

DAY 1: Draw your inspiration from the best.



Look for the people who have made it in your field, and make them your role models. Assume their way of thinking by observing how they react to situations at hand. But of course learn to filter everything you observe, so you can only choose what's best for you or your business

It may come off like plagiarism, but in the real world that's what it means by having a role model. Look into the minds of the people you want to emulate, and then follow their footsteps, taking in every bit of advice and, more importantly, using their past story to assess your progress from time to time.

For instance, if you're planning to be a successful motivational speaker, you have the likes of [Brian Tracy](#), [John Assaraf](#) and the rest to watch and emulate as you attempt to make it big.

The SHIFT

Directions: Answer the following questions as it relates to a current situation.

How can I do this better?

Where can I find the information I need to accomplish this task?

Who can I collaborate with for this project to excel?

10 Ideas to Get Inspired:

- Go for a long walk and lose track of time for a while.
- Meditate or practice yoga.
- Watch a TED video to learn about inspiring ideas
- Use Twitter to search for tweets with the hashtag #inspiration.
- Write a bucket list of all the things you'd like to do in your lifetime.
- Create a vision board with pictures of all of those things.
- Join an organization of people making a positive difference in the community.
- Start writing your thoughts in a journal.
- Make today the day you embrace a new healthy habit
- Think about the challenges you face and identify possibly solutions.

Journal of Successes & Challenges



Use this journal to keep track of key things that have happened to you as you move forward in your journey of entrepreneurship.

It may be helpful for you to refer to this journal when preparing for your business consulting/coaching group session.

⇒ **What successes have I experienced?**

⇒ **What challenges have I experienced?**

⇒ **What help do I need?**
