



Something  
Awesome  
Is About to  
Happen

# You Got This

## WELCOME

This journal has been created to offer you a self-guided coaching journey. One that I hope will bring you closer to your own clarity, wisdom, and joy as you begin new chapters, start projects, and go after that dream you never meant to defer.

So much can happen along the way. I hope this journey will help you slow down and learn yourself a bit more so that you can show up fully to this thing we're all doing. This thing called life.

In the past few years, I've begun to see that, like a new love or becoming a parent, the journey of starting and running your own business can be deeply testing.

It can reveal all kinds of things we thought we'd settled. Often, the very thing that helped us launch will get in the way of us being happy in our dream, of thriving in the way we'd imagined when we started.

In the following pages, I've shared a little of what I've learned on my journey and as I've worked with clients on theirs.

Some of what you find will work for you; some will not. I encourage you not to "do it right." Instead, I invite you to get messy, come and go as you please, and pay attention to what lights you up.

In this way, I hope with all my heart that you might best learn your own heart and vision.

TRUST YOURSELF.

WITH LOVE,  
LISA

Something  
Awesome  
is About  
to Happen...

...If it could be  
anything, what would  
it be?

# Lets Get Started

One guideline for you to consider...the answer may relate to a project, a partnership, a new skill, a piece of art, a promotion at work, a trip you've never taken...

A properly explored vision, like a dream, can take you somewhere very unexpected and reveal things you didn't realize you knew.

Take 5 minutes to free write about the first thing that pops into your head. No cheating. It's the FIRST THING we want here.





find your space

# As We Begin

What do you think when you hear “center” What do you notice it means for you? For lots of us it points to being centered, grounded, calm, or calmed down.

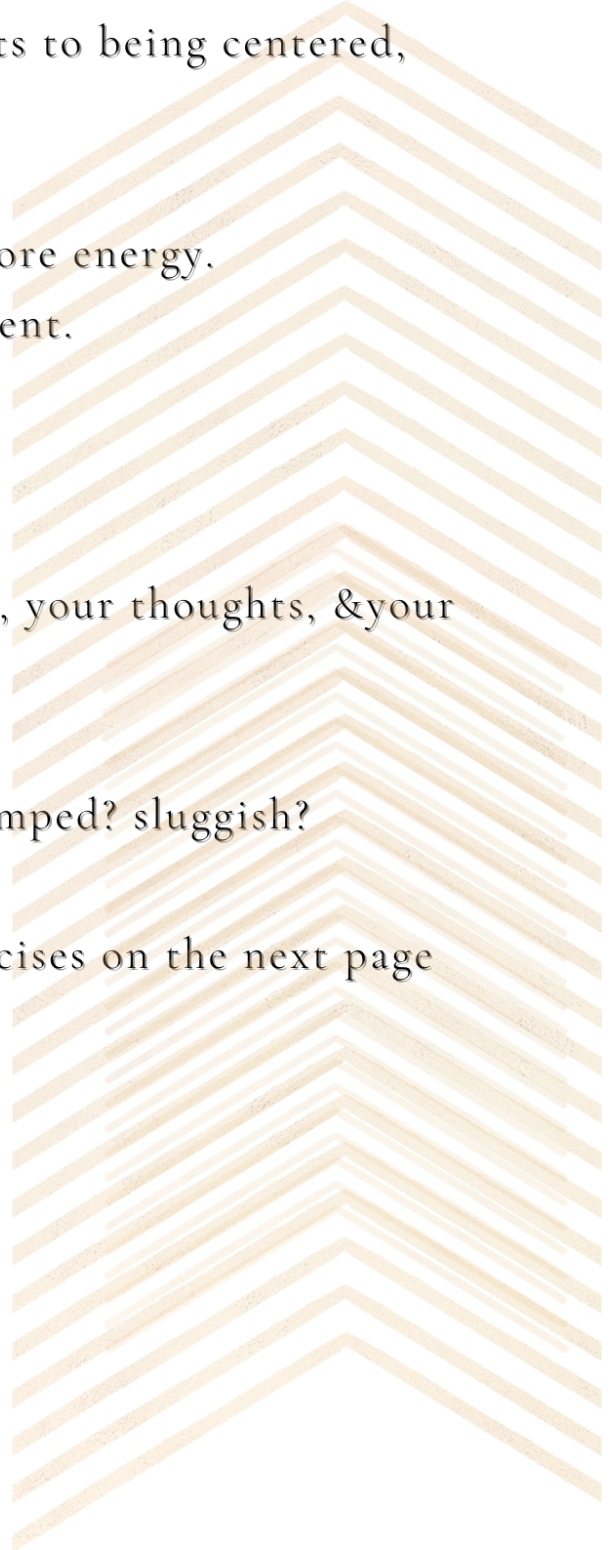
But sometimes, we need to reach for more energy.  
Notice what’s true for you in this moment.

