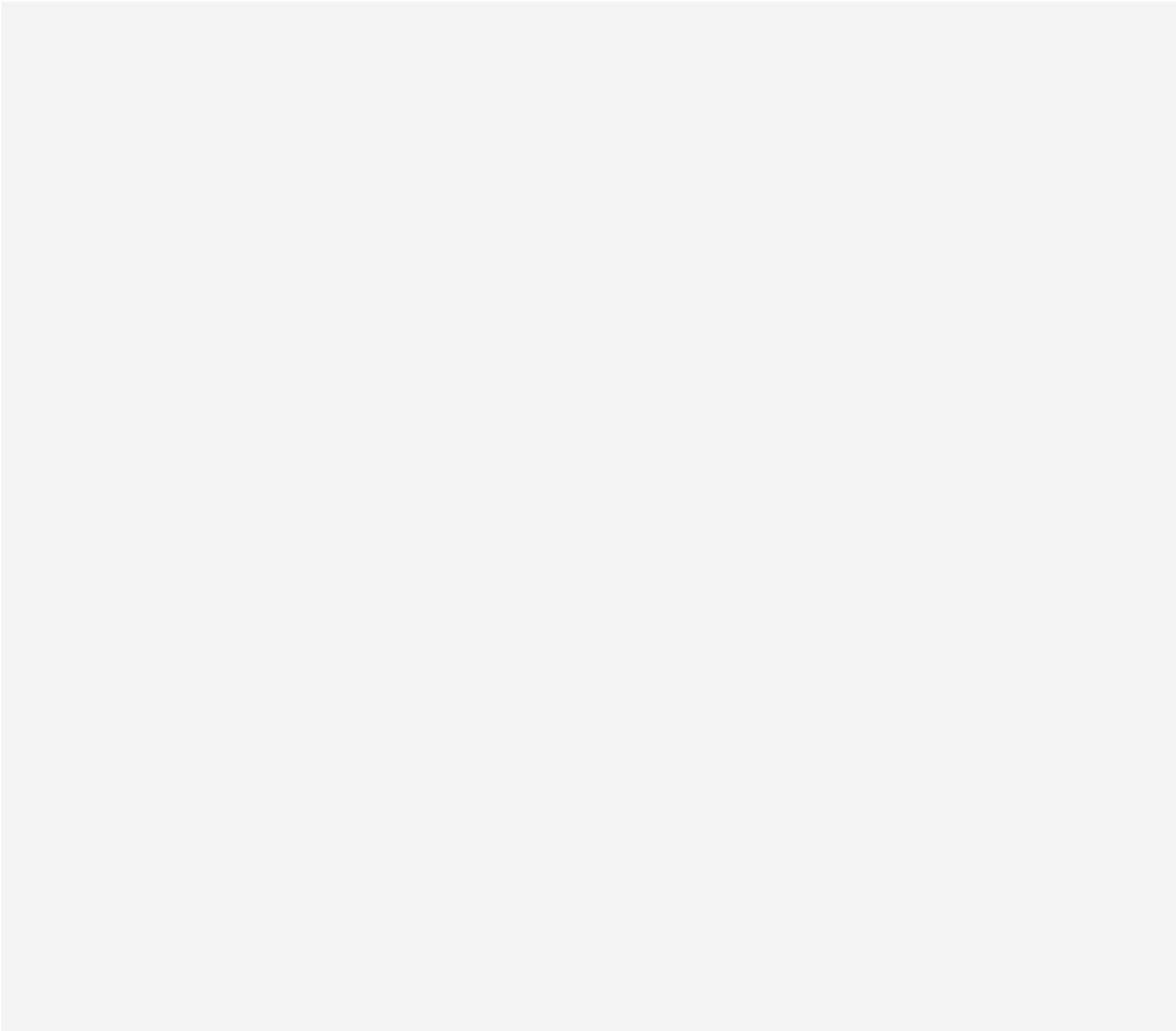


Make a list of all the things that fuel you, your mind, body, and soul, with energy. Then make another list with all the things that drain your energy. Be real. Be honest. Then go through that list and look at each individual activity, task, or person that rob you of energy and consider what you can do about it. Is there something you can stop doing? Is there something you can delegate? Or is there something you have to do, but you can change the way you do it? And what can you do to keep your energy level high?

