

FEMALE BUSINESS ACADEMY

---

# TURNING PRO

---

WORKBOOK



# MAKE THE DECISION

**What scares me about turning pro?**

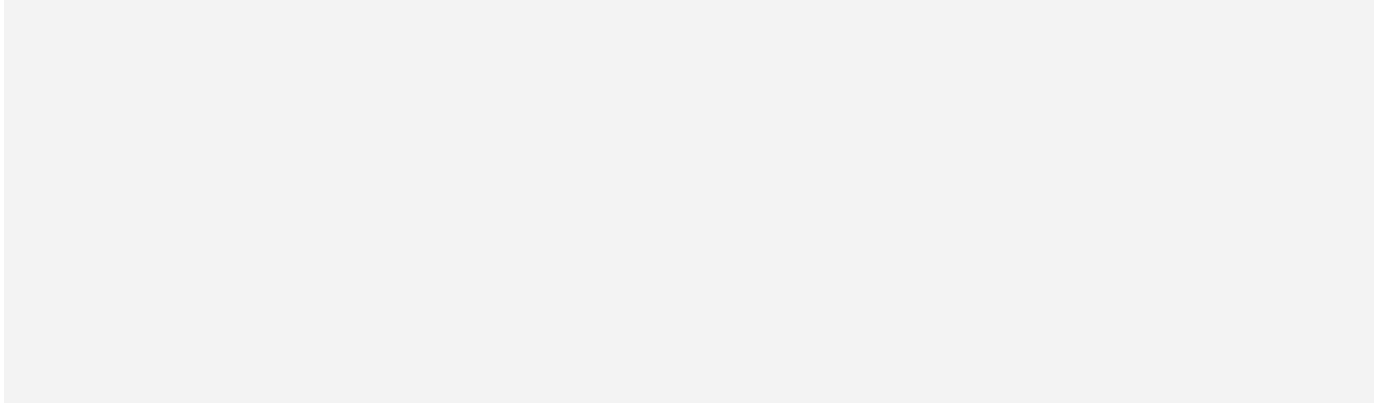
**In what ways am I showing up as an amateur?**

**What would it mean for me to finally stop running away from my calling?**

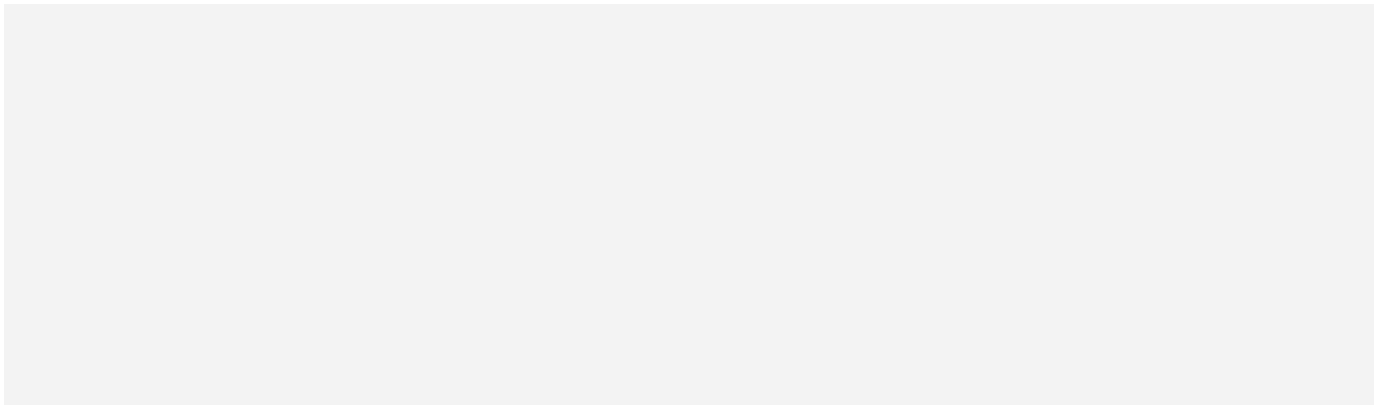
**What *\*one\** thing could I do this week to demonstrate my decision to turn pro?**