The goal is sustainable, useful energy.

Notice what is happening in your body, your thoughts, & your emotions.

Are you centered? Jittery? Pleasantly amped? sluggish?

Write it down, then do one of the exercises on the next page



# Centering

## EASY ENERGY GROUNDING (JUST A BIT WOO)

Imagine a ball of warm, glowing energy around and in your head. Make it a shape; make it a color.

Slowly move the ball from your head to your Heart and rest a moment. Take a breath into the ball and into your heart

slowly move the ball from your heart to your low belly and from the low belly to the feet. Breathing gently in at each stop

Notice how you you feel

.

## ANYWHERE CENTERING (NOT QUITE AS WOO)

Stand comfortably

Notice your body, your thoughts, your emotions.

Plant your feet firmly on the ground beneath you

Gently rock from heel to toe

Slowly, breathe in through the nose

pause

Slowly, exhale through the mouth

Repeat 4 times

Notice what is different now

# Noticing

circle some of the words below to begin to give shape to your experience of being centered

Add your own

excited

open

loose

round

shimmering

rooted

floating

energized

bumpy

warm

sharp

still

dense

diamond

smooth

cozy

**cool**

red

lavender

calm

airy

cold

shivery

rough

sparkly

tingly

relaxed

expansive

floaty

glowy

bumpy

spacious

sandy

# Make it Yours

Where in your life could this experience of being centered make the biggest difference in reaching your dreams?

Use this space to draw, write, color, or make a playlist; anything that embodies your experience of being centered.

The background of the image is a solid light beige color. Overlaid on this are several diagonal stripes that run from the bottom-left towards the top-right. These stripes are composed of a repeating pattern of small, dark, textured dots or fibers, creating a woven or knitted appearance. The stripes vary in width and are spaced out across the left and central portions of the image.

# Move Your Body



# Up or Down



Another way to think of centering is to consider how we can consciously and actively regulate our body. Up or Down, calm or energized.

There are lots of easy ways to do this.

Experiment with one of the activities on the next page for 10 minutes. If you like it, consider bringing this practice into your life for a week or two.

Sometimes, just 10 minutes a day can be life-changing.

Proceed with care, and remember to check in with yourself. What works, what doesn't?

(HINT: trust your intuition... what are you already doing that you can add to the list on the next page?)