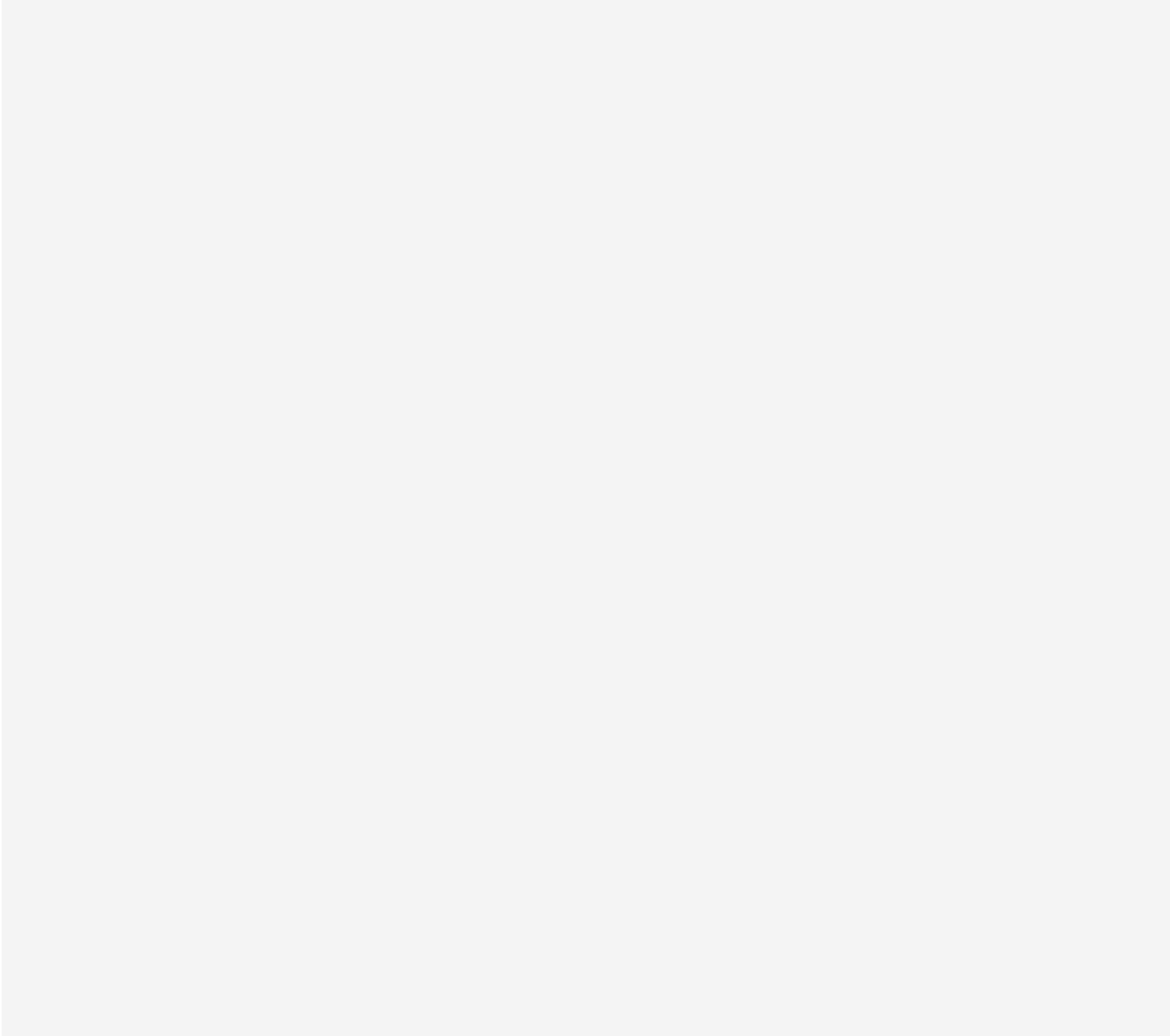
:Activities, tasks, and people that drains me of energy:

