



PRINGLE  
BUSINESS CONSULTING



LEVELUP:  
*Workbook*



# Module 1: WELCOME!



I am Linda Pringle Evans, Founder & CEO of Pringle Business Consulting, LLC (PBC) located in Columbus, Ohio. The mission of Pringle Business Consulting is to **provide economic development for women entrepreneurs to grow and scale their businesses to generate 6 figures and beyond annually**. I am a Personal Brand Strategist, a Business Consultant, National Keynote Motivational Speaker, a Columnist, and a Mentor.

I am also a member of the National Small Business Association Leadership Council. I promote the businesses of women entrepreneurs by providing them with much needed resources and training to grow and succeed.

I have impacted the lives of hundreds of women removing fear, doubt, and lack of confidence. I also provide the roadmap helping women to achieve success within their business to attain 6-figures. In addition, I connect women with mentors and organizations who make a difference for their business.

I can't wait to meet you and get to know you personally so that we can customize a LevelUp experience that is perfect for you and your business. **Are you ready to LevelUp to your earning potential?**

*Let's get started!*

# WHAT IS YOUR “WHY”?

I know that during our time together things are going to happen to derail our journey together. There will be times when you will feel overwhelmed, stressed, or simply tired from your day-to-day. It may seem that things are stacked against you, and you might even want to give up. **During these times it will be important to remember why you are participating in this program.**

WHY DO YOU WANT YOUR LIFE TO BE DIFFERENT?

WHY DO YOU NEED TO CHANGE?

WHAT DO YOU WANT YOUR FUTURE TO LOOK LIKE?

# WHAT IS YOUR ULTIMATE GOAL?



"Ask for what you want and be prepared to get it."

*Maya Angelou*

Author of *I Know Why the Caged Bird Sings* and civil rights activist

I DO WHAT I DO "SO THAT"...

LET'S DREAM BIG!

What do you need to do to accomplish your why? Go ahead and use the space provided to write it down. It can be a specific revenue; it can be a number of clients.

## WHAT NEEDS TO HAPPEN FOR YOU TO REACH THIS GOAL:

## IDENTIFY YOUR EXPECTATIONS:

Please list skills you would like to leave with after completing this course:

## MAKE SPACE FOR LEARNING:

List places where you can go to have a quiet place without any distractions to complete your learning. Try to include at least 3.

## MAKE TIME FOR LEARNING:

Use the calendar below to carve out times that you will dedicate to completing LevelUp activities. Make sure to get your family and friends onboard to minimize distractions.

| MON | TUE | WED | THU | FRI                                     | SAT | SUN |
|-----|-----|-----|-----|---|-----|-----|
|     |     |     |     | Weekly call<br>with Linda<br>1:00pm EST |     |     |

## MAKE LEARNING A PRIORITY:

How will you keep the schedule you created sacred to you? List out all of the possible distractions that could come up and how you will resolve them.

### *Example:*

Your clients might need you during that time (emails, dms, etc)

### *Solution:*

Set strict business hours and email your clients letting them know what your hours are and when they can expect responses to requests (the next day, in the next 24 hours). Then turn off all notifications during your study time.

| Distraction | Possible Resolution |
|-------------|---------------------|
|             |                     |

## CREATE A SUPPORT SYSTEM:



"Do not bring people in your life who weigh you down, and trust your instincts. Good relationships feel good. They feel right. They don't hurt. They're not painful. That's not just with somebody you want to marry, but it's with the friends you choose. It's with the people you surround yourself with."

*Michelle Obama*

Who in your family or friends' group can help keep you accountable? Someone who can check-in to see how you are doing, if you are on track, or if you need to walk away for a bit to clear your head and talk.

Reach out to one woman in the LevelUp program that can be your accountability buddy. I recommend scheduling weekly or bi-weekly check-ins with each other.