# Energizing

dancing

jumping

running

singing

full body shaking

full body tapping

lion's breath

yoga

meditation

pilates

bathing

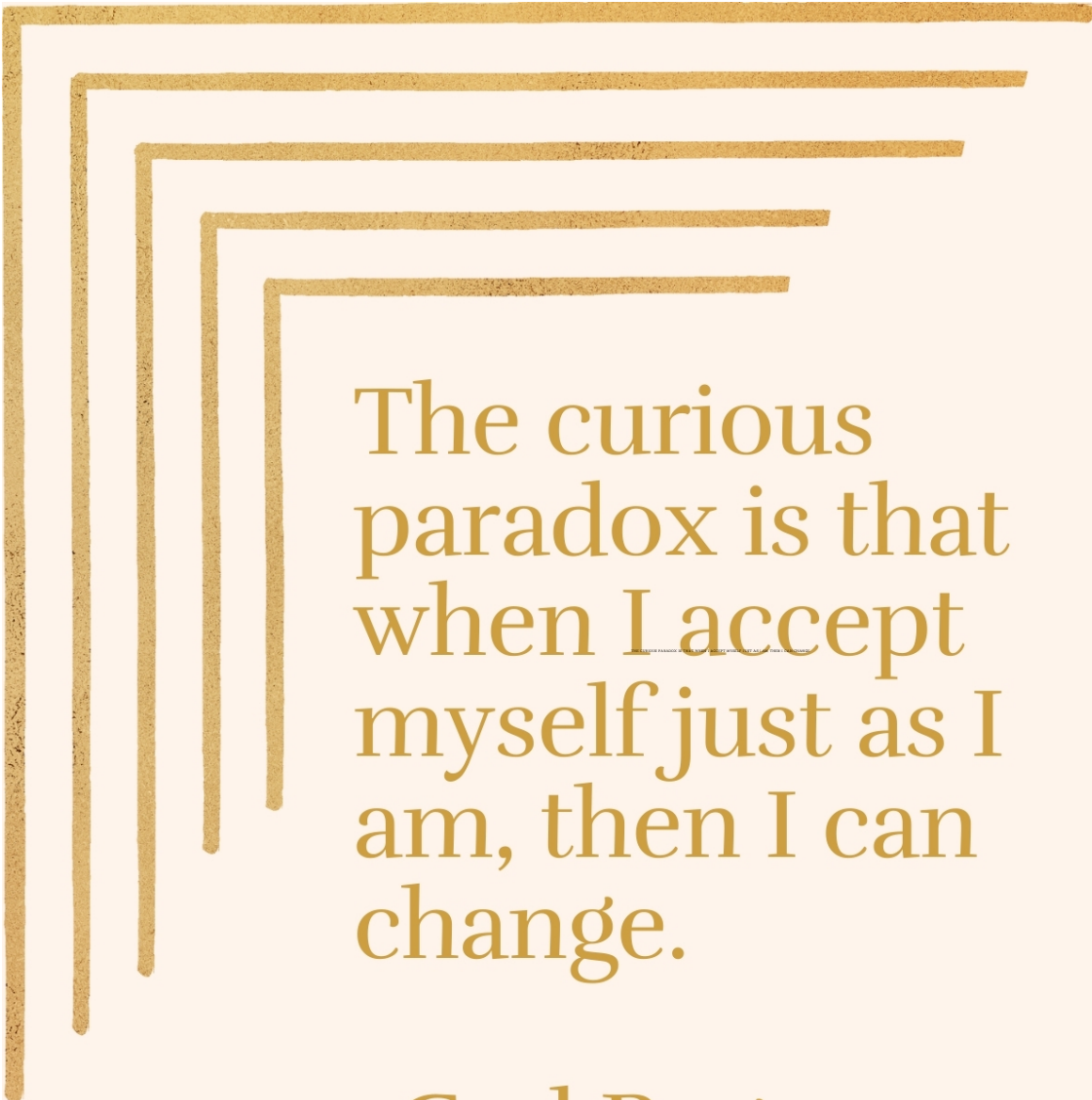
walking in the woods

box breathing

Self Massage

Qi Gong

# Calming



The curious  
paradox is that  
when I accept  
myself just as I  
am, then I can  
change.

-Carl Rogers

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# RADICAL SELF LOVE

Sometimes we have to lean on a part of ourselves to get through something.

Whatever you call those parts... coping mechanisms, saboteurs, trolls, survivor selves, troublesome elves, exiles...

...they will often have difficulty realizing it's time to step down.

keeping your central, healthy self in the backseat

Accepting, even LOVING, all your parts (the tricky, the awesome, the good, the bad, AND the ugly) allows you to really notice which parts of you are calling the shots in your life.

And to choose consciously, differently, from a place of genuine choice.

# AWARENESS & CHOICE

## NAMING OUT EMOTIONS WITHOUT STORY

Consider this...Our emotions start as sensations in the body. They are pure information. When we just let them be, On the other hand...our feelings are generated from our thoughts and stories about those emotions and can often get in the way of making empowered choices in our lives and projects.

