

MILLION DOLLAR WOMEN ACCELERATOR

Mindset

Main Takeaways

1. Commit to getting off the hamster wheel
2. Desire trumps everything (find your why)
3. Bust limiting beliefs

Homework

- Bust Your Limiting Beliefs
- Find Your Why
- Review the Book *Go Big Now* and the 8 Go Big Mindset Practices in this Workbook

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EXERCISE | Bust Your Limiting Beliefs

1. Choose the limiting belief to work on (we all have multiple!) and tell it to a friend, spouse, therapist, coach, mentor.
2. Write the belief down and try to realize it's not the TRUTH. It's just something you thought over and over again that became a belief. What is it costing you?
3. Write the positive opposite of the belief.
4. Come up with 10 steps you can take to reinforce the new belief and start taking action.

1. What are 3 limiting beliefs you have about yourself? (Personal or professional).

Write them down here. Then pick one to bust today.

2. What good things would happen if you no longer had this limiting belief?

3. What is the positive opposite of that limiting belief?

4. What are 10 concrete steps can you take to move closer to the positive opposite? What would you already be doing if you didn't have your limiting belief? Ask a friend or someone who does not share your limiting belief if you can't think of all 10.

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EXERCISE | Find Your Why

My company [what your company does] _____
because I love [what you enjoy doing in your company and are really
good at]

Ex. My company, Little Pim, produces and distributes language teaching products for kids because I love helping parents become their kids first language tutors and making language learning accessible to kids everywhere.

When my company reaches \$1M in revenues and more, I will be able to:

Ex. Travel more, mentor women entrepreneurs, spend more time with my kids.

Getting to do these things matters because: [what values does this
connect to in your life?]

Ex. I want to spend quality time with my kids before they grow up, I love exploring other countries and helping women overcome some of the obstacles I faced is deeply gratifying.

MyWhy:

Ex. I want to get my company to a place where I can hand over the reins and pursue my love of teaching and mentoring women, travel more, and spend more time with my kids.

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EXERCISE | Write your eulogy

What will they say at your funeral?

- Sally helped her kids thrive as _____ [educators, poets, entrepreneurs, engineers, bilinguals] by _____ [modeling pursuing your dreams, getting them tutors, encouraging their passion for the arts]
- Sally and her partner/spouse/family shared _____ happy years together and they _____ [moved to Bermuda in their sixties, split up and remained friends, ran a business together for thirty years]
- Sally's company became the #1 brand in _____ [your space] and she gave back to her community by doing _____ [volunteer work with x organization, donating money to x organizations].

Your turn!

Write Your 1-2 paragraph Eulogy

Ex. Cathy was someone who loved to build things and always made other people feel important. When she was 28 she started a company called XXX and after five years she sold to XXX and used the proceeds to start her next business/take a year off/ travel around the world/invest in other companies. Her life philosophy included "carpe deum" and "leave the world a better place than you found it." Etc.

(use another sheet of paper if you need more room)

Did you learn anything writing your eulogy that change your why?

8 GO BIG MINDSET PRACTICES

1. Mind the Gap

Create a gap between what happens and the meaning you make of it. Can you choose a more empowering meaning?

2. Choose Results over Reasons

If what you want is important, choose the results instead of the reasons you can't get it or have it or do it.

3. Set a Go Big Goal & Rewrite Your Story

Let go of your stories about who you can be and what you can do. Set bigger goals and write a new story.

4. Change Your Thoughts with T-BEAR

Change your thoughts to get new results. Thoughts become Beliefs with Emotions attached to them, which leads to Actions (or lack of) which produces Results.

5. Bust Your Limiting Beliefs

Find the positive opposite of your limiting belief and do 10 things you'd be doing if you had that belief already.

6. Accelerate into the Turn

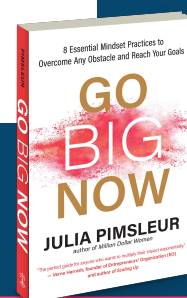
In super challenging times, do more not less. You'll need to step on the gas to get around sharp corners.

7. Take the Donuts

Get proactive about self-compassion and take the help that is offered to you.

8. Practice Be-Do-Have

Who do you want to Be? Start Do-ing what that person would be doing.



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Notes