



EMBODY A NEW IDENTITY IN BUSINESS

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JOURNAL PROMPT

Write down 5 words or sentences to describe the parts of your current identity in business that are positively serving you:

(For example: confident, warm, creative, motivated, organised, resilient, curious, adaptable, great listener, articulate, can see the bigger picture, solution focused, multi-tasker, clear communicator, empathetic, strong moral grounding)

Your Notes





JOURNAL PROMPT

Write down 5 words or sentences to describe the parts of your current identity that are limiting you as a business owner:

(For example: unorganised, unmotivated, resistant to change, lack mindset, perfectionist, procrastinator, indecisive, neglectful of self-care, fearing rejection, lacking consistency, not taking action, scarcity mindset, following the “should’s”)

Your Notes





JOURNAL PROMPT

What repeating stories are you programming into your subconscious that simply don't have to be true? Previous examples from my own old programming include:

“I’m not polished enough to be taken seriously”

“I haven’t manifested enough to be teaching about manifestation”

“People will judge me for my accent”

“I don’t know enough to be a leader in my industry”

“I need to play and stay small so I can be relatable”

“My video content isn’t good enough - there’s no point”

Your Notes





JOURNAL PROMPT

What are the consequences in your business if you continue in this current identity? What don't you achieve? What doesn't happen?

Your Notes





JOURNAL PROMPT

What do you fear happening if you step into a new identity and become the business owner you dream of being?

Your Notes





JOURNAL PROMPT

What are your daily habits in this new identity and chapter in business?

Your Notes





JOURNAL PROMPT

How do you show up in your business? What energy do you tap into each day?

Your Notes





JOURNAL PROMPT

How do you deal with “failure” in this new identity?

Your Notes





JOURNAL PROMPT

Describe your money mindset with this new identity?

Your Notes





JOURNAL PROMPT

What does this version of you do despite the fear?

Your Notes





JOURNAL PROMPT

With this new identity installed, how do you take care of your mental, physical, emotional and spiritual health?

Your Notes





JOURNAL PROMPT

What small habits are you going to begin with to build trust in this new identity?

Your Notes





JOURNAL PROMPT

I Am The Person Who...Is/Does/Has

Taking our discoveries from these journal prompts, let's create a powerful series of I Am The Person Who...affirmations to program the subconscious mind.

I am the person who is...
I am the person who does...
I am the person who has...

Your Notes





JOURNAL PROMPT

Think about the new identity you have stepped into - what downloads are you receiving from the Universe? What ideas are coming to you? What is your energy calling you to do now?

Use this time to make a list of promises to yourself and the Universe of how you are moving forward in your business with this new identity...

Your Notes