# MASTER YOUR MINDSET

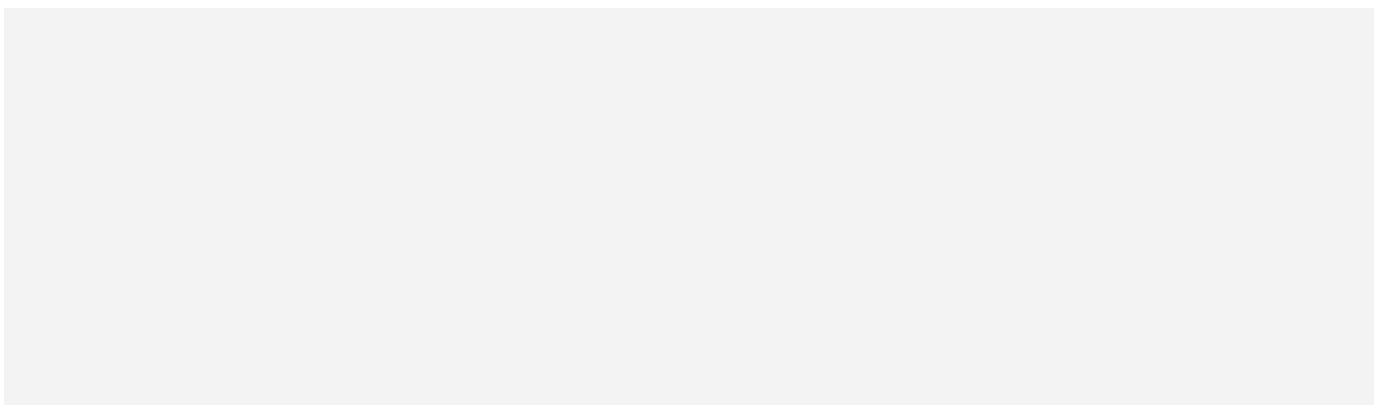
**What limiting self-beliefs am I holding on to that are holding me back from truly turning pro?**



