



BUSINESS ALCHEMY

CONNECTING TO CORE

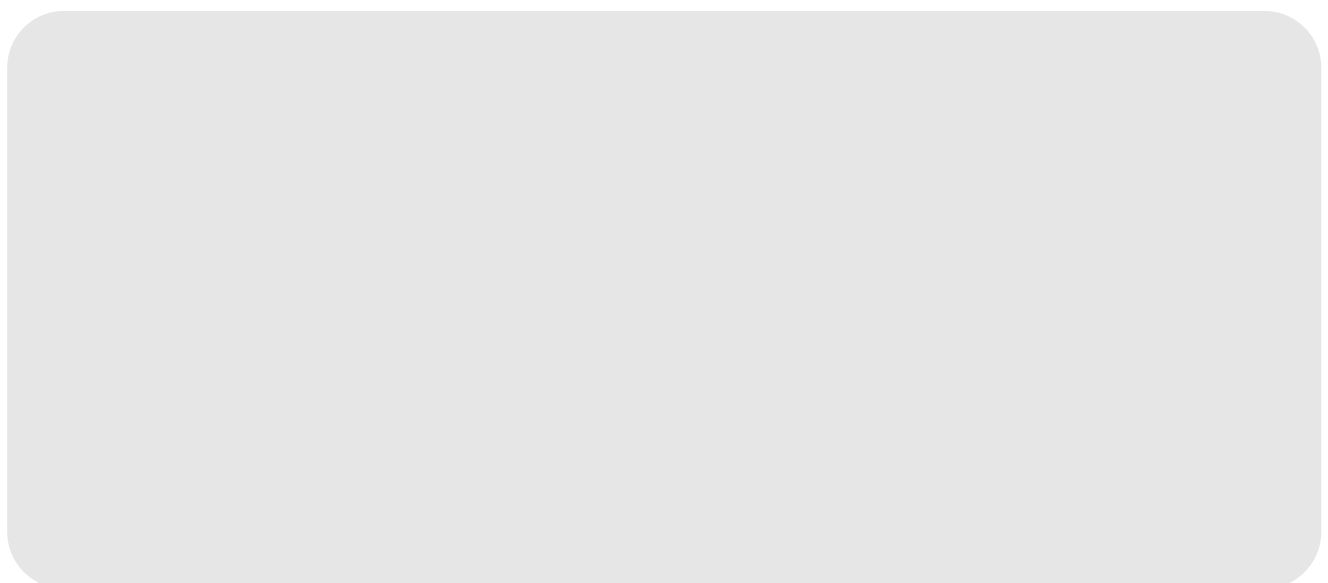
SELF, BUSINESS, AND INTUITION

Vision

Everything we create or accomplish is made possible by our core. This starts with your identity, core beliefs and values; and needs to be in alignment with the mission and values of the business or organization you lead.