Think of a challenging situation you wish had gone differently.  
For this exercise, go with a 2 on a scale of 1-10.  
Notice the emotions you're feeling. Stay neutral and curious.

HOW DOES THAT EMOTION FEEL IN YOUR BODY? WHERE DO YOU FEEL IT?

CAN YOU NAME IT?

WHEN IS THE EARLIEST TIME YOU CAN REMEMBER FEELING THIS EMOTION  
IN YOUR LIFE?

WHAT DO YOU TELL YOURSELF ABOUT THIS EMOTION?

WHAT ELSE COULD BE TRUE?

# What Else?

How do stories we make up about our emotions affect our decisions?

When we become more neutral & compassionate with ourselves,  
we generate the possibility of new choices.

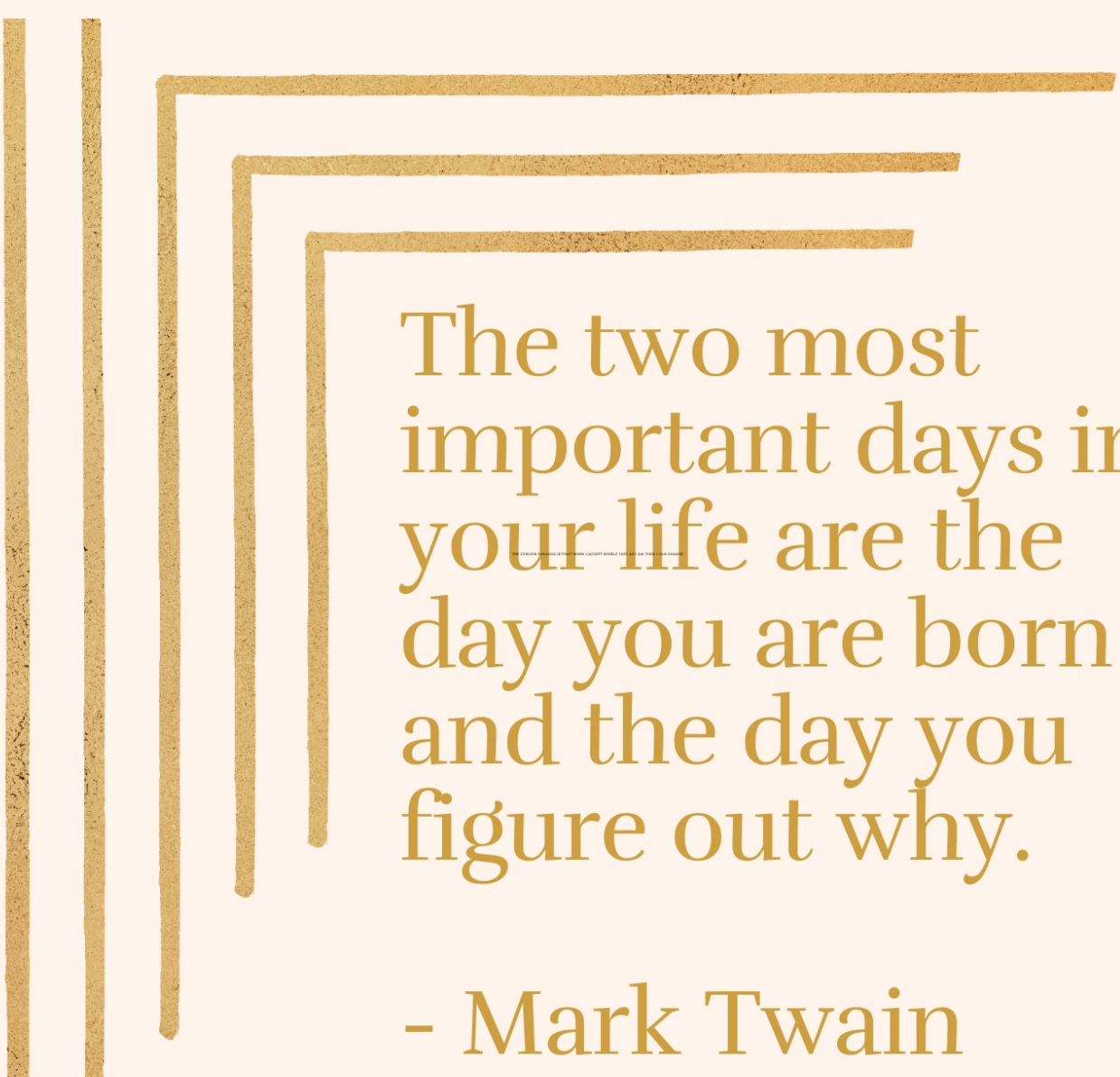
Let's explore the feeling from the last exercise.

