

Personal Freedom Mini Retreat

You are invited to do your own mini retreat to explore this concept of creating greater personal freedom through your business!

Instructions for this retreat

- **Content:** From the discussion in our group call: choose 1 thing/concept/question to work around what came through as most needed to create greater freedom for yourself through your business
- **Energy:** from what you wrote/shared about what personal freedom FEELS like, you will aim to center/embrace that feeling throughout your mini retreat experience. You're invited to embrace "lightness." What can you do to create that feeling? That is part of your experiment, to uncover what "works" for you! 😊
- **Invitation:** go where your intuition leads you...

Steps:

1. **Intention:** what's the intention of your personal mini retreat? Is it to reflect or process a change? Is it to tune into the future? Is it to ideate a new vision? Is it completely open to flow and to see what comes through? For this exercise we're inviting your intention to be focused on the 1 thing/concept/question that came through as most needed to create greater freedom for yourself through your business.
2. **Location:** what location best supports your intention? I highly recommend out of the home. Choose an environment that feels inviting, uplifting, and supportive. If you can't travel that's ok. It can even be a serene place in your local town. What makes you feel calm, grounded? Is it being near water, nature, near animals? Is it the hustle and bustle of a coffee shop that awakens your creativity and senses? Is it visiting an art museum or place of inspiration? Choose whatever supports you
3. **Time allowed:** How much time can you allow yourself and how much at a minimum is needed to provide yourself space to ground in, allow the work to unfold? For this exercise we recommend ideally a half day of 4-5 hours, especially if you require some time to remove distractions and ground in. A minimum of 2 hours for this exercise. Bonus: If you can get away for a full day, try it on!
4. **Pre-planning & preparing content:** What do you feel called toward? Is it supportive to make a plan? Is it supportive to bring 1 specific project to work on such as a piece of content you wish to create? A book you want to read and reflect on? Or is it supportive to simply step into the freedom of space and to go where your intuition leads and see what comes through? For this exercise you are invited to embrace the energy of freedom, whatever that means to you.
5. **Setting your space + preparing your Soul:** You may choose to adorn your space to support your intention. This can include:
 - A meditation, A card pull, Crystals
 - Inviting in elements and colors that align with and support your intention, and support the opening of chakras
 - Art supplies to tap into your creative expression.
6. **Integration:** What action steps will you take after your mini retreat to ensure that it's not all forgotten? We recommend blocking your calendar for 1 hour upon your return home to begin drafting plans, and block time on your calendar to start chipping away at what you worked on while on retreat. Spending some time journaling could be a great way to reflect and create inspired action items to move forward.



xo
Amber

My personal retreat

Use this space for any planning

What's your intention for your retreat

Location

Date/time reserved

What preparing/pre planning is needed

Anything you will do to set your space such as rituals or tools to set the space

How you'll integrate what you take away



Optional retreat workbook & reflection prompts

What I've learned through this personal retreat:



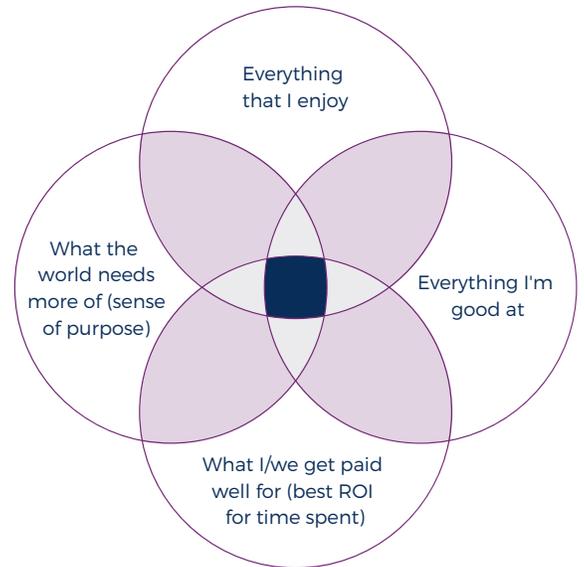
Everything that I enjoy

What I'm good at

What gives me a sense of purpose

What I'm paid well for

How To Find Purpose & Meaning In Business



Your Truth

Center yourself, and from a state of centered flow, allow yourself to free-flow write **all of the TRUTHS you believe about your work and why it's important**. Reflect on your path, on your life journey from the beginning to now. Think about the TRUTHS that you believe steer your work. **Write out anything that has informed or inspired your work.**

Free-Flow Thoughts

As you look back on your lifetime, did you see anything revealing itself that shapes your life's work, and uncovers your why? What stands out? Does a common theme begin to emerge?