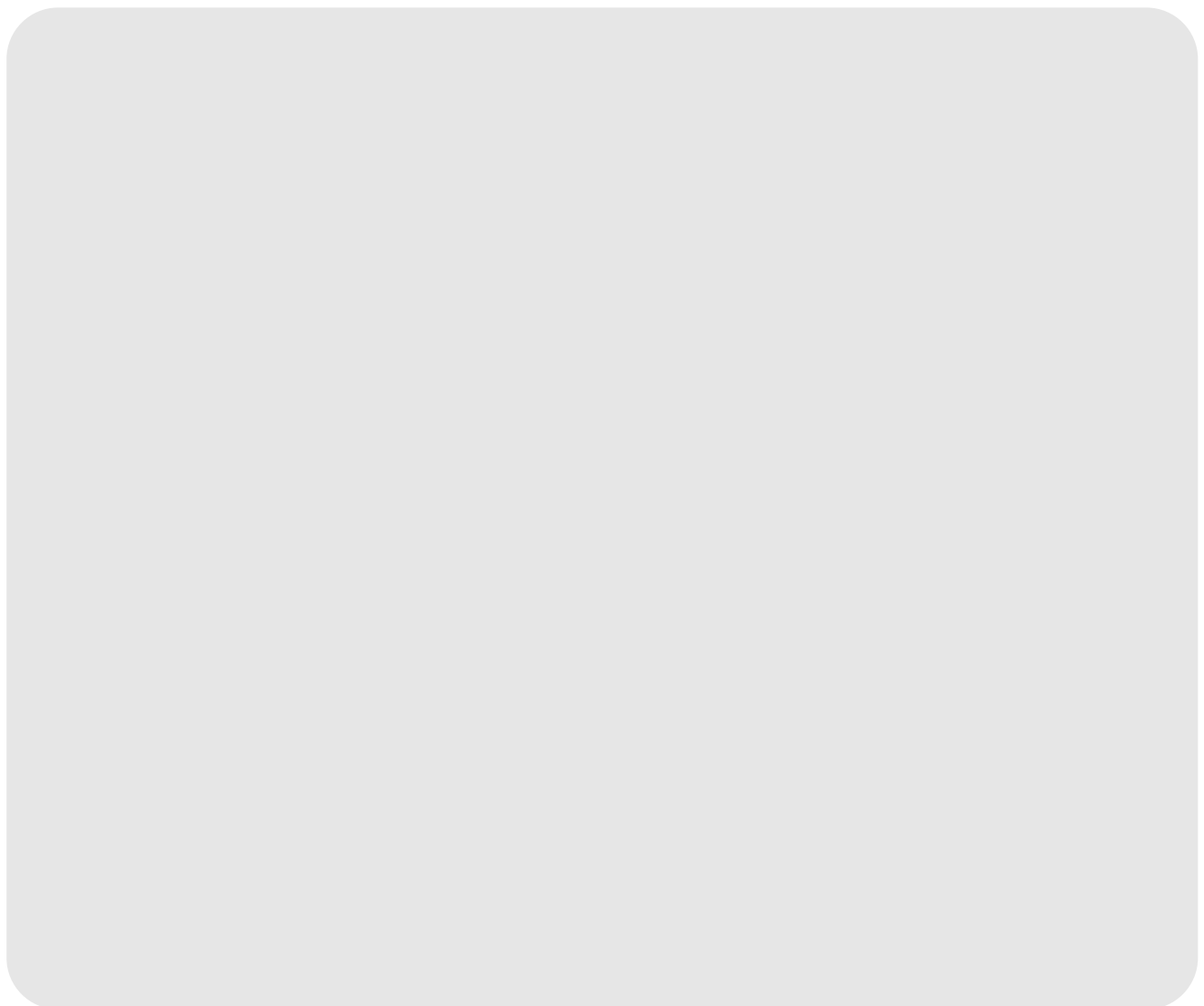
Starting with some vision casting, what are your big dreams and vision for your future, in every area of your life?

Begin with your long term (maybe 20 years out) which removes a lot of resistance. Think into every area of your life in as much detail as possible. What does your health look like? Religious or spiritual connection and practices? Your relationships? Finances? Work or other income streams? Environment and recreation?



