



## Pre-work Journal Prompts

- **Who are you? Describe yourself as if you are someone who knows you.** For example: *Janice is a mom of 3 adults, grandmother of 2 boys, loyal wife and loving mom to her two furbabies. She is an artist, a teacher, a writer, a mindset coach...who is looking to serve women in this world. She desires to be of purpose, to help make this world a better place. She is often described as kind, determined, creative....*
- **Ask 5 people to give you 3 character traits they see in you.** (This can be very insightful)
- **In the past, do friends call on you for certain things?** Money, to lean on, advice, help in certain areas?  
*For example I often get called for creative projects, to listen and advise when girlfriends are going through dark times, for reassurance, etc.*
- **Do you see a pattern here? What natural gifts do you have that draw people to you?**
- **What did you imagine you would grow up to be, when you were young?**  
*For example: I wanted to be a brain doctor to figure out what else we could do with our brain, to be an architect and design beautiful homes, a psychologist to help people, and independent with my own apartment. Now I can see how all these dreams have emerged in my life in different ways.*

- **What is happening in the world that gets you really angry?**  
For example: women in dis-empowering positions really upsets me. Animal abuse or neglect...perhaps you see a struggle somewhere, or an abuse in the system you would love to change.
- **What topics light you up and wake you up?** *For example, for me talking about spirituality fires me up and I could talk all day about it, personal growth, self-awareness, mindset growth and small businesses growing are also my hot topics.*
- **If there were no boundaries or barriers, what would you imagine yourself doing, or long to do? How would you like to make a difference in the world?** This can be big or small. *For example: I just want to help moms feel supported while they are raising their babies...or I want to help people move into their retirement feeling purposeful in their life...or I want to help women who are struggling to get pregnant...or I want to show people how to eat healthy food...or I want to start a movement in this world by \_\_\_\_\_.*
- **If fear and failure did not exist, what business would you love to create?**  
*Do not let lack of training or experience block you here. Go all out and imagine the perfect business.*
- **What positive results would people experience from working with you?** *For example: They make more money, they feel empowered, they experience more self-acceptance, they gain hope and inspiration they trust themselves and their gifts more, they are able to raise healthy babies, they are able to help more people....etc.*
- **How does working with you change their lives?** *For example: They expand, they grow, they feel fulfilled and purposeful. They have hope again. They become who they were always meant to be...*

**Great Work!**

***Hopefully you are a little closer to determining your perfect business.  
Don't worry if you are not there yet because we are just getting started!***