**Where in my business am I adopting a fixed vs a growth mindset?**

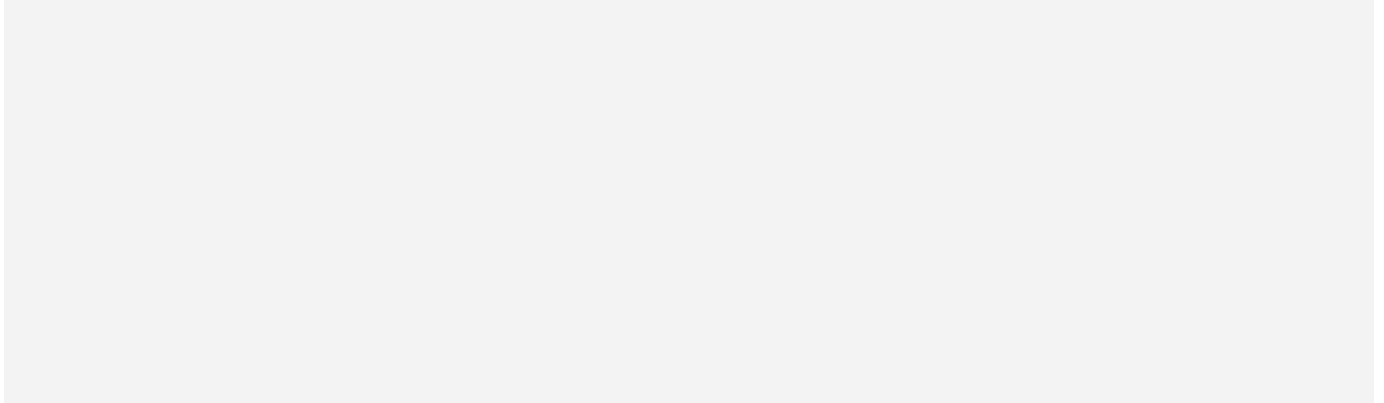


**As a result of what I've learned in this workshop, what new attitudes and/or beliefs would I like to take on?**

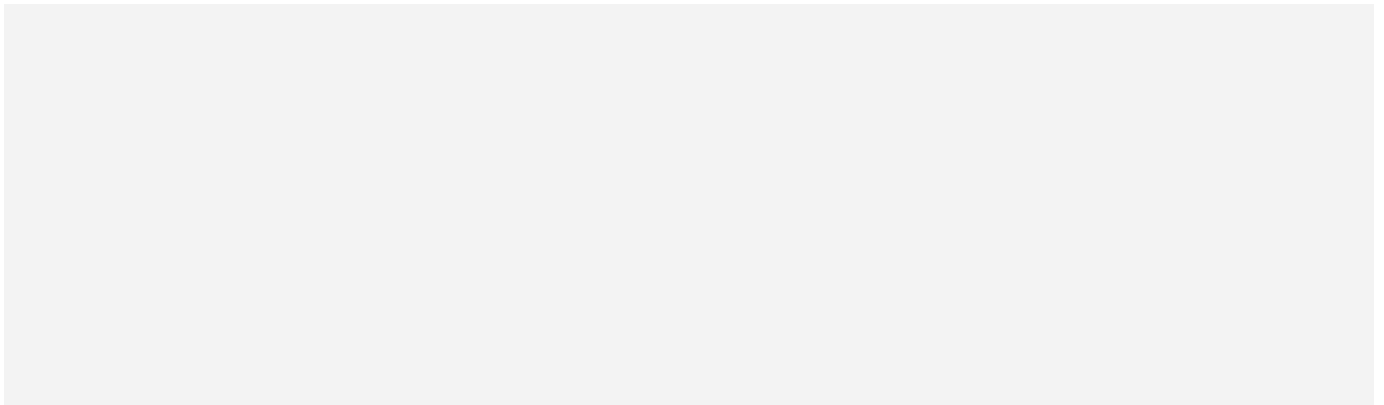


# REVIEW YOUR HABITS

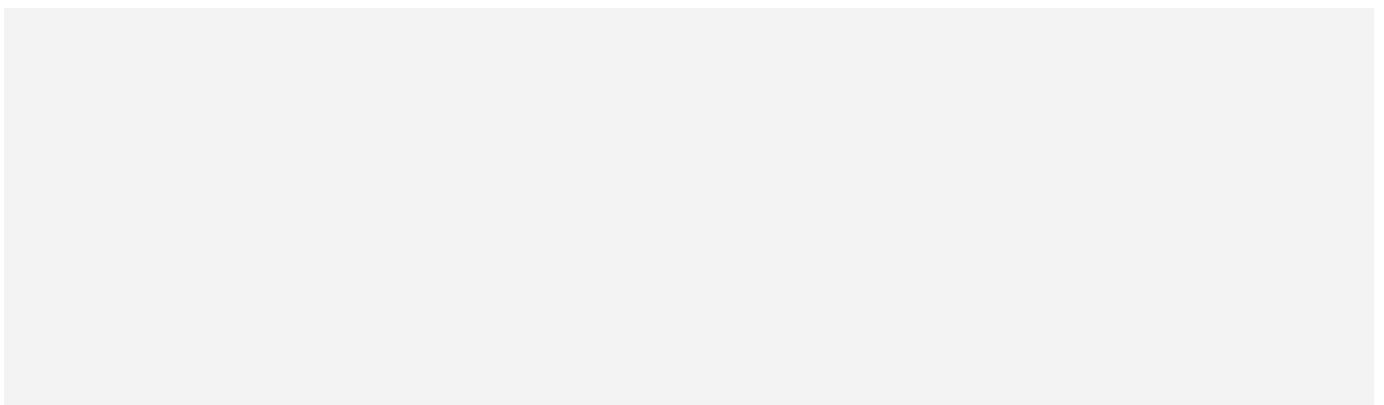
**Which habits do I have that are currently sabotaging my success?**



