
7 STEP GUIDE TO GROW YOU TO YOUR NEXT LEVEL

IGNITE THE SPARK OF YOUR EXTRAORDINARY SELF



THERE ARE ONLY TWO
THINGS STANDING
BETWEEN YOU AND THE
BEST VERSION OF
YOURSELF:

WHAT YOU DON'T KNOW
AND
MOVES YOU HAVEN'T
MADE YET.

-LAUREN C. NELSON

Elevation Awaits...

Welcome to the 7 Step Guide to Grow You to Your Next Level, where we'll embark on an exciting journey of personal and professional transformation.

If you've ever felt stuck in your current career or business level, unsure of how to advance to the next stage, you're not alone.

But fret not, because we're about to change that!

In this value-packed guide, you'll explore the value in:

- having clarity around your goals
- planting yourself in the right environments
- collaborating with others for success
- receiving insider knowledge with the help of a coach and mentor.

Grab a warm cup of joe, a notebook, and pen and let's dive in!





01 DEFINE YOUR GOALS

If you're feeling stuck in your current career or business level, unsure of how to advance to the next level, you're not alone. Many talented individuals face this challenge (trust me - I was one of them!)

However, by taking the time to define your goals, you'll gain clarity and direction.

You'll have a clear vision of where you want to go and the steps needed to get there.

This step is the key to unlocking your true potential and achieving the success you desire.

Take the actions below and you'll be on your way!

ACTIONS

Get connected for more tips, tricks, and exclusive content to help you shine:

1. Join the [Powerhouse Clubhouse Facebook Community](#)
2. Follow me on [Instagram](#), [Facebook](#), and [LinkedIn](#)
3. Take a moment to answer the questions on the next page to get clarity on those powerful goals

STEP 1: DEFINE YOUR GOALS

"The true measure of success is how well we apply what we learn in everyday situations." - Zig Ziglar



01

What are my current career or business goals?

02

How do these goals align with my long-term aspirations?

03

What specific actions can I take to move closer to achieving these goals?



02 OVERCOME SELF-DOUBT

If self-doubt and perfectionism are holding you back from taking risks and pursuing your dreams, it's time to break free from these limitations.

Embracing growth means acknowledging that mistakes are opportunities for learning and growth.

By overcoming self-doubt, you'll step into your full potential and seize new opportunities.

It's time to silence your inner critic and embrace a mindset that supports your growth and success.

As you overcome self-doubt and embrace growth, you'll experience a newfound sense of confidence and empowerment. You'll become more resilient, able to navigate challenges with ease.

Take a deep breath and let's confront your self-doubt together!

ACTIONS

Get your notebook and jot down the top 10 doubts you have about yourself, your career/business, and your future.

Now, what do you notice about what you wrote? What are you fearing?

- Failure, scarcity, looking foolish, not knowing what to do?

Keep this information in mind as you do the activity on the next page!

STEP 2: CONFRONT (AND OVERCOME) YOUR SELF-DOUBTS

*"Self-doubt is the anchor that keeps our ships from sailing."
- Steve Maraboli*



01 What are the self-doubts or perfectionistic tendencies that hold me back?

02 How can I reframe mistakes and setbacks as opportunities for growth?

03 What steps can I take to cultivate a growth mindset and overcome self-doubt?



03

FIND YOUR PURPOSE

Feeling unfulfilled or lacking purpose in your current job or career is a common struggle.

However, discovering your purpose is a transformative journey that can bring deep satisfaction and meaning to your life.

When you align your work with your passions, values, and strengths, you'll experience a profound sense of fulfillment.

It's time to embark on a journey of self-discovery and find the true purpose that will guide your path.

By finding your purpose, you'll experience a renewed sense of motivation and drive. You'll wake up each day with a sense of purpose, knowing that your work aligns with your values and passions.

Let's dive in!

ACTIONS

A mentor once told me "There's profit in your purpose." The longer you're outside of your purpose, the longer you delay your prosperity.

Are you stuck? No worries, I've got you covered.

I invite you to [book a coaching and consultative session](#) to get your feet out of concrete. Get the clarity and strategy you need to get back on the fast track!

Be sure to fill out the questions on the next page!

STEP 3: FIND YOUR PURPOSE

*"The meaning of life is to find your gift. The purpose of life is to give it away."
- Pablo Picasso*



01 What activities or tasks bring me the most joy and fulfillment?

02 How can I align my work/business with my passions and values?

03 What steps can I take to explore different areas and discover my true purpose?



04 ADOPT A LEARNING MINDSET

Feeling like you are capable of more but unsure how to achieve it is a common frustration. Cultivating a learning mindset is the key to unlocking your full potential.

Remember what I said in the beginning? There's only 2 things standing in between you and the best version of yourself: what you don't know and moves you haven't made yet.

Knowledge is power and you need lots of it!

By embracing a mindset of continuous growth and learning, you'll open yourself up to new possibilities and acquire the knowledge and skills necessary for success.

If you learn to fill your knowledge gaps quickly, the more unstoppable you will become!

ACTIONS

Grab a blank sheet of paper. Make two columns.