:Activities, tasks, and people that gives me of energy:

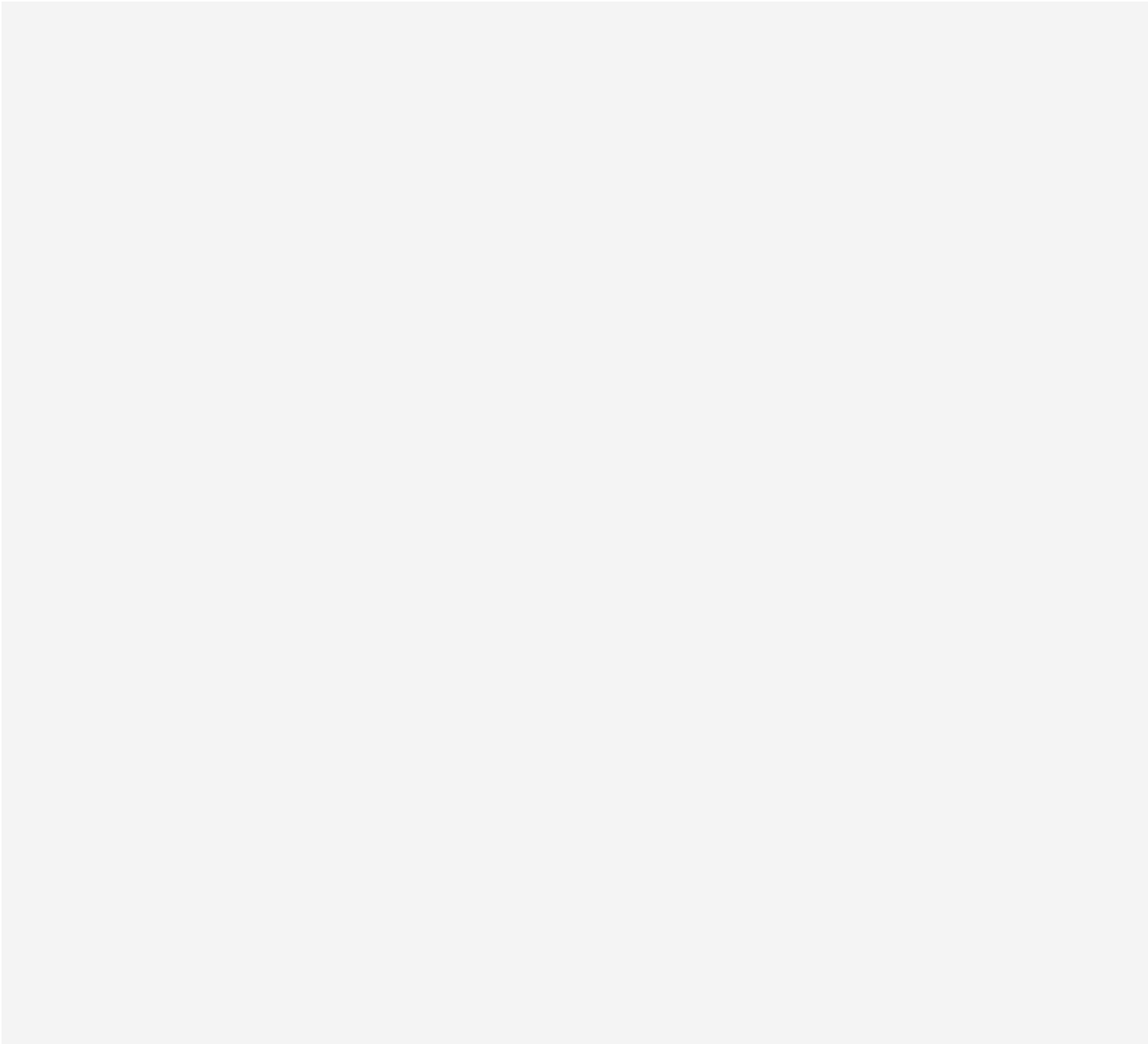
How do you talk to yourself? Whether you say, "I'm a loser, and I mess everything up. I cannot figure this out. I'm not good at this." Or you say; "I'm extraordinary. I'm successful. I'm awesome." Every muscle in your body is responding to the words you say and the thoughts you think. Every muscle, every cell in your body starts trusting what you are telling yourself no matter if it's positive or negative. Write down your TOP 10 most used sentences you tell yourself daily - negative or positive. How well are you doing? Are there something you need to stop telling yourself? What can you say instead? How can you re-frame your negative words into positive supportive sayings?