**What about my daily routines needs to change to support my transition to pro?**

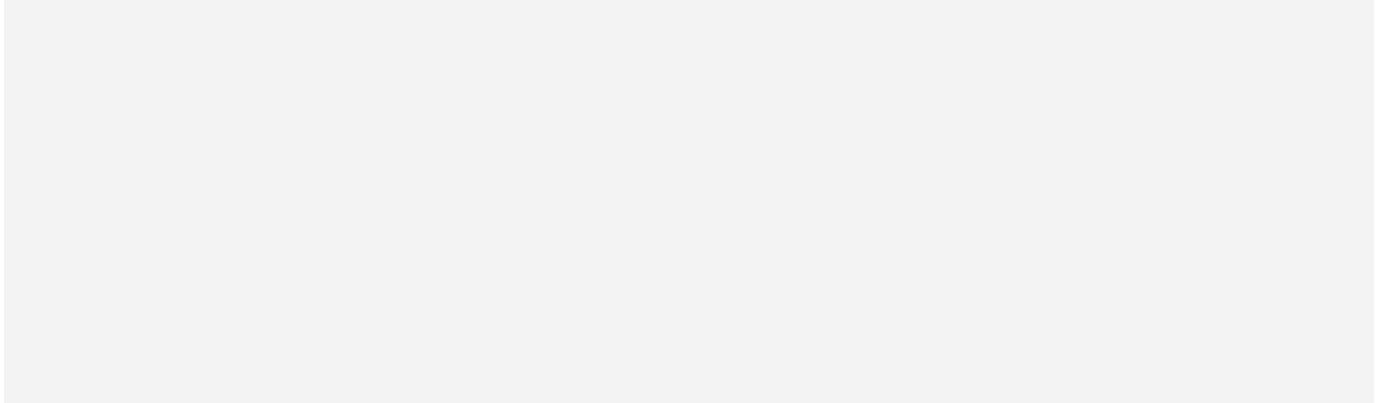


**What habits or routines could I begin to incorporate that will lead to greater success?**

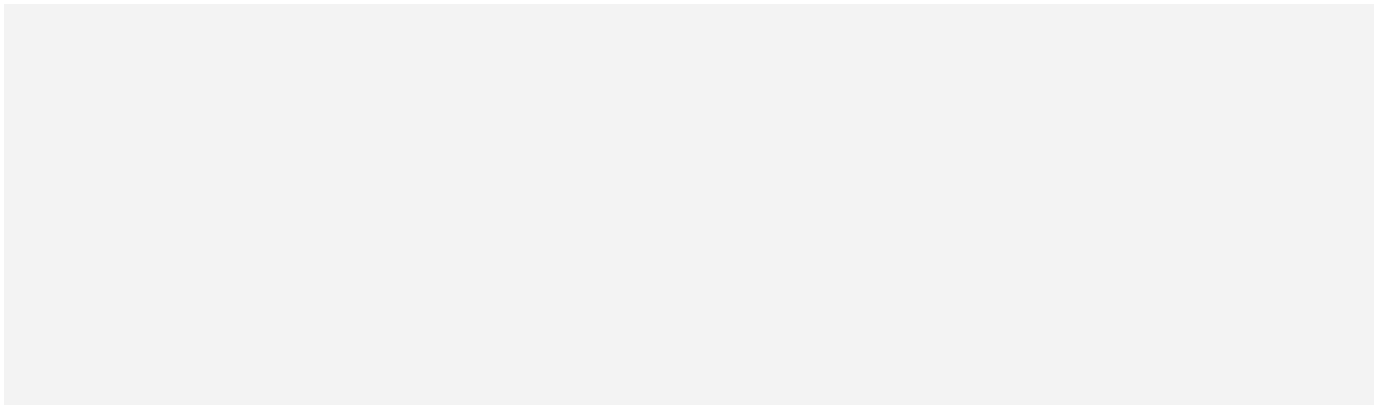


# OPTIMISE YOUR ENVIRONMENT

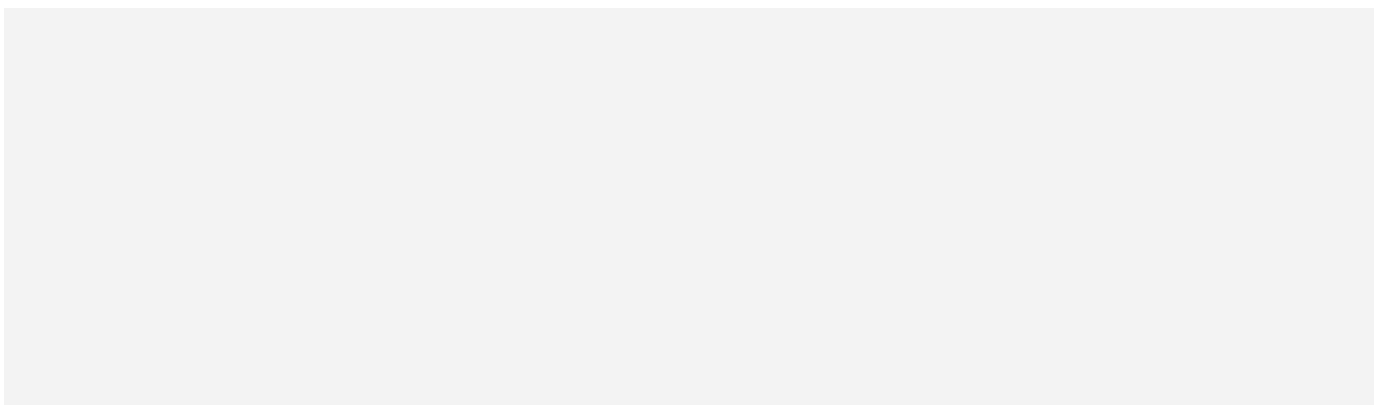
**What about my environment is currently sabotaging my success?**



