



SEAL UP ENERGY LEAKS

"Beware of little expenses. A small leak will sink a great ship."

Benjamin Franklin

*"Energy leaks are insidious little mother-f*ckers. Seal them up to Soar!"*

Jenn Walker

Success is Four Simple Steps:

- 1) Getting Crystal Clear on WHAT You Want**
- 2) Knowing WHY You Want it**
- 3) Taking Persistent Consistent ACTION**
- 4) Being MALLEABLE in Your Approach Until You Get There**

Completing the **CLEAR AND COMPELLING FUTURE**, and staying *anchored* to your **BIG AUDACIOUS GOAL** takes care of the first step.

Still a little foggy? Unclear on what you want?

No worries, when you first start, this is normal. We've never been asked to get crystal clear on our goals, dreams and desires. School was preparing us for a world of our past, industry and assembly lines. We've moved past the building phase of society, the "Industrial Era", and moved into the "Information Era". It's like moving from a busy summer into an autumn. It's time to slow down, to receive. It's time to leverage technology and awareness/consciousness to work smarter, not harder.

It's like this, we did the best we could just going "balls to the walls" and building, throwing things up, getting'r done! But now, it's time to reflect and find a better path. What's working in business/in society/in our lives? What's not working? It's time to bring the purpose back to business. It's time to bring quality work, integrity, transparency, and trust back.

The number one pain point in society today is loneliness, and yet there's more people, and more options than ever before. So what's going on here?

We've been influenced to work hard, to chase the carrot, to make money, to buy things that we don't need, to impress people that we don't like. This has separated and isolated our culture. We're craving the serotonin of connection (with others, nature, and ourselves), but we're settling for the "dopamine hit" of buying, and more, more, more!

This is where we come in ladies! I believe it will be women in business that will lead this charge in transforming the shite products and services out there!! We

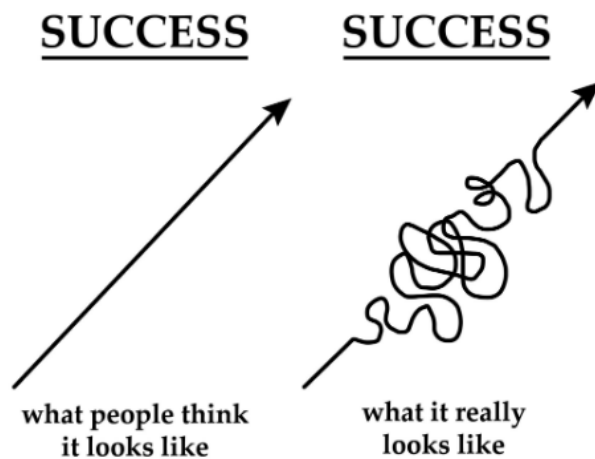
Dive Heart First

COACHING

will lead with our hearts and create products and services that enhance people's lives, not hinder it. It's time ladies to clean up the money system!

It's time to do **AUTHENTIC MARKETING** and **INTEGRITY SALES**, and bring the **HUMANITY** back to business, focusing on what's right for **PEOPLE** over profit. It's time to clean house, and raise the standard and experience in service. So let's go!!

Our **WHAT**, our **COMPELLING COMMITMENT**, our **BIG AUDACIOUS GOAL** is our **destination**. Now we need to get there, we need a **driver**, an engine to push through the rough spots, get us over the bumps, and through twists and turns in the journey.



Our **driver**, is what's in our **HEART**, it's our **TRUTH**, our **PURPOSE**, our **WHY**.

When challenges come up, come back to your **WHY**. Our **PURPOSE** is our driving force to get through the resistance and challenges of business and life. Our **PURPOSE** lives in our **HEART**, and is our **TRUTH**. Living out of alignment of this causes more pain and discomfort, then the temporary pains of setbacks and failure in business.

So, what's your **WHY**?

Let's do that now...