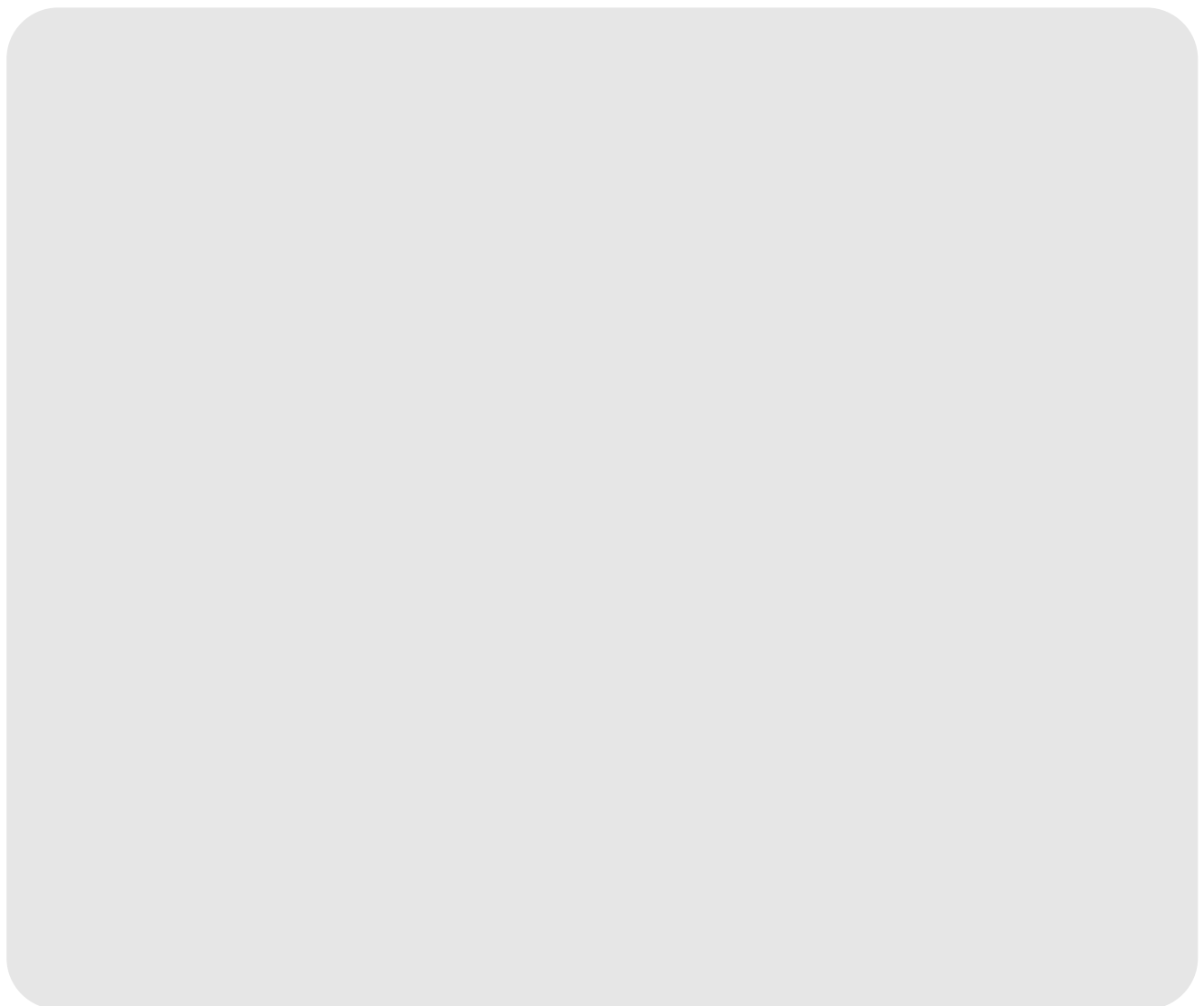
Vision

Now think into what you'd like each area of your life to look like in 5 years to bring that long term vision into reality? Again, think into every area of your life in as much detail as possible. What does your health look like? Religious or spiritual connection and practices? Your relationships? Finances? Work or other income streams? Environment and recreation?



Vision

I invite you to consider what your 6-12 month vision could be as you move closer to your long term vision. Think into every area of your life in as much detail as possible. What does your health look like? Religious or spiritual connection and practices? Your relationships? Finances? Work or other income streams? Environment and recreation?



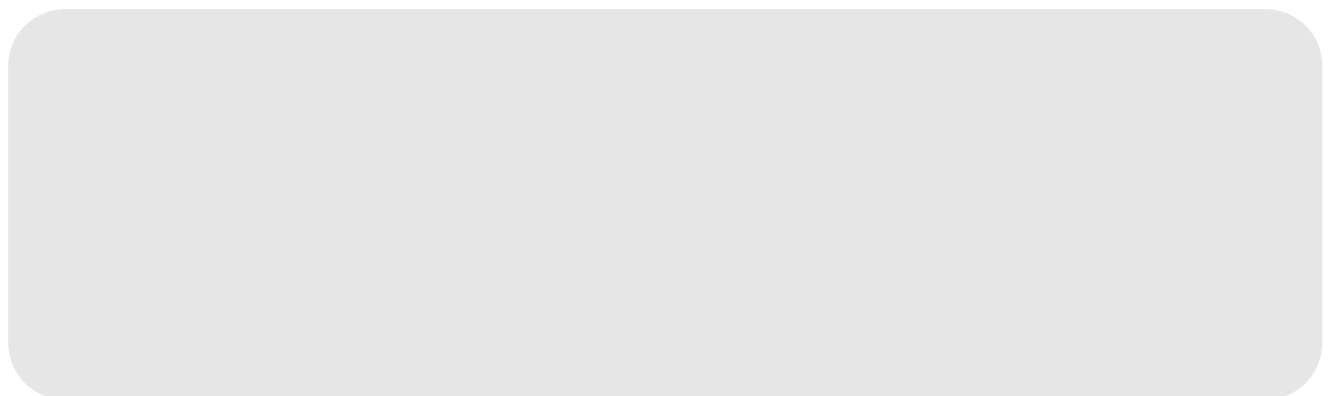
Values

In order for your vision to feel aligned, it needs to work with your highest values. If you haven't taken time lately to think into what these are, I invite you to do this now because they can change over time!

