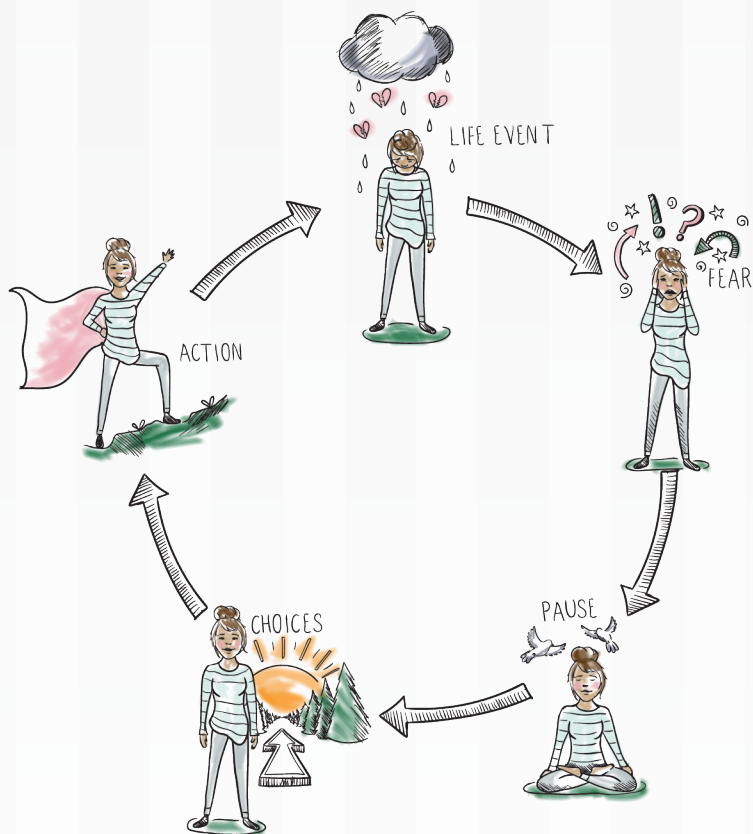


FEAR TO FAITH

WORKBOOK



ready
AMBITIOUS
woman



LITTLE ABOUT ME

Natasha Hemmingway is a corporate, start-ups & entrepreneurial-based Sales Consultant, Coach and Speaker and the creator of Heart Not Hustle® —a sales coaching firm founded with an aim to help corporations, start-ups & entrepreneurs find, and focus on the deeper meaning behind their business motivation and sales message. She helps corporations, start-ups & entrepreneurs master their authentic sales process & sales strategy, achieve meaningful success and maximize their sales wins by bringing the Heart Not the Hustle®.

Natasha spent over sixteen years as a successful sales professional with a Fortune 500 company, and held a corporate role as a senior territory sales manager, prior to the personal tragedy that led her on a life-altering path to redefine her own “success” and “joy.” After leaving the corporate world, she found a heart for corporations & entrepreneurs looking to garner their gifts and passions to create & scale their own businesses. Her collegiate background, unique career experience, and motivating empathy all play into the success of Heart Not Hustle®.

Clients and partners of Natasha’s experience her warmth and toughness through her research-based methods and “one-on-one” tactics that help them grow as sales teams, entrepreneurs, organizers, and leaders. Today, she continues speaking to and consulting/coaching corporations & entrepreneurs by helping them focus on the “heart” of their business and not just the “hustle.”

[illegible]

CURRENT ME



[illegible]

THINGS I CAN'T CONTROL

THINGS I CAN CONTROL

[illegible]

PAUSE PUNCH LIST

- yoga
- workout
- lunch or dinner with trusted girlfriends
- letting go of toxic relationships
- saying no
- therapy
- massage
- hot bath
- having a solo dance party
- prayer
- guided or self meditation
- quiet time
- list 10 things you are grateful for
- reset your perspective
- unfollow negative people
- take a tech break day
- take a nap
- say positive affirmations
- journal
- power pose in the mirror
- serve/help someone in need
- listen to an encouraging podcast or audiobook

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

FUTURE ME



What actions are you going to take to achieve meaningful success and true joy?

[illegible]

