



BRIDAL BEAUTY BUSINESS BOOTCAMP

Course #11 Business Mindset



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4 STEP FORMULA

ACCEPTANCE

"It Is What It Is"

This is where I am at, right here and right now. There is nothing that I can do right now in this very moment to change it. It is a waste of time to spend my time or energy worrying and wondering "what if".

ATTITUDE

Make a Conscious Decision

Instead of worrying and wondering "what if" I am making a conscious decision right here and right now to focus on resolution and moving forward.

ACTION

Next Logical Step(s)

Based on my current situation and circumstances...what actions can I take to resolve this situation?

APPRECIATION

What is True Right Here & Now

I am not happy about my current situation or circumstance right now but what is true in my life and in my business right that is working and that I am appreciative for?

FOCUS SHEET

My Intent | "I Want"

Write down 10 positive statements about this subject that feel true and make you feel good. Keep your statements as general as you need to so that you believe them.

New Statement

ACTION SHEET

My Current Situation

Write down 10 action steps that you can take now or in the near future to resolve this situation.

New Statement

SURRENDER SHEETS

Print and cut these sheets out. Write down any current situation or circumstance that is causing you to worry or fear. Do what feels right with each sheet afterwards (ie: burn it, keep it in a jar, rip it up, etc.).

I surrender this situation. I ask that my heart be open and that I have faith that everything is unfolding to support my highest and best good!

Thank You!

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