



USE THIS PDF TO FOLLOW ALONG IN THE WEBINAR SO YOU CAN
WALK AWAY WITH ACTIONABLE STEPS TO ACTIVATING
YOUR PURPOSE AND CREATING MORE ABUNDANCE

WORKBOOK

1

 Source and Sea

3 MASSIVE MISTAKES PROFESSIONAL WOMEN MAKE THAT KEEP THEM DRAINED, STRESSED, AND OVERWHELMED

MISTAKE #1

What is Masculine Mind?

DEFINE MASCULINE:

DEFINE FEMININE:

What's the Professional Cycle?

3

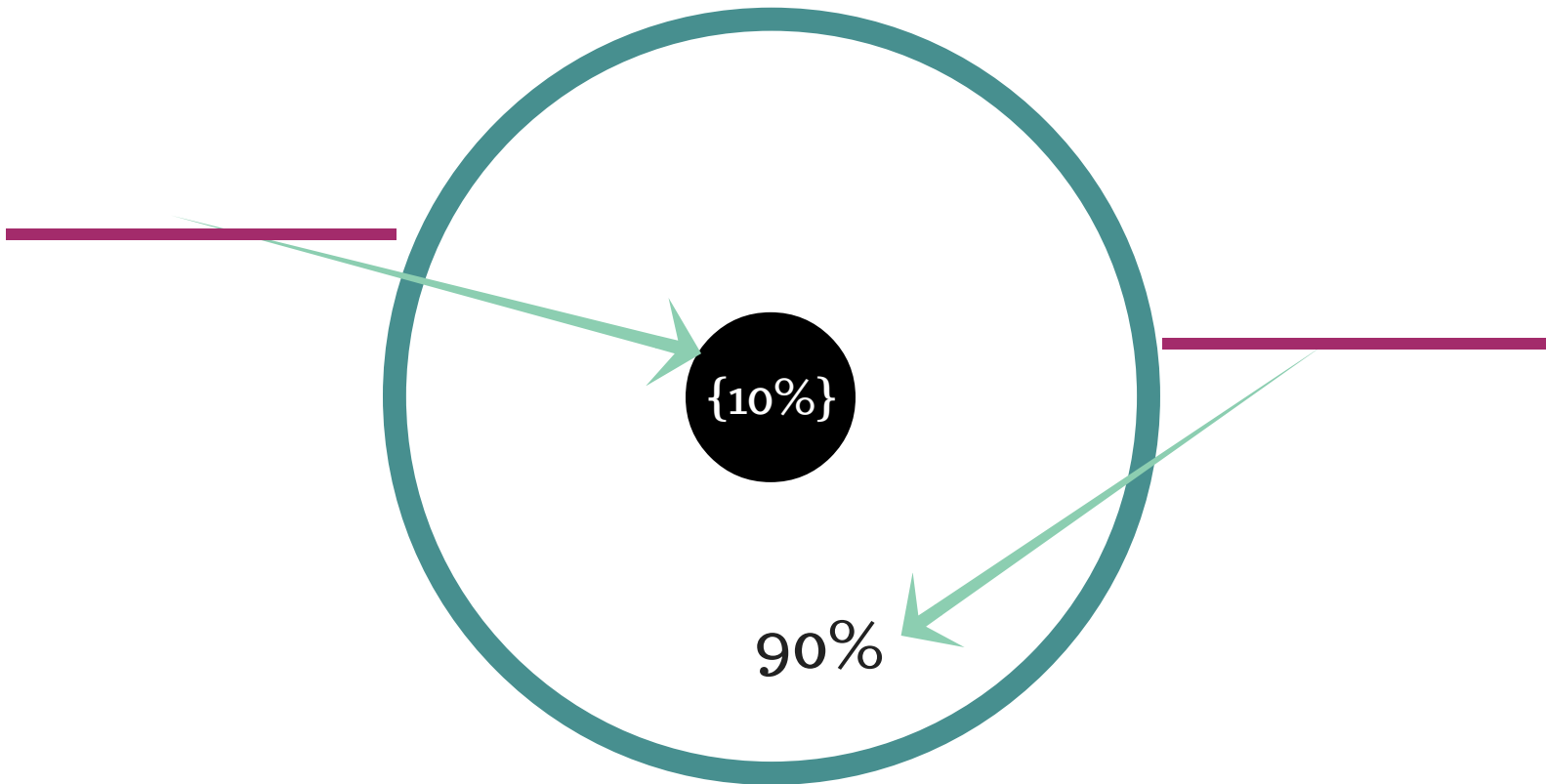
3 MASSIVE MISTAKES PROFESSIONAL WOMEN MAKE THAT KEEP THEM DRAINED, STRESSED, AND OVERWHELMED

MISTAKE #2

What is Happy Hell?

{10%}

90%



3 MASSIVE MISTAKES PROFESSIONAL WOMEN MAKE THAT KEEP THEM DRAINED, STRESSED, AND OVERWHELMED

MISTAKE #3

What are Bad Boundaries?

✓ Bad-Boundaries Checklist

- I am unsure of who I am and what I truly want to do in life
- I feel tired after working with others, especially 1:1
- People do not want to pay the full price for my products/services
- It's extremely hard for me to say NO, especially to clients, friends and family
- If someone really needs my help I drop everything to help them
- I barely have any time or money for self-care and activities I LOVE

Notes:

5