Use the timeline below to map out the times you can remember this  
feeling appearing in your life.

Use dates or the age you were, go back as far as you can. If possible for  
you, imagine what other choices you could have made if you knew then  
what you know now?



WHERE IN YOUR  
LIFE COULD YOUR  
EMOTIONS BE  
HELPFUL IF THEY  
WERE JUST  
INFORMATION?



The two most  
important days in  
your life are the  
day you are born  
and the day you  
figure out why.

- Mark Twain



# Your Values

What lights you up? Brings you joy? Fills you with purpose?

When you know your values, they become something to navigate by, your true north as you sail along the sometimes rocky seas of entrepreneurship.

Letting you make choices from your strongest, truest, centered, creative, healthy self.

When you know what's important to you, your dreams will begin to be realized and tended to in a more grounded way.

You know WHAT you want.  
You know WHY you want it.

HINT: a value can be anything.

We all know about values like honesty, family, loyalty, commitment... but what about the value of hospitality, fun, dancing in the rain, or always speaking to strangers?

# Relax Into Knowing

Put on a favorite relaxing song, album or playlist.

Take a moment to bring to mind the vision you wrote about at the start of the journey.

Take a few minutes to center yourself.

Begin to move your body slowly in whatever way feels good.

This can be standing, sitting, or lying down.

Whatever. Feels. Good.

Let your mind gently drift.

Move like your favorite animal.

Breathe with your movements.

When you feel ready...

Do the writing prompts on the next page, returning always to movement whenever you feel stuck or unsure.

# Your Values

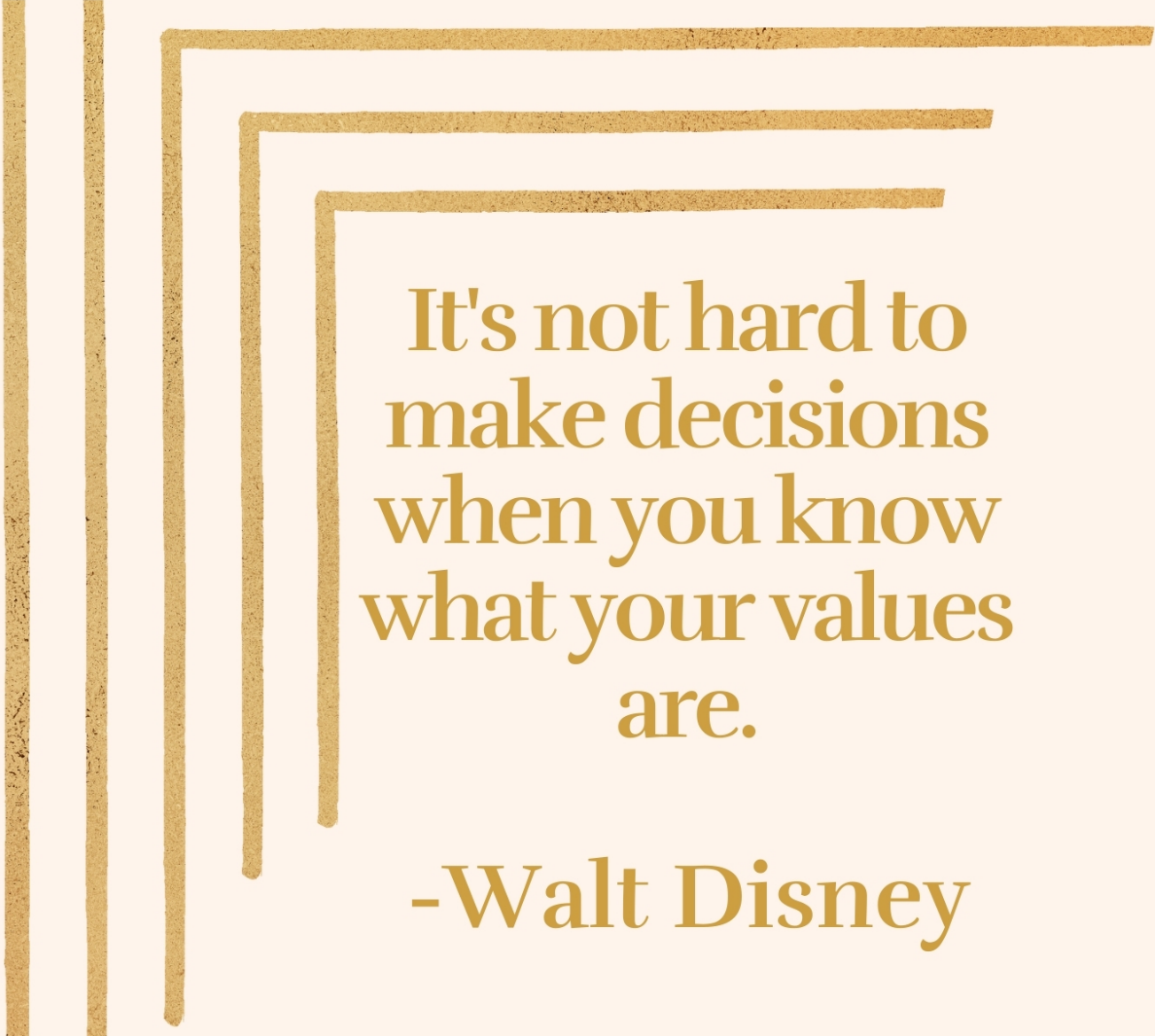
What's important about this vision?

