



4-PART  
MASTER CLASS  
EVENT

# *Kickstart Your Business Momentum*

Kick Fear and Doubt to the  
Curb and Take Action  
Toward Your Goals!

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# Day 1 – Fear



## WHERE ARE YOU HEADED?

This week's goal(s): \_\_\_\_\_

\_\_\_\_\_

This month's goal(s): \_\_\_\_\_

\_\_\_\_\_

What's working? \_\_\_\_\_

\_\_\_\_\_

Is there anywhere you feel stuck? \_\_\_\_\_

\_\_\_\_\_

## SOME OF THE FORMS OF FEAR:

- Confusion
- Overwhelm
- Distraction
- Perfectionism
- Lack of Confidence
- Self-Sabotage/Hiding
- Procrastination
- Over-complicating things
- Comparison

How does FEAR usually show up in your life/business?

\_\_\_\_\_

What are you pretending not to know? \_\_\_\_\_

\_\_\_\_\_

How is it serving you? \_\_\_\_\_

\_\_\_\_\_

What is it costing you? \_\_\_\_\_

\_\_\_\_\_

## Day 1 Challenge

Identify at least one form of fear that is appearing in your business, and what it's costing you.

# Day 2 – Action

Action \_\_\_\_\_

What is one example of this from your own life? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ > \_\_\_\_\_ > \_\_\_\_\_ > \_\_\_\_\_

Do you have a “name” for your negative chatter? \_\_\_\_\_

## THINK BACK TO HOW FEAR IS SHOWING UP IN YOUR BUSINESS, AND WHAT IT'S COSTING YOU . . .

What would you rather have?

\_\_\_\_\_

\_\_\_\_\_

What change(s)/action steps will you take to have that?

\_\_\_\_\_

\_\_\_\_\_

On a scale of 1-10, how likely are you to follow through on this action? \_\_\_\_\_

## Day 2 Challenge

Identify at least one action/habit you will start that would put fear in it's place and help you move forward.

# Day 3 – Belief

As you move towards Action, you can hit up against some \_\_\_\_\_

## HAVE YOU EVER HEARD THESE STATEMENTS (OR SIMILAR ONES) INSIDE YOUR HEAD?

- “You can’t do that.”
- “Who do you think you are?”
- “You didn’t do it last month, what makes this month any different.”
- “You’re not worthy of financial success.”
- Others: \_\_\_\_\_

The Roadblocks are our \_\_\_\_\_

Sometimes these beliefs are lurking well below the surface and we may not even know they are there . . . We can look to our Feelings for clues.

## DO YOU EVER “FEEL”:

- Doubt and/or bad feelings about yourself, your team or your business?
- Unsure about your ability, worth or value?
- That what others have said about you is now confirmed?
- You’ll never measure up to expectations or where others are?
- \_\_\_\_\_

What is one limiting belief that you (may) have:

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Where did it come from?

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How would you feel if you **didn't** have this belief?

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### *Day 3 Challenge*

Identify a limiting belief and visualize where you would be without it.

# Day 4 – Intentional Choice

What's possible?

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What do you want from your business?

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## WHO IS IN CHARGE OF:

- Confronting fear?
- Identifying and taking new action steps?
- Your habits, responses, how you use your business time, etc.?
- Changing beliefs?

## GOOD NEWS!!

Your Success is UP TO YOU! (That's the good news and the bad news, right??)

Take \_\_\_\_\_ (that means no blaming, complaining or excuses).

What are you creating or allowing?

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First, create a new thought you'd like to reinforce about your own value, ability to create success, general worthiness, etc.

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Next, what's your plan for reinforcing it?

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What's one other action step you can commit to? It could be the one you chose on Day 2, or a different one.

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How will you ensure that you follow through?

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### ***Day 4 Challenge***

Come up with a thought you'd rather think that makes you feel happy, worthy or capable and at least one way to reinforce it. Commit to an action step and and plan for follow through. (The Mindset & Motivation Facebook group is a great place for accountability!).