My Aligned Business Activator Journal

Sharon Lee | Fearless Pursuits, LLC.

You're in the right place if any of this feels relatable:

- You're trapped in a soul-crushing 9-5 and hate that you're putting your precious energy toward someone else's dream (and yet you keep going because if not this, what else?)

- You've been kicking around several business ideas, but don't know which one is worth making a commitment to & which will truly light you up (not to mention, fill up your bank account!)

- You feel stuck in your current career or business but don't know what move to make next

- You enjoy what you do, but know something isn't quite right (read: it's not your "purpose")

- You're running a business part- or full-time but you're working too much, working with the wrong clients or can't seem to make the cash you want to make

- You daydream about doing only what you want to do, and having tons of space in your days to have a life filled with people & activities you love, too!

In short: If you aren't excited to wake up (almost) every morning because you feel like you're doing the work you were put on this planet to do (and making good money, too!), this journal is for you.

Let's cut right to it: The bad news is wasting your life (and talents, skills and energy) working a job or running a business you're not obsessed with is draining and ultimately, not sustainable.

The good news? It's possible to change your situation and start making moves toward a more rewarding life and business–even if you're working another job, don't have the money or don't know where to focus–right now.

In fact, that's exactly what this journal is for.

My Dream Business Journal was designed to help you gain the clarity and confidence you need to figure out what you're here to do, what your dream business actually looks like and start taking tangible steps and inspired action to transform it from a dream into reality.

It doesn't matter if you're living the corporate life (and have for years!) or you run a business that just doesn't feel aligned anymore, all you need is pen & paper (or your favorite word processing program, phone or tablet) to start making major changes right flipping now.

I get it: It's a big deal to quit your "safe" day job, or to pivot your current business (which is still paying the bills–or at least some of them!–after all) or even just to change up your daily routine so you can spend more time doing what you love (and less of what you don't!).

But I can promise the prompts inside this journal will give you what you need to flesh out your dream business vision, feel confident enough to pursue it and help you access the infinite wisdom already inside you, so you can release the fear & doubt (and indecision!) and bring your dream business to life.

So, if you're ready to...

- Get clear on what your dream business truly looks like (without limitations)
- Feel wildly confident in your own unique swirl of skills & talents
- Live your days on our precious planet the way you want

...let's dive in.

HERE'S HOW THIS JOURNAL WORKS

Option 1:
Use the prompts once. Go through them in one big marathon session and answer every question. Then, decide when you'll revisit them to either reflect on your answers or re-answer them. You can do this once or regularly (i.e. the first of the month or once a quarter).

Option 2 (recommended):
Use the prompts daily for 30 days.
Write your answers to each prompt every morning or evening for one month. Watch how your answers evolve and note what stays the same.

DREAM BUSINESS *Clarity*

You have to know what you want before you can start working toward it. When you run your own business, you're the boss and you can literally do anything (and monetize anything) you want. This might feel like a strange concept if you're used to a 9-5 (where you've been forced to stifle your talents or keep your "secret dreams" under wraps), so it's super important to get real with yourself about what you want. Let's go!

What impact do you truly want to have on the world?

Finish this sentence:
The message I most want to share with the world is:

Answer this and don't edit yourself:
What am I here to uniquely give to the world?

What would you do with your life
if anything was possible?

Said another way: If you had endless money & time at your disposal, how would you spend your days?

What do you secretly dream about creating or doing with your life?

Let's switch gears for even more clarity.
Is there a problem you're dying to solve?
How about a challenge you've overcome that
you'd love to help others with? If so, what is it?

Is there a population / type of person you'd love to help?
If so, what would you love to help them with?

Why is the above so important? How would it impact your life and the lives of others if you were to actually help others solve this problem?

What results would you get your clients?
What would they say about you after working with you?

What would your relationships with your clients and/or customers look and feel like in an ideal world?

What would your relationships with your colleagues and others you respect in your field (or similar fields) look and feel like in an ideal world?

What boundaries would you or do you need to set to ensure each of these relationships looks the way you intend?

Now let's talk cash. How much money do you want to earn in your business? (Be honest!)

. How much would you ideally make each day?
Week? Month? Year?

Further: How do you want money to work in your dream business? How often do you receive payments? How will you receive payment? And how does it feel to receive payment for you and for your clients and customers?

What decisions would you have to make in order to start manifesting this dream business?
(i.e. Whether or not you'd quit your corporate job, whether to stop offering a particular service, etc.)

What is the #1 thing currently holding you back
from starting or pivoting into your dream business?

Confidence

One major sticking point for new business owners (or biz owners ready to pivot) is that they don't truly believe in themselves, their expertise or their ability to make money in an easy, fun way that lights them up.

This section is designed to help you combat the doubt & insecurity so you can make money and impact your way.

What qualities do you have that would make you a successful business owner?

What can you deliver what only you are here to give?
What products or services could you uniquely provide?

What makes you uniquely qualified to run your particular dream business? What skills, qualifications, experiences do you have that could help you deliver incredible results to your clients?

Imagine that you already have a money-making business doing that thing you love. How do you feel each morning when you wake up to work on your business?