Write the first few things that comes to mind

Imagine you are living this vision now.

Its a perfect day. What made it so perfect?

Name 1-3 values that you notice in this vision. Call them anything you want.



It's not hard to  
make decisions  
when you know  
what your values  
are.

-Walt Disney

# Values Free Writing

Connecting with the values that authentically matter to us can bring a new perspective on what's working and not working in our lives and bring new depth and resonance to our partnerships and projects.

Please turn your phone to airplane mode and set a timer for 6 minutes.

Sit comfortably in a chair or on the floor.  
Center yourself using the exercise you liked best.

Ask yourself, What do I truly value?

Don't edit yourself.

This is a free-flow zone!



# Your Vision is your Gift

AMAZING WORK GETTING HERE!

But now what?

How do you bring your beautiful vision into the world?

How do you gather the support you need to make sure you can keep the momentum going?

EVERYONE needs the right support to dream wildly, know themselves deeply, and make their most satisfying lives a reality.

grab a seat, take a few deep breaths, and let's start unraveling This crazy mystery of support.

Start with the writing prompts on the next page



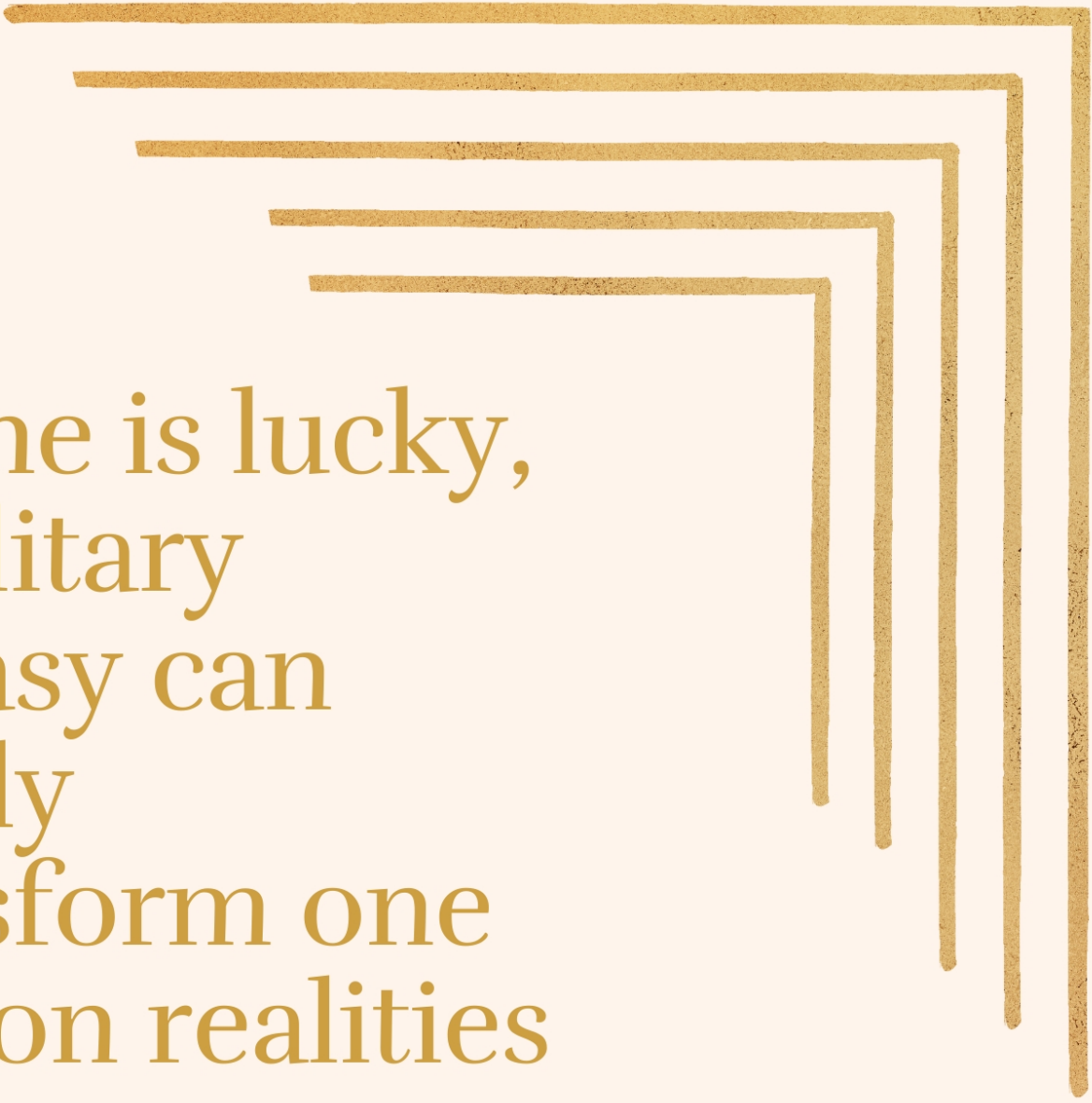
# The Vision

How would your vision have served the YOU of 5 years ago

How will this vision serve others?

If you could only remember one thing about this vision...  
what would it be?

Supporting The Vision



“If one is lucky,  
a solitary  
fantasy can  
totally  
transform one  
million realities

-Maya Angelou

# From the Inside

Think about the exploration you've done on this journey. What supports you in being present, available and centered?

Take a few moments to begin to think about the things that will most support you as you are taking your first steps into your vision

But First.... take a moment to center yourself.  
(i bet you knew i was going to say that)

WHAT PRACTICES ARE YOU COMMITTING TO?

NAME ONE PERSON WHO YOU WILL ASK FOR SUPPORT OR ACCOUNTABILITY.

WHO ARE YOU BECOMING AS YOU TAKE THESE STEPS?

# In Community

what is needed?

use the categories below as a starting point

you may wish to use a notebook or the blank pages

## COMMUNICATION

HOW WILL YOU  
COMMUNICATE YOUR IDEA TO  
OTHERS? MAKE SURE YOU  
CONSIDER HOW YOU WILL ASK  
FOR SUPPORT?