If you narrow down a few key phrases that define YOU in a nutshell, what are those?

What new insight have you gained about yourself through these reflections?

Dream it to achieve it

You are here to uncover your deeper dreams and desires and step into them fully unleashed. This starts with having a vision for what you desire to create in your life, and taking the steps that support realizing that vision. So saddle up, it's time to open up the skies of your heart... and visualize infinity and beyond!

This exercise will require 5-15 minutes.

Supplies needed: a heart centered human, a piece of paper, and some drawing/coloring utensils

Step 1: Get centered

Center yourself by getting into a comfortable position with your body centered, Remove distractions. Take a deep breath in for a three count, hold for one, and breathe out for six. Repeat this three times..

Step 2: Remove barriers

Allow yourself to dream REALLY BIG. To be successful in this exercise, it's necessary that you allow yourself to imagine to your heart's fullest desire, without adding self-imposed limitations. Do not stop yourself short with doubt or fear. We will think about the how-tos and what ifs later on. For now, your only task is to allow yourself to be with your heart and to dream!

Step 3: Visualize from your heart

Do this with your eyes closed. Upon closing your eyes, visualize yourself for a few minutes feeling into this scenario:

Imagine yourself five years from now, being and doing what lights you up... what calls do your soul? What are you doing? Where do you live? What work are you doing? Who are you with? How do you feel? Visualize yourself waking up and moving about your day... how does your day begin? What do you do next? What does your day consist of? How do you spend your time? What is important to you? How do you feel about life and your work?

Draw your vision onto another piece of paper that you can hang somewhere to hold your vision, or draw it out on the back of this page.

An Unleashed Mindset

Your belief about yourself, your vision and what you believe is possible is the first step in uncovering, unlocking and stepping into your unleashed way of being. Creating space for unleashed living often requires releasing that which no longer serves you and creating the space within you for your new Truths to come forward. Reflect on the visualize you just did and review these invitations... these are common blocks that can prevent people from believing in their dreams and unleashing their impact. Consider if you have opportunities for releasing limiting beliefs and stepping into greater commitment to living your vision... review these to see what resonates, and add your own!

1

Tune In With Your Truth

Before you can get to action in your unleashed way of being, it requires presence to what is true for you and what is no longer true for you. Going inward with your intuition, getting the answer from your soul, and trusting it. Trust. Your internal desires are within you, and it may require getting quiet enough to really check in with what is true for you.

2

Be Judgment-Free (Embrace Curiosity)

How are you allowing yourself to be present with your desires? Are you shaming yourself for them? If so, why? In order to fully manifest your soul's desire, it requires being judgment free with yourself and with others so that you can explore what you desire, along with your discomforts, in a way that allows you to embrace vulnerability. When we are judgment free, it allows us to stay curious and open, and it's through this openness and vulnerability that it can lead to breakthroughs. So flip judgment to curiosity and see what becomes available to you!

3

Your Personal Truth is the Path to Freedom

Who you are, your life, priorities and goals are innately unique to you. Yet so many people struggle with walking around in the world living by others expectations. Personal freedom is feeling that you are fully empowered to be who you authentically are and to create the life that you desire. And stepping into that way of being can only be born from recognizing the truth of who you are and claiming what you desire. If you seek greater personal freedom, it can only come from within you.

4

Resistance is Opportunity

When you notice resistance to something do you run? Do you shut it down? What if you sat in that discomfort and went deeper to explore why it's there? Often, resistance is present because we're on the edge of a new breakthrough. In this journey you're invited to lean into discerning if your feelings of resistance are because something is not values aligned and is not for you, or, do you feel angry resistance around something because it actually is for you, and you are simply resisting out of fear, doubt or something else.

5

Progress Over Perfection

As you move forward on this journey of self discovery, your goals and priorities will shift, your business may shift, your ideal customer may change, and you might even change your business model or offerings all together! Be prepared to start things before you feel fully ready and to move forward before things are "perfect." We learn by doing, and therefore it may be necessary to step into things before feeling totally ready. Ask yourself if you have been stalling your own progress because you've been afraid to try something new or take a risk. Be ready to accept and embrace imperfection. Life is a journey, not a destination -- and we learn along the way!