Your mind does what it thinks you want it to do, so make sure to tell it really good things. You don't have to believe you are a winner, you just have to tell yourself you are a winner. Say, I choose to be a winner. I choose to be a success. I got this. And your mind will follow. And after a while, it will be your new belief. This is how you built confidence. This is how you get things done. What new things would you like to believe about yourself? What do you NEED to believe about yourself in order to take your business all the way to the top? What do you need to believe about yourself so you can live your dream life? How will you communicate with your mind differently from today and moving forward?



Do what you don't like first. Successful people do what unsuccessful people don't like to do and they do it first thing in the morning. Successful people know that motivation doesn't just appear. You got to start something and then motivation slowly, step by step, emerge from within you. Knowing yourself well, what do you normally avoid doing, that you know you should prioritize in order to create your dream business and desired lifestyle? What most important task or activity do you need to focus on first thing in the morning? How would doing what you most dread first thing in the morning change your life?

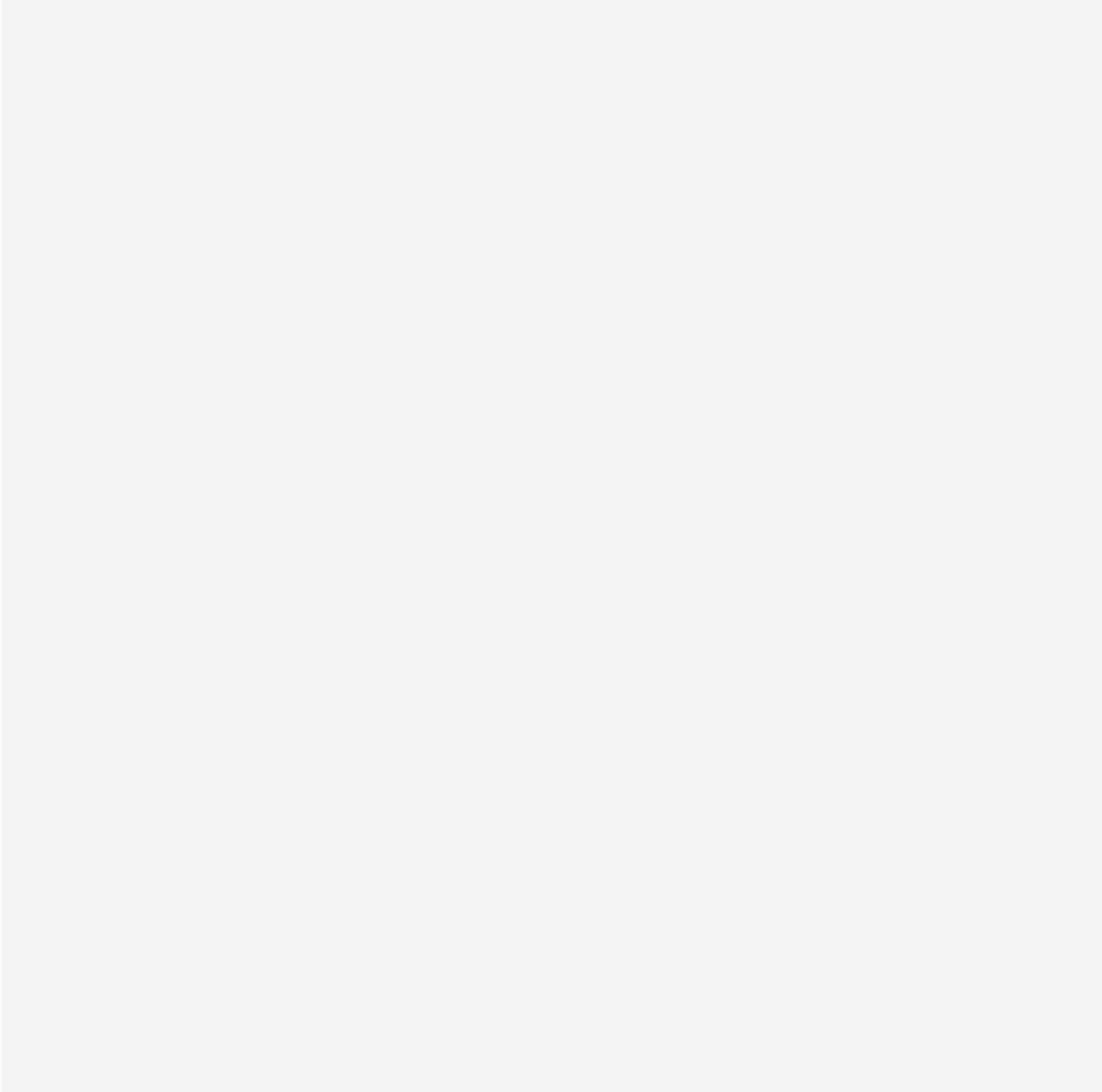


What are your TOP priorities In business and in your personal life? And why?