(HINT: it's always has to do with something bigger than yourself, it's involves helping, serving, solving problems for people with your gifts, talents, and strengths)



Your WHY: To define your why, we do an exercise defined in this video: 7 Layers of Why <https://youtu.be/OXjk-2mUstg> (5 minutes)

MY WHAT (BIG AUDACIOUS GOAL):

Why is that important?

Why is that important?

Why is that important?

Why is that important?

Why is that important?

Why is that important?

Why is that important?



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MY WHY:

BAM! Now that we have your **WHY**, your **DRIVER**, we're ready to take **ACTION!!**

Heart First Biz Babes are about working smarter, not harder, so we're not going to take just any action, cast a wide net and just catch whatever we get. Next module, we're going to get strategical with our action, specific to what we want. You can do anything, just not anything, it's important to be conscious in that choice!!

Before we do, we have to clear out and clean up any ***MotherF*cking Energy Leaks...*** as this stuff can take down big ships!!

Things like...

"I have to repair the hole in the roof."

"I can't find my boots, because my closet a mess."

"I need to have a conversation with my mother that I'm putting off."

"I have to do my taxes."

"I have to end a toxic relationship."

The little things and big things that will drain your energy, distracting you away from your **BIG AUDACIOS GOAL**.

Think about it like windows opened on a laptop. The more windows and programs running, the slower the computer is on doing the desired task. The same is true for our brain.

Let's close off any open loops. Seal up any energy leaks. Clean up and clear out anything that will distract and/or drain us from our important work.

Also like a computer, there's a set amount of work we can do, before we need to recharge our batteries. That's where **ENERGIZERS** come in!!

It's important to take awesome "active recovery" breaks to recharge, refuel and ENERGIZE so that we can come back to our important work with a full tank.

Go through and write any ENERGY LEAKS and your ENERGIZERS for the 5 categories:



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1) HEALTH AND WELLNESS: Body, Mind, Spirit

ENERGY LEAKS	ENERGIZERS
<i>Examples: need a hair cut, eating unhealthy food, late nights, not loving the exercise I'm doing, need to book a doctors appointment</i>	<i>Examples: time outside, dance-party breaks, meditation, exercise, affirmations, gratitude, morning/evening routine, visualization</i>

2) RELATIONSHIPS: Intimate, Family, Friends, Colleagues, Clients, and Community

ENERGY LEAKS	ENERGIZERS
<i>Examples: Ambivalent friendships, conversation you need to have with partner/friends/family, non-ideal clients</i>	<i>Examples: Connecting with your partner at the end of a long day, playing with your kids, time with friends</i>

3) CAREER/FINANCIAL: Dream Career and Finances

ENERGY LEAKS	ENERGIZERS
<i>Examples: unpaid bills, unorganized accounting, taxes, website needs updating, to-do list for work</i>	<i>Examples: getting paid well, having money flow to you easily and effortlessly, doing what you love</i>



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4) QUALITY OF LIFE: Home, Cars, Toys, Trips, Adventure, Creative, Courses, Material Assets, FUN!!

ENERGY LEAKS	ENERGIZERS
<i>Examples: messy home, unorganized Tupperware drawer, need oil change, need to book flight</i>	<i>Examples: vacation, FUN with friends, weekends off, massage, organized sock drawer...ahhhhh!</i>

5) LEGACY: Contribution and Service

ENERGY LEAKS	ENERGIZERS
<i>Examples: Giving to many “fucks” about the things that don’t matter, doing too many “shoulds”, doing things that you don’t want to do anymore</i>	<i>Examples: doing things from the heart, serving with your strengths, gifts, values, and talents, saying no when it’s a no</i>

Cool! Now that we’ve done that, we come up with a plan, because...

“No plan is planning to fail.” – Vanessa Simpkins

What are your Top 3 Energy Leaks and Plan to Seal Them Up?

Energy Leaks	Plan to Seal Them Up
1.	
2.	
3.	



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What are your Top 3 Energizers and Plan to integrate them into your schedule?

Energizers	Plan to Integrate
1.	
2.	
3.	

- Congratulate yourself on being awesome... and maybe have a dance party if that's an "energizer". ;)