In one column, write down ANY knowledge gaps that are keeping you stuck in place. In the other column, write some low-cost and easy-to-do things you can do to fill those gaps.

Coaching Moment: In this digital age, skills will take you further than another degree will so think twice before you write "get a(nother) degree" *sips tea*

STEP 4: ADOPT A LEARNING MINDSET

"The more you learn, the more you earn."
- Warren Buffett



01 How can I foster a mindset of continuous learning and growth?

02 What new skills or knowledge do I want to acquire to advance in my career or business?

03 What steps can I take to ensure that I am consistently learning and evolving in my professional journey?

05

BUILD & PROMOTE YOUR PERSONAL BRAND

Let me ask you a question: are you more likely to eat a restaurant with reviews than one without? Would you be more likely to pick a restaurant based on its menu online or one without?

Chance are you're picking the restaurant with reviews and an online menu to help their decision making beforehand.

Friend, in this digital era, your online presence in the menu and you have the power

Feeling like you lack a clear understanding of your personal brand or how to effectively promote yourself is a common challenge. However, mastering the art of personal branding can be a game-changer for your professional and long-term financial success.

By investing in your personal brand, you'll attract new opportunities, establish credibility, and stand out in your industry.

Who wouldn't want that? Let's go!

ACTIONS

If you're scoffing, feeling a nervous lump in your throat, or rushing to skip this page right now, then there's something you need to unpack, my friend.

But don't worry! I'm here to help:

Sign up for my masterclass [Brand Your Way Up](#) to unlock the keys branding success and help you build a 6-Figure Brand that attracts the opportunities you want!

STEP 5: BUILD & PROMOTE YOUR PERSONAL BRAND

You are who Google says you are.
- Lauren C. Nelson



01 What sets me apart from others in my industry or niche?

02 How can I effectively communicate my unique value proposition?

03 What steps can I take to build a strong online presence and showcase my expertise?



06

EMBRACE COACHING & MENTORSHIP

Not having a clear understanding of how to confidently represent your brand, speak powerfully, and market yourself and what your offer can be overwhelming. This is where the power of coaching and mentorship comes in.

By embracing the guidance and support of experienced coaches and mentors, you'll gain valuable insights, practical strategies, and personalized feedback.

They will help you bridge the gap between where you are now and where you want to be, accelerating your growth and success.

They will help you identify blind spots, overcome challenges, and refine your strategies.

If you want to go fast, go alone. If you want to go far, go together.

My friend, I wouldn't be as far as I am if it weren't for the guidance of my mentors and coaches. Every new level requires new levels of support.

ACTIONS

Be sure to plug into the [Powerhouse Clubhouse Facebook community](#) and introduce yourself! Please tag me so me and my team can greet you!

Are you looking for a coaching? Need help with your branding?
[Book a pre-consultation call with me](#) to see if we're a good fit.

STEP 6: EMBRACE COACHING & MENTORSHIP

"Mentorship is the secret ingredient that can accelerate your personal and professional growth beyond imagination."

- Unknown



01 What areas of my personal brand, speaking skills, or marketing strategies would I like to improve?

02 How can coaching or mentorship help me bridge the gap between where I am and where I want to be?

03 What specific goals do I have for working with a coach or mentor, and what outcomes do I hope to achieve?



07

EMBRACE ACCOUNTABILITY & PROGRESS TRACKING

Embracing accountability and progress tracking is crucial for your personal growth and success. By finding an accountability partner, you create a valuable support system that will keep you motivated and on track.

This partner will be there to cheer you on, provide valuable feedback, and hold you accountable for the actions necessary to build a magnetic personal brand.

Together, you'll set goals, track your progress, and celebrate your achievements, ensuring that you stay committed and make consistent strides towards your desired outcomes.

ACTIONS

Find an accountability partner to support your journey and keep you on track. (Pro-tip: connect with like-minded individuals who embody the traits and progress you're aspiring for.)

Set goals for the rest of the year, track your progress, and hold yourself accountable with the help of your partner.

Book a call with your partner at least once a month to maintain your momentum.

STEP 7: EMBRACE ACCOUNTABILITY & PROGRESS TRACKING

*"Accountability is the glue that ties commitment to results."
- Bob Proctor*



01 How can having an accountability partner enhance my journey toward my own personal greatness?

02 What specific goals do I want to achieve, and how can my accountability partner help me stay focused on them?

03 How will tracking my progress and regularly checking in with my accountability partner contribute to my growth and success?

Resources

The learning doesn't have to stop here! Because I want to see you WIN and elevate like never before, I've linked some empowering and inspiring blogs for you to enjoy!



[The Increased Confidence and Self-Awareness through the Feedback and Guidance of a Coach or Mastermind Group](#)



[Why You Need a Personal Brand in 2023 and Beyond! \(You're Missing Out If You Don't Have One\)](#)



[The Science of Success: Strategies for Achieving Your Goals](#)



[The Power of Accountability: How a Coach or Mastermind Group can Help You Stay on Track and Reach Your Goals this Year](#)

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To see if we can work together to find a path that works for your unique situation, click on the button below to book a consultation call with me. I look forward to serving you.

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