

Your
BOOK BONUS

This is for you - the entrepreneur.

To help and support your journalling process.

Enjoy the discovery.



Rebecca

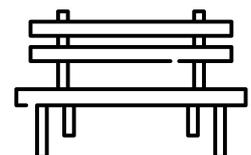
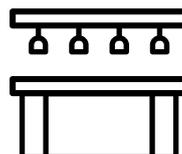
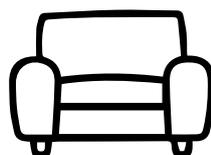
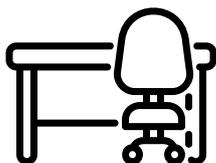
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Creating your SPACE

What is the perfect location for journalling?

There is no one answer. The space that works well for me, may not be a fit for you. Here are some guidelines to help you discover the space best suited to you.

- 1. Know what you need to think and process.** Can you journal where you work, integrating it as a part of your day? Or does it feel better to be at home, in a space separate from the business? Perhaps you want neutral ground, like a coffee shop, library, or park? Consider what environment will give you the privacy and ease to open up and write.
- 2. Give yourself permission to experiment.** Be ok with trying things out. Go ahead and spend time creating a writing environment based on some inspiration you saw - online, in a book, or in a movie. Then, if you find it doesn't flow for you, let it go. It's ok. Try again.
- 3. It's OK to simplify.** There are countless ideas and options. It's easy to be overwhelmed. Resist the temptation to overthink. This does not have to be complicated. Go with what integrates with your routine. Work with what you have. Standing at the counter while making coffee? OK. In bed when you first wake up? OK. In the car at the end of the day? Also OK.

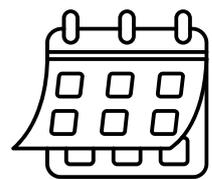
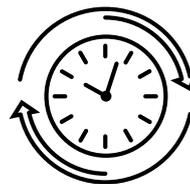


Claiming your TIME

This isn't about making time. Time can't be created. It can only be spent. Each of us has the same precious amount of minutes and hours every day.

You can't slow it down, or speed it up.
Get the most out of the time you have by being present, and being intentional.
Claim your time.

- 1. Make the decision.** You have the Business Breakthrough Book : 52 Prompts for Entrepreneurs. It doesn't matter how you got it - an investment in yourself, or a gift received. The first step to get into the journaling habit is to make the decision to bring this into your routine. Decide on writing, for 30 days, or 6 months, or until you finish all the prompts. Simply choose to journal.
- 2. Start small, and be willing to adapt.** Try 15 minutes of writing in your journal. See how that feels. Did you fully express all your thoughts about one prompt? Would you like more time to process? Observe what is working for you, and embrace making shifts and adjustments.
- 3. Schedule time to journal.** Add time for journaling to your calendar, task manager, or project planning tool. Give yourself the grace to reschedule it as required. Forgive yourself when it doesn't happen at all. This is a practice, not perfection. Recommit to the next scheduled time.



Building your HABIT

We are creatures of habit.
Changing routine requires discipline, and time.
Big shifts are a heavier load, and takes more effort.
It's basic physics. Therefore, start small.
Be patient and kind to yourself.

- 1. You don't have to be writer.** If you can think or speak, then you can journal. It does not need correct grammar or spelling. Your journal is for you. There is no audience. Your journal is a safe space for you to express and process your thoughts and feelings.
- 2. Don't overthink.** This isn't about perfection. It is not math or science. There is no right or wrong with how you use the journal, the order of the prompts, or even how you answer. A few bullet points are just as valid as many pages of free writing. Just empty your mind, and let it flow.
- 3. Share your intention.** Studies show that people who share their goals are more likely to accomplish them. So tell someone about your intention to journal. This could be a partner, friend, or mentor. Choose someone you can trust to help you stay accountable as you build your new habit.



