

Recalibrating Success

STOP STRIVING FOR YOUR DREAM
AND LIVE IT NOW

MICHELLE SPALDING

Dear Friend,

In your hands is a magical worksheet designed entirely to help YOU reconnect with your unique personal version of success and then create steps to start living it right now. Investing time working through the questions will help identify what you'd like to feel most in your business and where you can make changes to bring that experience in now.

Success is a tricky subject and one that has been falsely defined as how big your business is, how much profit it makes, or how well known you are.

The truth is that success is entirely something else; it's an inside job and as different to each of us as our fingerprints are. Yet, far too many people spend way too much time looking around them for success rather than checking in with what is right for them. Once you have clarity around what your personal version of success is, you'll be able to re-calibrate things in your business that will allow you to feel this more often than not.

I recommend you turn off all distractions and, if possible, go outside in nature to do this worksheet. There is just something about being outside that helps us connect with that inner voice we all have that wants to be heard.




Let's Connect

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After you've completed this worksheet, if you'd like some support around it or making changes to help you feel the way you'd like to feel in your work, then let's chat. You can find more about coaching on my website. <https://michellespalding.com/work-with-me/>

I wish you every ounce of success you dream of and a life filled with happiness.

Best wishes,

Michelle Spalding

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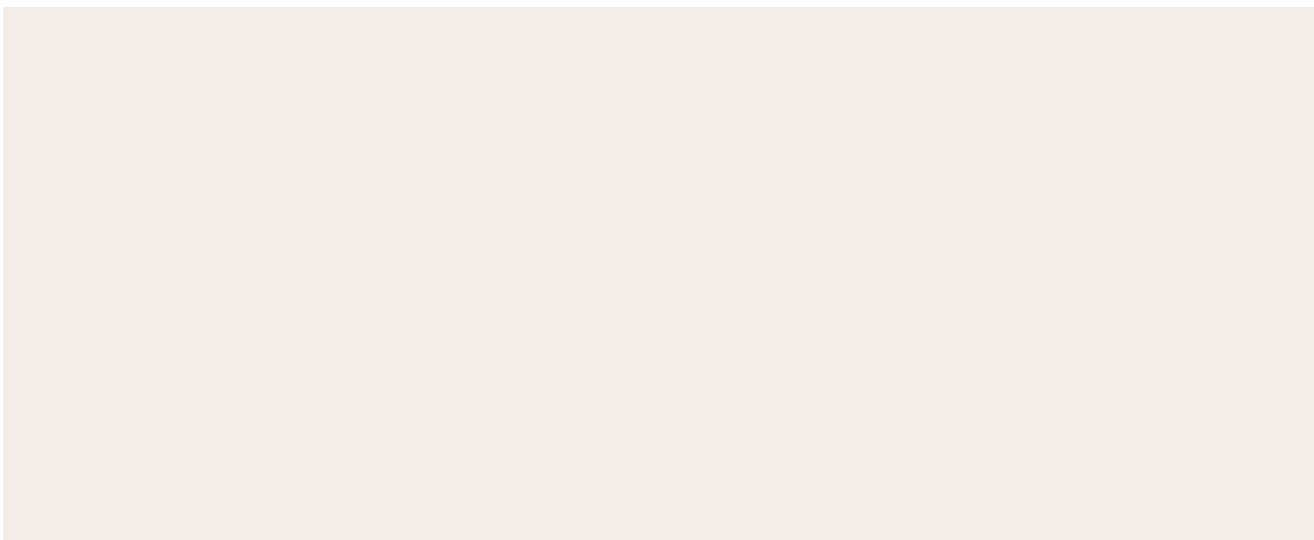
Be honest with yourself and use an extra piece of paper if you need – remember, these questions are just for you and are designed to help you recalibrate your success and start living your dreams now.

Why did you desire to take the entrepreneurial journey and start a business?

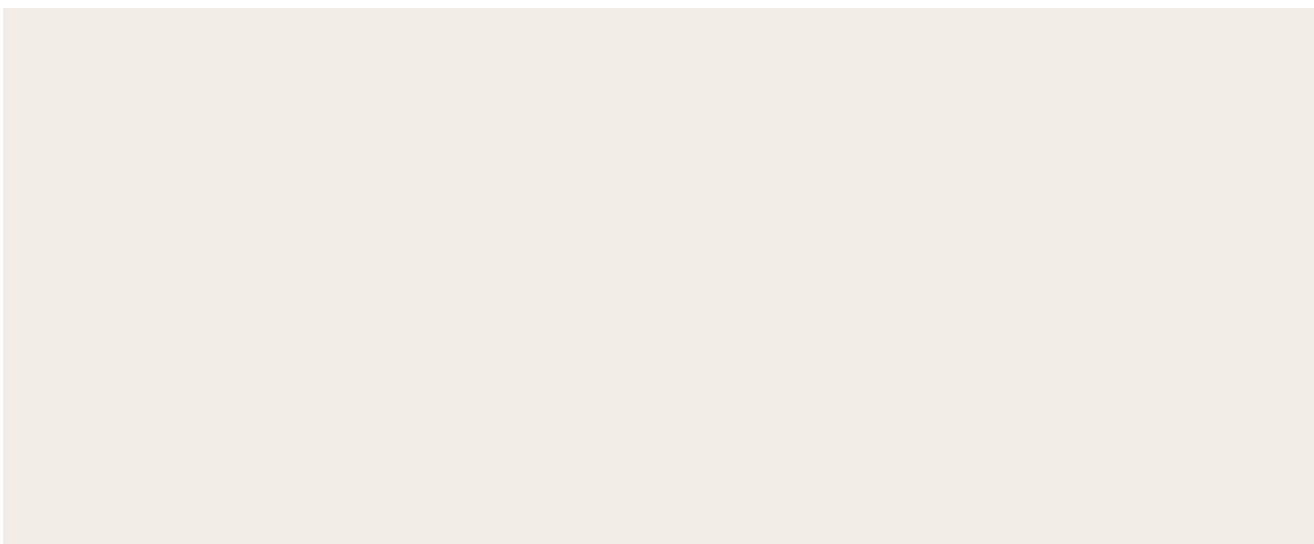
What did you expect your business to look like when you started, and how did you expect to feel in your work and life?