**What changes could I make to my environment to make it more pro?**

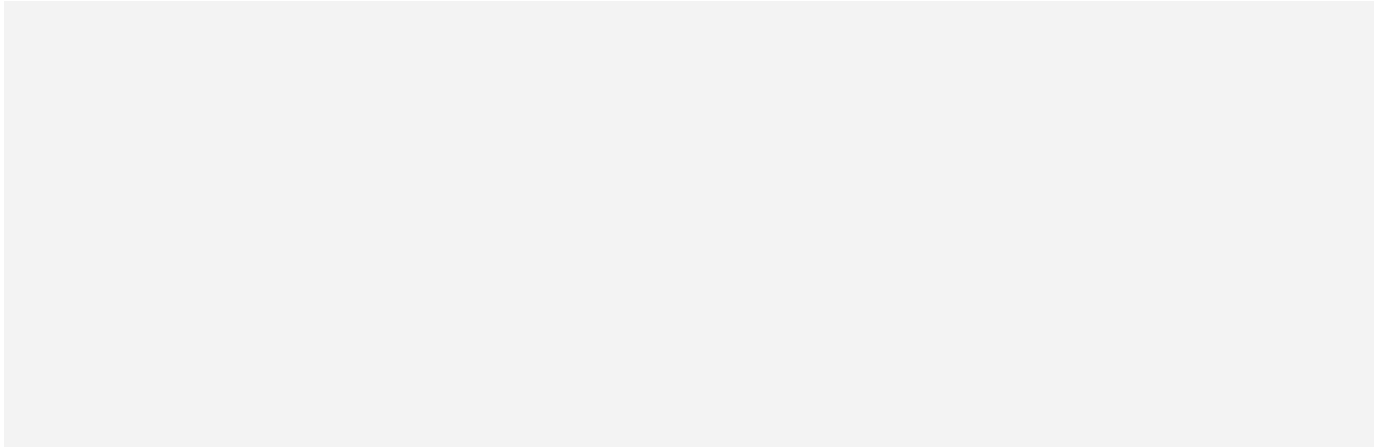


**What upgrades to my equipment do I need to budget and plan for?**

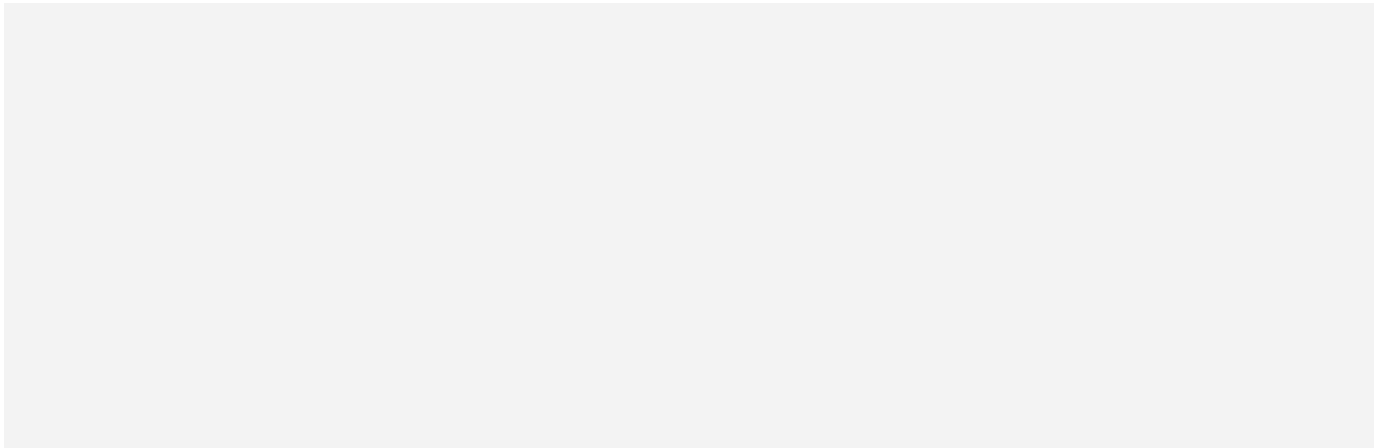


# LEVERAGE YOUR TIME

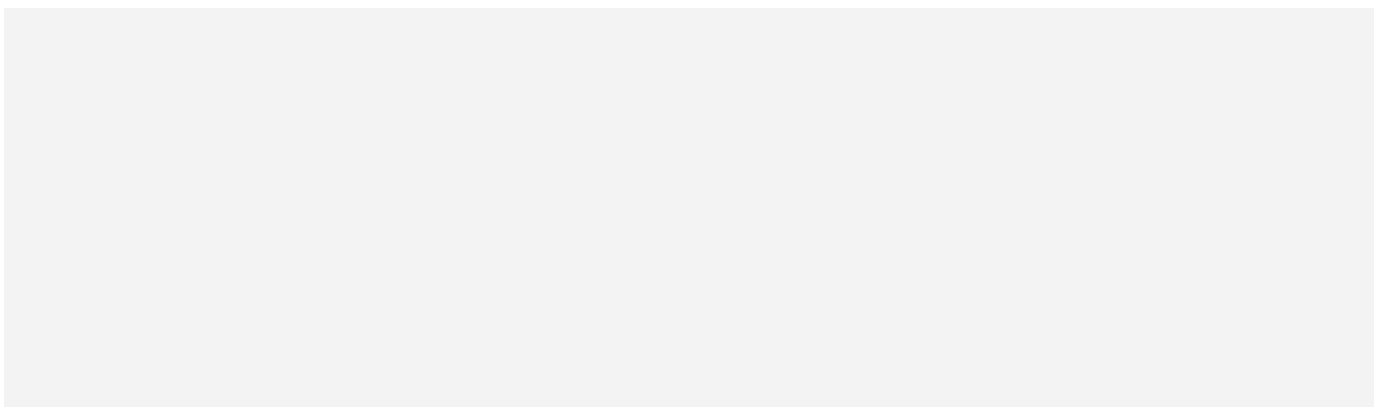
**Get honest about the ways in which you waste the time you have available to you.**

A large, empty rectangular box with a light gray background, intended for the user to write their response to the first prompt.

**Write out all the things that currently suck your time**

A large, empty rectangular box with a light gray background, intended for the user to write their response to the second prompt.

**What solutions could you implement for these time sucks?**

A large, empty rectangular box with a light gray background, intended for the user to write their response to the third prompt.

# TURNING PRO CHECKLIST



The professional shows up everyday.



The professional stays on the job all day.



The professional is committed over the long haul.



For the professional, the stakes are high and real.



The professional is patient.



The professional seeks order.



The professional demystifies.



The professional acts in the face of fear.



The professional accepts no excuses.



The professional plays it as it lays.



The professional is prepared.



The professional does not show off.



The professional dedicates himself to mastering technique.



The professional does not hesitate to ask for help.



The professional does not take failure or success personally.



The professional does not identify with his or her instrument.



The professional is endures adversity.



The professional self-validates.

# TURNING PRO CHECKLIST

- The professional reinvents herself.
- The professional is recognised by other professionals.
- The professional is courageous.
- The professional will not be distracted.
- The professional is ruthless with himself.
- The professional has compassion for herself.
- The professional lives in the present.
- The professional defers gratification.
- The professional does not wait for inspiration.
- The professional does not give his power away to others.
- The professional helps others.



# Caroline Leon

BUILD YOUR BUSINESS WITHOUT SELLING YOUR SOUL

## **STAY IN TOUCH**

[WWW.CAROLINELEON.COM](http://WWW.CAROLINELEON.COM)

[WWW.FEMALEBUSINESSACADEMY.NET](http://WWW.FEMALEBUSINESSACADEMY.NET)

EMAIL: [CAROLINE@CAROLINELEON.COM](mailto:CAROLINE@CAROLINELEON.COM)