



Best Year Ever! Your Bombshell Breakthrough Year Session 1 Review and Homework Assignments

(If you didn't answer these questions in session one, please answer them before session 2.)

1. What would make this a breakthrough year for you and your best year ever?

2. The 8 Key Areas of Life:

(This is where we did the Sun Drawing/Bicycle Wheel Exercise.)

1. Health/Fitness/Body
 2. Profession/Career/Business
 3. Money
 4. Friends/Family
 5. Significant Other/Romance
 6. Physical Environment
 7. Fun/Recreation
 8. Personal Growth/Spirituality
- *What is your current satisfaction level in each area? (On a scale of 1-10)*
 - *What satisfaction level do you need to reach in each area this year for you to have your best year ever? (On a scale of 1-10)*

Sacred Bombshell Tip: Be sure to not try to change everything at once. A breakthrough is made up of changes that stick, a shift in your way of being – not quick fixes. Do not try and change too much at once. That leads to overwhelm. Instead, remember that the Universe rewards focus and intent. Take action and create a success. A positive change in one key area will improve and enhance the other areas of your life.

The “What, Why, How” Success Strategy

WHAT do you really want?

PLEASE NOTE: **Our workshop focuses on your Profession, Career, and Business. I am giving you a worksheet that you can use in other areas of your life that you want to make a breakthrough in.** However, for this particular playgroup, please think about your business wherever I write “Key Areas of Life.”

- a) Choose one of the Key Areas of Life to focus on.
- b) What do you REALLY want for yourself in this area?
- c) What will have you love being you and how you are living your life in this area?

1. This is what I envision for myself in the Key Area of Life I have chosen:

Sacred Bombshell Tip: Goals and Objectives are useful and recommend. The REAL POWER, however, is in the DECISION. Once you make your committed decision you can set goals along the way to support it. But the decision MUST come first. You aren't going to make a big change if you aren't fully committed. The decision is the first step. You get what you DECIDE. Got it?

2. What is your Powerful Decision related to the breakthrough you want?

WHY do you want it?

Get Committed – The Wake Up Call Questions

- a) What will you miss out on if you don't make changes in this area?

- b) What will it cost you if things stay the same in this area?

- c) How will it hinder you spiritually, emotionally, financially or physically if things don't change?

Get Committed – The Pleasure Questions

- a) If you make this change in your life how will you feel about yourself?

- b) What kind of momentum will you have in your life when you achieve your vision?

- c) How would you feel if you were consistently moving forward towards living a life you really love?

Sacred Bombshell Tip: Close your eyes and take a deep breath. Think about the Area of Life you are focusing on. Connect with the decision you made and feel your commitment. Think about the beliefs you currently have or want to develop that will support you in achieving what you want in this area. Think about the goal you set in this area. See yourself achieving this goal.

Get into ACTION!

Sacred Bombshell Tip: Take baby steps this week but make one big move.

We are focused on business, so perhaps consider making a BIG call to someone you would usually see as out of your league. Tweet them and see what happens. If your focus is health and fitness, take the stairs instead of the elevator, order salad instead of fries. If it's money forgo the morning Starbucks and make coffee at home. Committed to a better relationship? Plan a "date night" with your significant other. What matters most is that you get into immediate action.

I am going to take the following action this week:

Homework Assignment:

1. **Write out the vision** you have for yourself when you achieve what you want in the Key Area of Life that you are focusing on.
2. **Review the decision** you made in class, modifying it if you desire. Share your decision with at least three people this week.
3. **Review your answers to the Pain and Pleasure Questions.** Really connect with what you want for yourself in that Key Area of Life and think about your answers. Add more detail. Really connect with the feelings your answers evoke. Build your desire and commitment. Your goal is to feel inspired to take action!

4. **Get into action.** Take at least one baby step this week in the Key Area of Life you are focusing on. If your focus is health and fitness, take the stairs instead of the elevator, order salad instead of fries. If it's money, forgo the morning Starbucks and make coffee at home. If you are focusing on your relationship, plan a "date night" with your significant other. It doesn't really matter what you do, as long as you do something. Take some type of action this week so you feel like you are moving your life in the direction you want it to go.

SPECIAL COACHING OFFER

Hey Gorgeous,

As you know, I provide strategy, skills, and soulcare for Big Vision Women to get their mission, movement, and message out into the world. This includes finding your calling and purpose, monetizing that purpose, and then building a tribe around your work.

Are serious about making this your best year ever?
Then consider joining Sacred Business Academy and the Hear Me Roar Club!

You can't actually sign up for this program for another couple of weeks, but participants of this workshop will receive a special partial scholarship to show that the universe rewards action!

If you are interested in one-on-one coaching, let's set up a complimentary 20 minute Momentum Session so that we can see if we are a fit.

Have a great week and "see" you on the call tomorrow at 7pm EST.

Passionately yours,

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P.S.

I have a limited number of openings for complimentary coaching sessions for people who may be a fit for coaching, so if you want one of the spots, and you are ready to do what it takes to make this your best year ever, please email me today.