## RESOURCES

CONSIDER FINANCES AND  
THE EXPERIENCES OF  
YOURSELF AND OTHERS

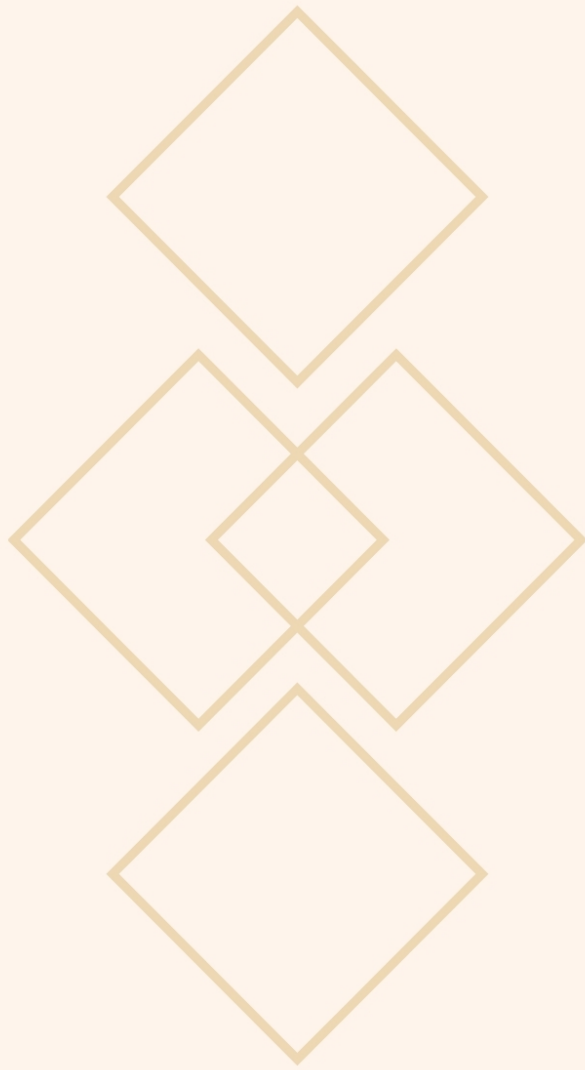
## LOGISTICS

TIMELINES, PERMITS,  
LEGALITIES ETC

## SUPPORT

WHAT SUPPORT DO YOU  
NEED TO ASK FOR





"The success  
of every  
woman  
should be  
the inspiration  
to another.  
We should raise  
each other up."

-Serena  
Williams



# leadership in....everything

We all have leadership opportunities.

Sometimes, leaders stand at the front of the room, pointing forward. The human with the map, the plan, and the charisma to get everyone going in the same direction.

Other times, the leader reads the room, supports the person at the front, partners with someone, or just shows up in service.

Leadership opportunities are EVERYWHERE and are not tied to any particular role.

Whatever kind of leader you are...the skills you're developing this week will be one of your most important assets.

On the next page are a few prompts to consider how you feel about leadership

# leadership in....everything

LEADERSHIP IS NOT A GIVEN ROLE.

IT IS AN ACCEPTANCE OF MY UNIQUE VALUE IN ANY SITUATION.  
AT WORK, AT HOME, IN LOVE, IN PARTNERSHIP, OUT IN THE WORLD...

WHERE IN MY LIFE TODAY CAN I STEP INTO LEADERSHIP?

WHAT QUALITIES DO I MOST WANT TO DEVELOP FOR A VERSION OF  
LEADERSHIP THAT IS AUTHENTIC TO ME?

HOW WOULD MY LIFE CHANGE IF THIS AUTHENTIC LEADERSHIP WERE TO  
BE FULLY EXPRESSED IN MY LIFE?

# Something Awesome

YOU DID IT.

I hope you feel every kind of proud, happy and hopeful.

I hope that the dreams of your heart are closer to the world and that you know with ringing clarity that you, are exactly the right human for the job.

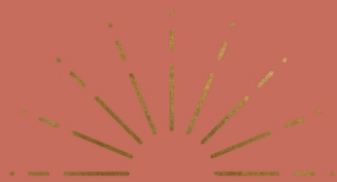
you got this.

i am in your corner.

Now, go Celebrate!

with so much Love,

LISA



Lisa Bayer

COACHING