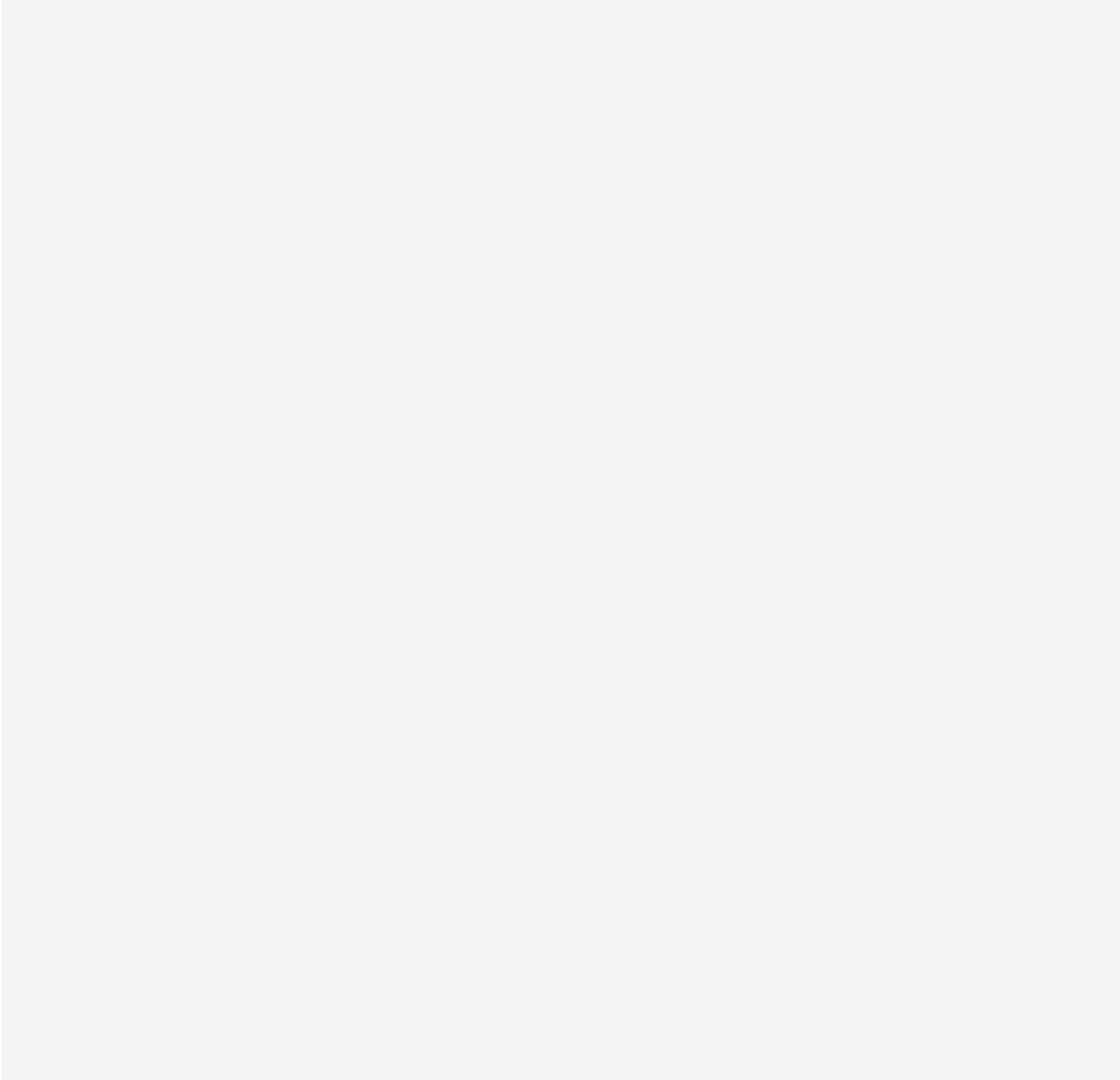
TOP 5 priorities in my business

TOP 5 priorities in my personal life

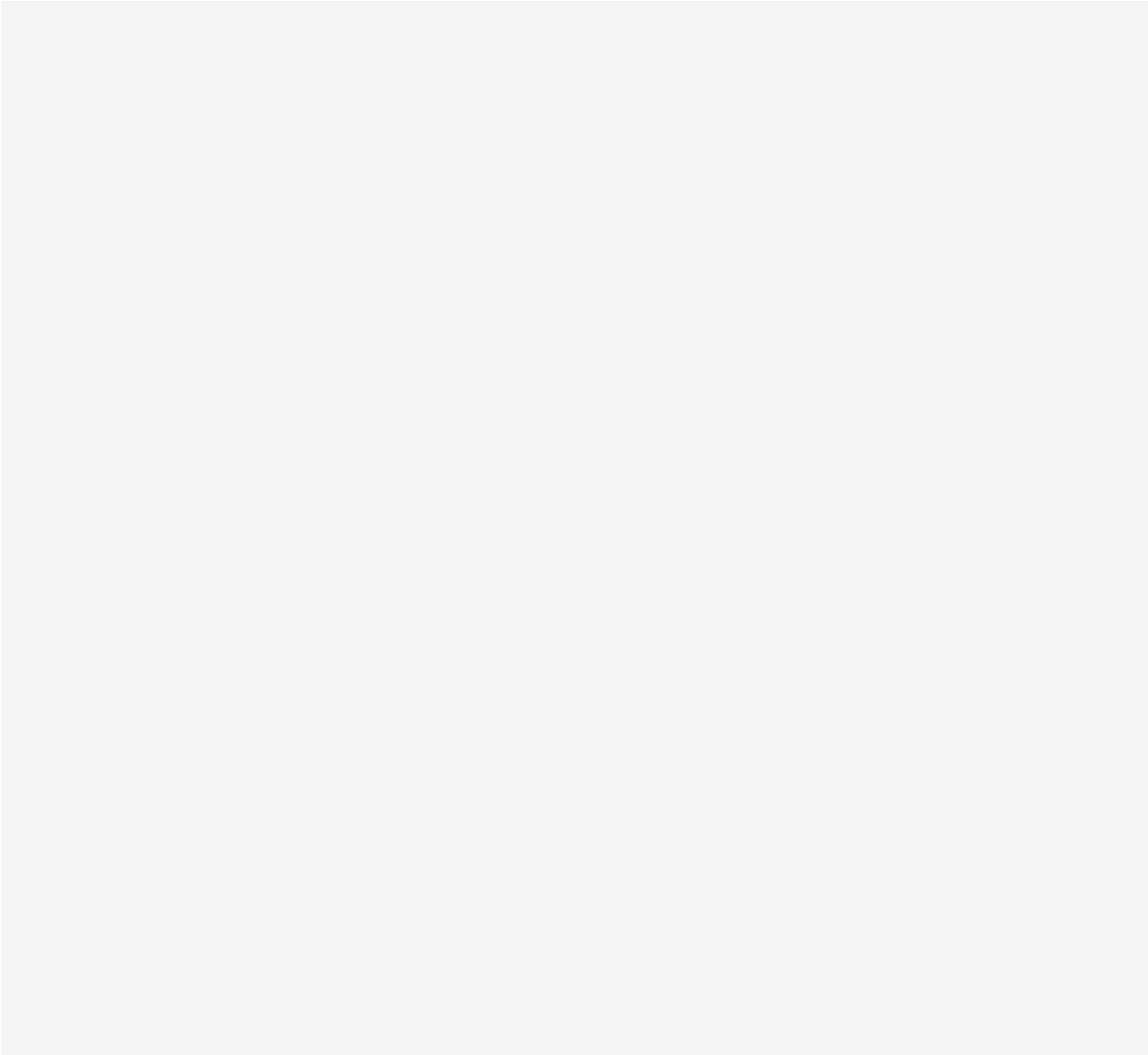
Successful people do what unsuccessful people are not willing to do. Or said in another way: successful people are willing to live parts of their lives like no one else will, so they can later live like no one else can. What are you willing to do so you can later harvest incredible success in your business? What are you willing to give up so you can later harvest a successful business and a fabulous lifestyle?