You will want to have a clear sense of your top 5-6, but if this is challenging, start with 10-12 and then drill down to the ones that speak to you as your "top priorities".

This list of values is provided for ideas and not all inclusive.

Abundance, accomplishment, adventure, authority, authenticity, balance, beauty, bold, charity, compassion, communication, community, commitment, connection, contribution, courage, control, creativity, curiosity, education, empowerment, fairness, faith, fame, family, fitness, freedom, fun, growth, health, honesty, humor, independence, influence, integrity, joy, kindness, leadership, love, mentorship, partnership, patience, peace, perfection, professional, purpose, romance, security, self expression, sensitivity, service, sincerity, spirituality, spontaneity, success, travel, truth, wealth

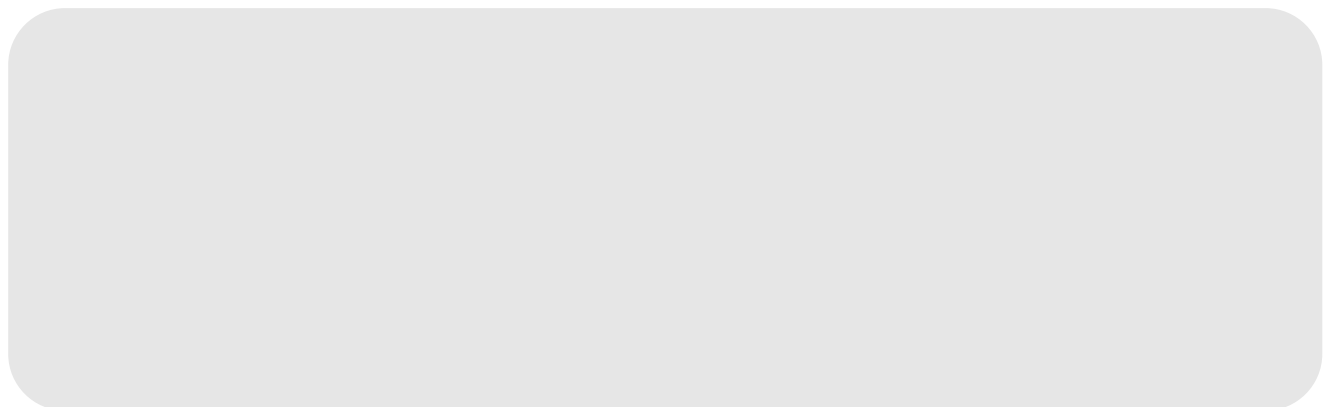


Values

Now, if you haven't done this exercise before, take some time to identify the mission and top values of your business. These may not be identical to your personal work vision and values. Your business has a separate energy from yours (yes, even if you're the owner), and when you get quiet with this exercise and how your business or organization serves, some different values may come up. You will want to be able to articulate this to your community and ensure that the values align with or compliment your personal values and vision.