What does success look AND feel like to you? (remember, this is what you define as success, not how someone else does or what you think you should have/do to be successful)




On a scale from 1-10, with 10 being “Hell Yes!” do you feel the way you want to most days in your work? If not, do you have an action plan and support to help you get closer to 10 most days?



"You attract the right thing when you have a sense of who you are." - Amy Poehler.

If you're not at a 10, what do you think is getting in your way of feeling this way more often than not?

Do you have or make the time to do things outside of your business that light you up? If not, why?

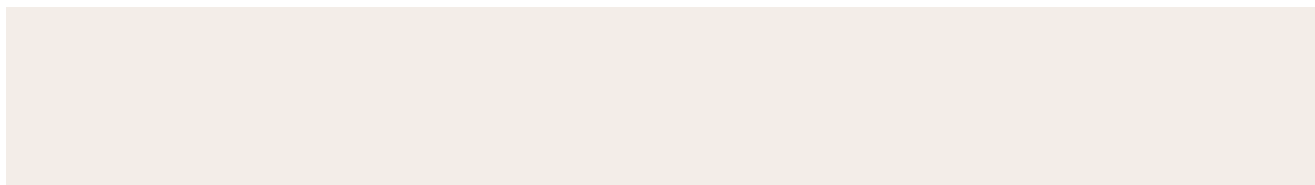


One of the most common answers to the previous two questions is time or lack thereof. Often we're not able to do the things we'd like or feel different than we'd like in our business simply because we're stretching ourselves too thin. And we're busy doing things that we could and perhaps would be better off if we eliminated, delegated, or automated them. Thinking about the things you do regularly, in your business and home over the last 30-90 days, are there some things you can change to help get you closer to the way you'd like to feel each day?

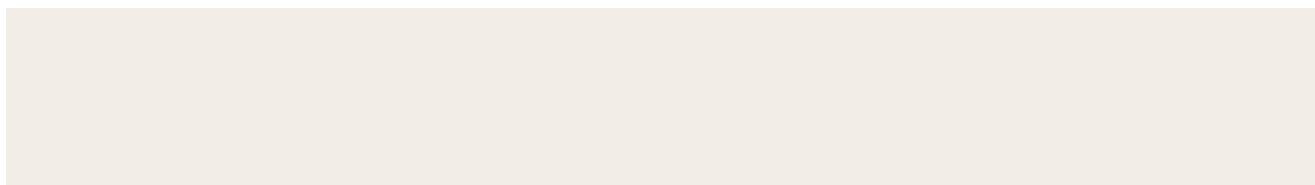
Below list three things for each category that you're committing to yourself to change to bring you closer to your ideal version of success:

Eliminate: (is there something you've said yes to that now it's time to say no to? Having those tough conversations is never fun, but it's essential in creating a life and business you love.)

1.



2.



"Talk to yourself like you would to someone you love." - Brene' Brown.


3.

Delegate: (are there some things you know someone else can do to give you more time? For me, bookkeeping was a big one.)

1.

2.

3.



Automate: (Where can you create automation? We have several items such as cat litter on auto ship, meaning I never have to think about going to the pet shop or running out of kitty essentials.)

1.

2.

3.

Lather, rinse, repeat – Now that you’ve gotten through the three things to eliminate, delegate, automate – circle back and do this again until you’re feeling like most days, you’re doing the work that gives you the feeling you wanted to when you started out in business.

"Ask for what you want and be prepared to get it!" Maya Angelou

This worksheet can now serve as a guide for you to check in when a new opportunity comes along. Before deciding on something, ask yourself, does this opportunity put you closer to how you want to feel? Or will it take you away? Same with a goal you're considering going for, does it stretch you and help you feel more of how you'd like to feel in your business or take you further away? Your business will grow, you will grow, and things around you and likely within the industry will change, however how you want to feel in your business will probably not change much, if any. Check back in with this annually and personally evaluate where you are and adjust as needed.

Remember, success is as unique as you are, check-in with what feels right to you rather than comparing yourself to those around you.

Now that you've gotten clarity on what you want in your business, how you want to feel, and what you want to change to make that happen, if you think you need additional support to get you where you'd like to be then let's chat. One of the things I love doing the most is helping people create the kind of transformation that brings them closer to 'Hell Yes' in their days. Find out about the various programs I offer at www.MichelleSpalding.com/work-with-me.

Wishing you every bit of the success you desire in your business and life.

Soul Crafted Success®