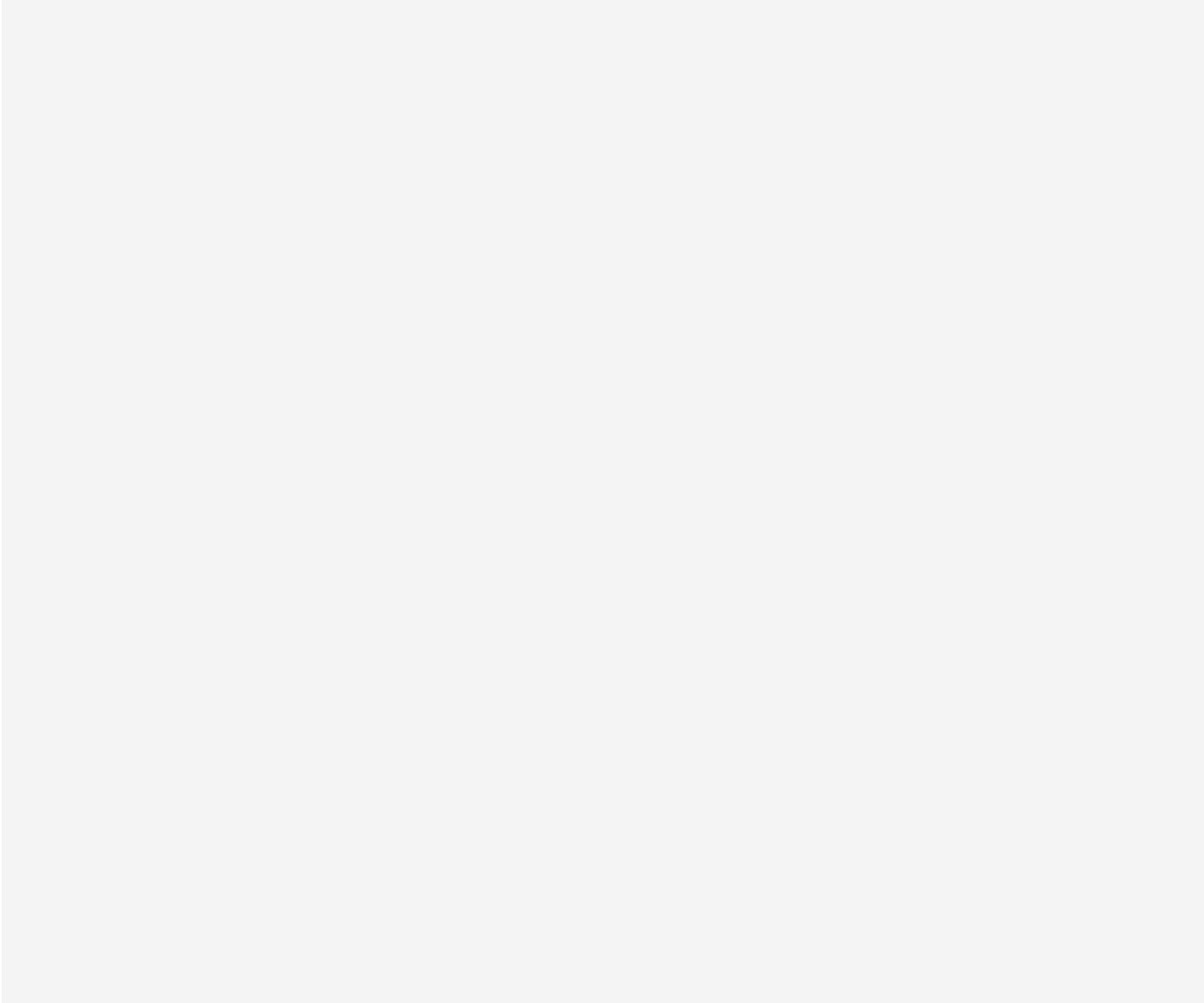
How do you feel about The Daily 60-Second-Money Habit? Excited and calm or fearful and anxious? Write down WHY The Daily 60-Second-Money Habit makes you feel the way it does? What feelings and thoughts arise? However you feel, just take a deep breath and acknowledge your feelings. Then decide to do it anyway - it's just one minute a day. Facing reality will make you strong and confident. Taking ownership is your first step in becoming financial independent.



Email List Building: If you like to start focusing on your new list building habit today, I encourage you to start brainstorming, on ideas for your freebie. Maybe you already got something that you can use, like a blog post you can turn into a resource list or a free guide? Think about what types of freebies you've enjoyed yourself in the past. It can be everything you fancy from a simple spreadsheet, a checklist, a free challenge, an ebook, a tutorial, a guide or a live webinar. (NB. You don't have to create it now as we will work on this in Module 2). Simply brainstorm ideas.



Fear of selling: If you have a fear of selling your products and service, you must decide TODAY, that this is something you choose to leave behind. You decide to learn how to sell because without sales there's no business at all. Give yourself permission to sell your products because your products are made with love, and when you sell what you love, you just sell love. **Why is it that you hate selling? Why do you avoid selling your products? How much effort do you normally put into selling? What do you think it will take for you to learn to love selling? Knowing that a potential customer or client must be in contact with you and your brand 7-15 times before they buy, how can you use this information in the future? What can you change in your sales-strategy? How can you be more persistent when it comes to selling?**



Learn to say NO: The key to growing your business is knowing when and how to prioritize your time. If you can't say no, you will take on too much + you will have much less time to follow through with your own projects and doing what really matters to you. Now take a few minutes to explore: what do you need to say no to in order to free up time for your BIG plans of starting, running and designing your dream business? What is particularly difficult for you to say NO to? How can you respect your own time more? And how will you use the time you free up?