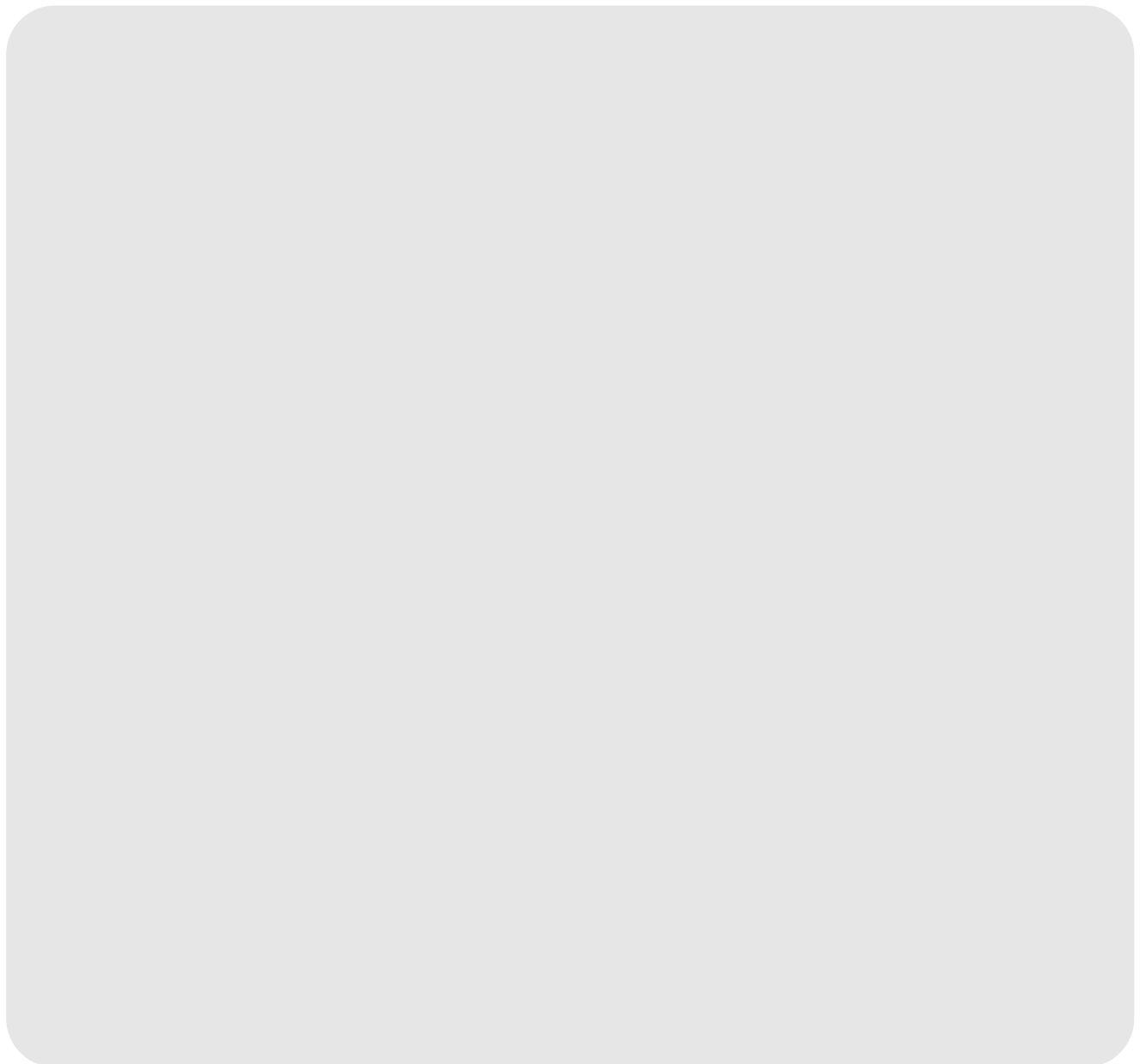
The following are possible business values, to give you some ideas to get started.

Abundance, adventurous, authentic, bold, compassion, contribution, curiosity, customer/service centric, charity, community, communication, creative, diversity, excellence, fair, family, faith, fun, health, honesty, integrity, innovative, leadership, love, loyalty, luxury, passionate, purpose, prosperity, security, simplicity, teamwork, trust



