



DREAM TEAM *academie*

BUILDING PORTFOLIOS WITH PURPOSE

CLARITY CONFIDENCE & COMMITMENT

Discover the 3 things you can
do (TODAY) to get unstuck

www.dreamteamacademie.com



DREAM TEAM *academie*

BUILDING PORTFOLIOS WITH PURPOSE

3 THINGS *worksheet*



Are you ready for a quick & easy exercise that will radically change the way you're feeling in just three simple steps?

DISCLAIMER: it IS quick & easy to execute but the prep & conditioning takes dedication and practice. I promise it is worth every little bit of effort to provide greater clarity, abundant confidence, and renewed commitment.

What you will need:

- 15 - 20 minutes
- a writing tool
- this worksheet
- blank paper for extra notes

The CLARITY, CONFIDENCE, COMMITMENT pages are written in first person. Fill them out from your point of view.

xo - Jacqueline

Jacqueline Malocu
portfolio specialist / reporter / educator
www.dreamteamacademie.com



■ ABOUT ME

Name of my business:

Product or service:

Who I serve

■ START WITH GRATITUDE

Five things I am grateful for in my business

1.

2.

3.

4.

5.

*Next to each one - write how it helps someone else / why it brings me joy



confidence

INTRODUCE MYSELF

If I had five minutes to introduce myself to someone new, what would I want them to know about me and my business?

Things to include :

- my name
- business name
- title
- how long I've been in business
- where I am located
- service area
- approximately how many products I've made, events I've done, people I've served
- what makes my business unique

* be specific with numbers and details



commitment

WHY DID I START?

Thinking back to my initial mission,...

- What was my mission when I first began?
- How has that changed?
- What is the same?
- How does what I do change the world? Why does it matter?

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If you struggle with step three, go to step one and look at how what you offer helps others and why it brings you joy. Rewrite that for now if you can't come up with anything else.

Tape this to your mirror, journal or someplace you will see it on the regular. Read it out loud for the next 30 days. Every day. If you need to add, change or revise anything as you go along - do it.

This is your exercise and your business. You hold the reins.

- Feel the clarity come as you affirm and / or refine what you've written in step one
- lean into the confidence of all that you've accomplished and experienced as you read what you put down for step two
- Know that you are a mover, shaker and change maker as you review step three each day with renewed commitment

Just a reminder, I am here for you. Shoot me a DM on IG @dreamteamacademie to let me know you've begun. Once I know you have started, I'll check in and help you stay on track!

At the end of 30 days - tell me what has changed for you. I want to know how this has impacted you and hear all about what you're doing. If you'd like to work with me more closely, click the link in the banner below.

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You can also visit www.dreamteamacademie.as.me to sign up for a complimentary discovery chat.