How do you feel when you go to bed
at the end of a working day?

What opportunities or resources do you already have at your disposal that could help you start your dream business?

What are the best things that could happen from starting your dream business?

What are you great at? What are you already known for?
How do these innate skills & talents
fit into your dream business?

What doubts do you have about creating your dream business?

Now, write a counter-belief to each of those doubts.

(If you wrote, “My niche is too crowded,” a counter-belief might be, “I have a unique story & skills that will set me apart.”)

Write out 3-5 of your sweetest accomplishments in life.
What are you super proud of yourself for?

When did you achieve something you weren't sure you could? When did you "beat the odds"?

What's the scariest thing you've ever done career-wise? What was the result?

What is TRULY stopping you from launching your dream business?

What can you do to overcome your fears about starting your dream business?

Inspired ACTION

How do you turn a dream into a reality? Action. This section will help you use the clarity + confidence you've drummed up in the previous sections to nail down some specifics about what living your dream business will look like each day–and how to make it happen.

Describe your dream "work" day. Think about things like:

1. When would you wake up?
   What would you do immediately after waking up?

2. What time would you start working?

3. What would you stop working?

4. What would you spend your days doing?
   List out each specific task, including leisure activities
   (like "a morning walk" or "a long lunch with my partner).

5. How much time would you spend with others
   (i.e. on calls, in meetings, etc.) and how much time
   would you spend working alone?

How do you want to feel as you move through your work day? How is that different from how you currently feel?

How many hours a day would you work?
How about each week?

How often would you take time off? What's one action you would have to take to make that happen?

What is your favorite part of your day right now?

What inspires & energizes you in your current career/business? How can you work more of those things into your day, or your dream business?

What business-building activities could you do all day?

(i.e. creating content, chatting with
potential clients, offering free consults)

If you already run a business, what things can you give up (either through eliminating or outsourcing) right now?

Or if you're still in a corporate career, what pieces of your job do you dislike the most? Get these things in writing so you know what not to bring into your dream business!

What products or services is your soul calling you to offer?
Write them all about.

Can you narrow the above list into just 1-3 offers you could work into the first (or next) iteration of your business?

What would offering these soul-driven services or products look like? What would be included, how much time would it take, how would you deliver what needs to be delivered?

What would you do with your time outside your business that you're not doing right now? Or what would you do more of?

What would creating your dream business allow you to do that you can't/aren't doing right now?

If you already run a business: If you were not afraid of anything, what would you start doing in your current business? What would you give up? What would you change? What would you eliminate forever?

What else could you do to make your current business easier today? How about in the next 3-6 months?

Where do you see yourself in 5 years?

Where do you see yourself in 10 years?

What needs to happen to make your 5 or 10-year vision come true? (Write whatever comes to mind first!)

WRAP UP

Congratulations! You've done some serious heavy lifting today toward gaining clarity on your dream business and ultimately, building your dream life. Now go ahead & celebrate yourself with your favorite bevvy or an activity you love, but don't forget to come back and reflect on your answers (and take the actions you committed to!). And if you start to feel stuck at any point, remember you can use these questions again & again to gain more clarity and discover more about what you truly want for your business, your life and your legacy. Fabulous job!

If you want to go deeper,
here are

20 *Extra* JOURNALING PROMPTS

List 3 people who inspire you. What is it about the way they live their lives or run their businesses that you love?

Flip the script and list 3 people whose lives or businesses you definitely do not envy. What is it about the way they operate that you don't love?

While we're talking about others, let's talk about this. Who have you seen manifest something you'd like for your own business recently? What did they manifest? How would you feel knowing that the only reason this thing is now in your frequency and awareness is because it is possible for you, too?

What's the #1 thing you need to accomplish in your life to feel like you lived it to the fullest? Can you accomplish this through your dream business, or could your dream business help you accomplish this faster or more easily? If so, how?

When you think about “your dream” coming true, what immediately comes to mind? Does it have to do with business? If so, what is your big dream?

Finish this sentence:
I know I have it in me to succeed because...

What negative habits are currently stopping you from creating your dream business?

I understand how powerful daily intentions are.
That's why I intend to _____ everyday in order
to get me closer to my dream business and life.

Try this one daily: What action will you focus on today to create the life you want in the future?

What is ONE good habit you could bring into your life right now that would help you get closer to your dream business?

How does the highest version of you move through each day? How does s/he act or react as a business owner or service provider? How about as a colleague? What about as a friend or parent?

What can you do each day to get yourself motivated to work on your dream business?

List 20 things you like about yourself. And go!

Finish this sentence:
I feel most successful when _____.

I feel most supported when _____.

What can you do to ensure you feel both successful and supported EVERY DAY in your dream business?

(i.e. Do you need to hire specific help? Do you need to purchase specific software? There are no wrong answers!)

What are your top 5 values? How can you make sure you bring each one into your dream business?

Think back to a time you felt completely fulfilled.
What were you doing? Who were you with?
And how can you bring that same energy into your business?

What thing would you LOVE to monetize but feel like there's "no market for"? (Spoiler alert: You can monetize anything!)

How ready do you truly feel
to start your dream business?