6

Receive

When is the last time you allowed yourself to fully receive someone's love; or that you gracefully received a compliment, without making an excuse, apologizing, or shutting it down? Have you ever set an intention or goal, acted on it, and then when you started getting what you desired, you shut it down because you didn't think you were worthy or for some other reason (imposter syndrome)? Have you ever sought help and as people showed up to help you said, "no, I'm fine. I can do this myself"? Sometimes unknowingly, we self-sabotage. Consider if you might be shutting down support and abundance coming your way. Consider what you are committing to so you're prepared to let it in and receive it.

7

Empowered Compassion & Boundaries

You might struggle with feeling like you should "help everyone." If you feel bad for not agreeing to everything, or that people can't afford your services, it's likely that your actions are reflecting that. If you allow everyone else's opinions or ideas to control your feelings and attention, this can become exhausting and steer you from your own path. If you are saying yes to things when you really want to say no, this becomes toxic generosity. Consider how you can embrace empowered compassion and boundaries so that you are moving forward in a way that is healthy for you, and therefore is best for everyone around you as well!

8

Take Action Steps Toward Alignment

It's one thing to have a desire, and it's another to act on it. Your vision will not come to fruition if you don't take steps to bring your life and business into alignment with your values and desires. Once you see what needs to shift, it's going to require acting on it. Desire alone is not enough, taking action is not enough: it requires both. Consider how you'll commit to taking action, whether that means seeking support, releasing something, or doing something. Are you ready to take action in this journey?

Mindset Exercises

From the considerations above about choosing your mindset, did you realize anything?

When you think about your dream visualization, what will be required to let go of and leave behind to support you in creating that reality? Write out a list of everything that no longer serves you that you are leaving behind. Commit to that here:

Known & Hidden Beliefs

You have been uncovering what lies within you, while identifying the personal and professional blocks that get in your way. Sometimes what stands in our way is business strategy, processes, or marketing, but often what gets in our way is rooted in something else: it's a hidden limiting belief. Sometimes people don't fully believe in themselves and they don't know why. It's important to look at your limiting beliefs and false stories so that you can consciously choose a new belief or story.

Beliefs About Your Business (for Business Owners and Entrepreneurs)

Let's continue examining beliefs that may be limiting your growth. Sometimes people get confused about if their challenge is a belief or a process. The challenges/excuses/self-judgments can sound like this... do you find yourself thinking, feeling, or saying any of these?

"That's too big of a money goal."
"I don't need that much money."
"I want to help people,
but I feel bad charging more."
"Successful people are money-hungry."

"Money is evil."
"Who am I to do this?"
"I want to be affordable."

"I'm having a hard time getting clients as it is,
so how could I ever raise my rates?"
"I'm burned out and working too much as it is,
so I could never grow."
"Times are hard, I don't want to contribute to people's
challenges by making it hard for them to pay me."

When people are struggling to grow a sustainable, flourishing business, it's often rooted in one of these areas. Consider each of these and identify if you are struggling there. This will help reveal where your next opportunities are to move through what could be a limiting belief, or simply, a process that can be improved in your business!

- **Lacking confidence in oneself due to limiting beliefs:** Are you being held back by how you feel about yourself?
- **Lack of clarity about where you want to take your company:** When people say they don't know what to do, often it's because they still don't know where they want to go. If you know clearly where you want to go and why it matters, you are less likely to fall into other traps. When you are clear in your mission, you can't be held back by other people's judgments anymore because you have clarity for where YOU are headed so other people's opinions no longer dictate your direction and actions.
- **Lack of strategy for achieving those goals:** If you know where you want to go but don't know HOW, you need more strategy support. We go more deeply into strategy and how-tos in the mastery level program, and start to touch on it here.
- **Insecurity about the value you bring:** If you feel insecurity in the value you bring, it's because you might not have done enough of it yet or have not yet taken time to interview clients to understand the value that they feel your service has brought them. Have you paused to reflect on the value that your services have delivered in your clients' lives? Do you understand the emotional impact that your work has? Are you allowing that in? Remember, people pay for value.
- **Lack of understanding about the key outcomes you deliver:** Have you taken time to define the key outcomes that people receive in working with you? It can be easier for product-based businesses to define what the client gets. They invest XYZ, and at the end they get ABC finished product. However if your work is transformational in nature or custom curated, it's going to require really examining your process and defining what the outcomes are.
- **Making the mistake that pricing is the most important driver:** Remember, brands sell value. If someone truly wants the outcome of what you offer, and they want the experience with you, they will invest in it. Not everyone may be able to "afford," what you offer. You have to decide what you are setting your pricing based on.
- **Failure to realize that pricing too low can attract "problem" clients:** Sometimes people think that pricing something lower will entice more people to buy it, which is why it's critical that you have steps 4, 5 & 6 in order. Assuming you're delivering a quality service, your client will pay for value, and price alone will not be the driver.
- **Vagueness about the service itself:** If you are wishy-washy about the terms of the agreement or the outcomes delivered, people will lose confidence in investing in it. Get clear on the scope of work, terms of service, and payments.