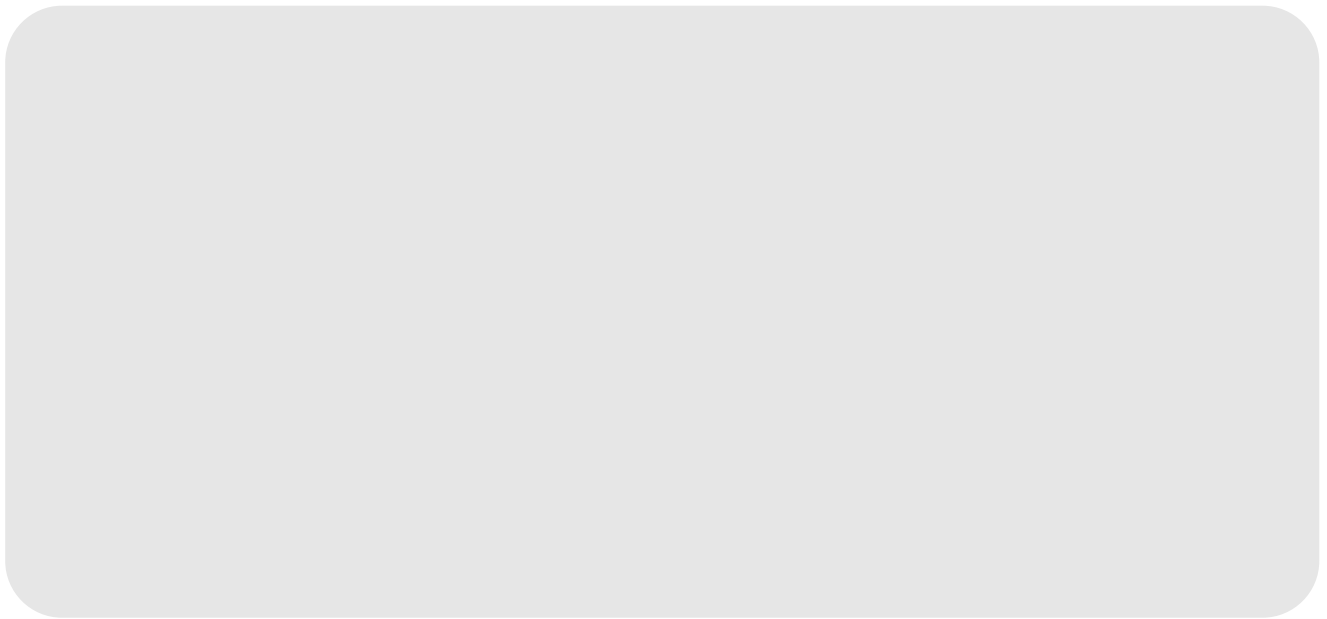
Self Concept

Your self concept is who you believe yourself to be and is made up of your self-image, self esteem and ideal self. Who will you need to BE to create your vision of your future? Write a sentence or paragraph that helps you clearly understand who she is.

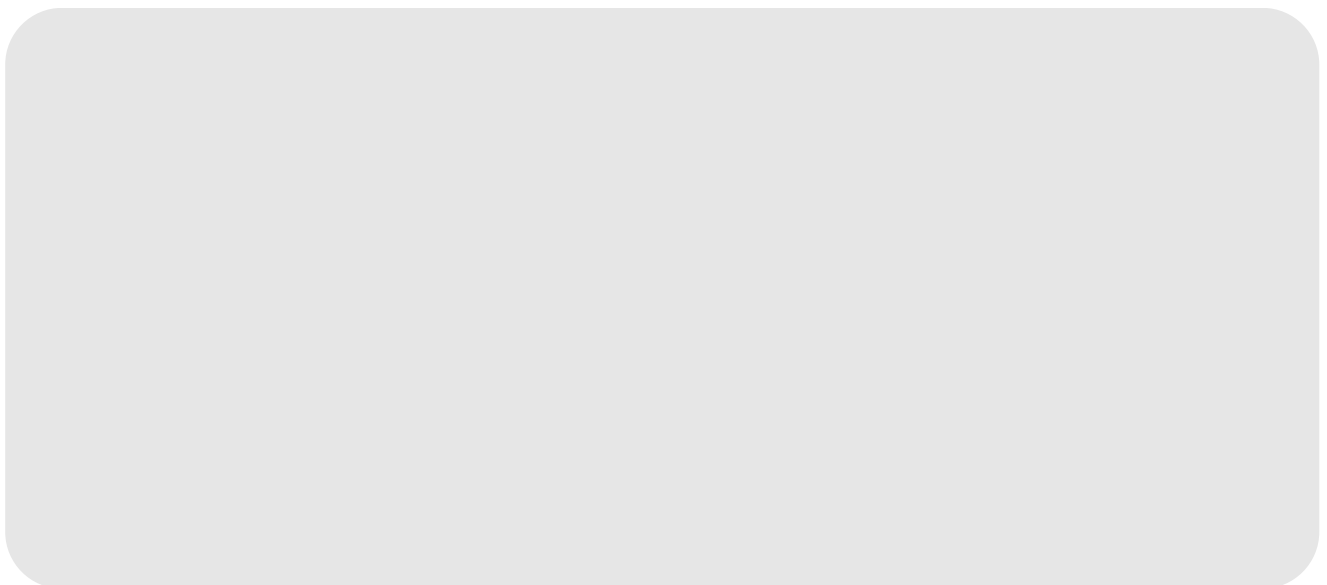
A large, empty, light gray rounded rectangular box with rounded corners, intended for the user to write their response to the prompt above.

Self Concept

What beliefs will this future you have/know to be true?



What beliefs will you have let go of that are not serving you and your future vision?



Energy Kinesiology & Your Energetic Frequency

The first step in energetic self mastery is to recognize your emotions and any resistant or reversed energy when it comes up. Practice using Energy Kinesiology (the Sway Technique) and use it to determine your current frequency. You will want to check at different times of day and different days of the week to determine your norm.