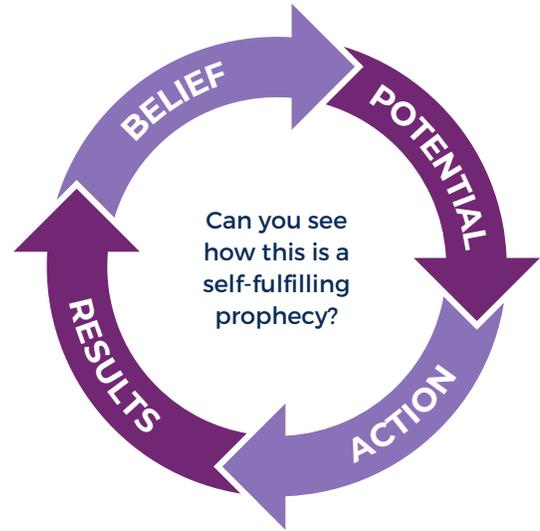
Unlock Your Opportunity

Hidden Commitments

Want + Commitment are not always in alignment, because we have **hidden commitments** that we may not be conscious of, like:

- "Stay small"
- To not become bigger/more successful than (insert loved one who you are committed to not outgrowing)
- A commitment to make others happy at all costs to your health/happiness
- A commitment to be "liked" at the cost of being who you are authentically
- A commitment to "play it safe" (which is also likely a false belief) which holds you back from stepping into things that your soul is calling you toward

The Beliefs Circle



"What got you here won't get you there."

It's important to understand which pieces you carry with you and which pieces no longer serve you and must be left behind. This can include behaviors, patterns, or relationships.

Reflections

Do you fully believe in yourself? Be honest here:

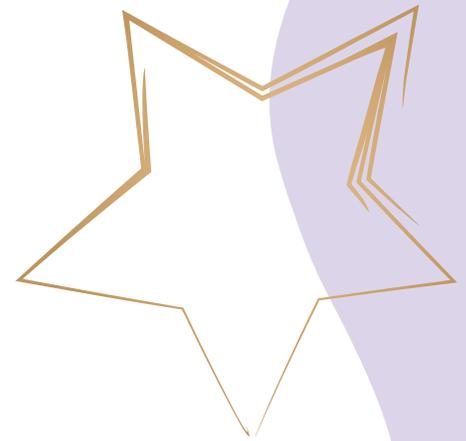
If so, how do your actions prove that you believe in yourself?

If you don't fully believe in yourself, what are the fears/reasons/stories coming up?

Now consider, Is it possible these are limiting beliefs and false stories? Is it possible these are judgments you are making against yourself?

If you believe in yourself fully with no second guessing, what would that make available to you?

When you reflect on the questions above, do you fully 100% believe in yourself? If not, why not? It can help to talk through this and receive support with someone. Often, we cannot see what we don't even know is there.



Aligned Action

As you've been reflecting on your vision and **what you SAY you want**, what are you learning about what hidden commitments you might have (preventing you from taking aligned action)?

Where are your WANTS not aligning with your outcomes? For example, are you saying you want to grow a following but you avoid showing up online? Do you desire to start a business but have avoided making an offer to secure your first customer?

When you think about your personal legacy, what do you desire that to be?

Imagine anything were possible, what would you begin taking action on?

Notice what you wrote above... is there any reason you can't do or be that, starting now? Consider, are your reasons actually limiting beliefs or fears?

What is one action step you can take this week to move your toward your visualization?

How will you stay accountable with that commitment?

What type of changes or transformation might be required for the long term to realize your dream?

How will you commit to receiving help, guidance and accountability to make that transformation (do you need to loop in a friend or spouse, secure a business or life coach, a therapist, other?)

All external change starts as an inside job. What have you learned is the impact that you are committed to within yourself personally?

What next step are you taking in your business structure to support your growth?

