



“BE YOUR OWN CHEERLEADER”

Finding a Mentor/Coach Using Affirmations to Support Your Dreams

This worksheet was created to complement the *She Makes It Beautiful* Professional Development Series interview with **Golda Smith, Creator of Fit Mommy Blog, Personal Trainer, and Nutritional Cleansing Coach**

Golda talked about the importance of having a mentor or coach who has been where you're trying to go – someone you can learn from in the areas where your skills/knowledge need strengthening, a person who has the results you want to have in your own business. She also discussed how important it is to be your own cheerleader, speaking confirmation to yourself even when it is sometimes challenging. The SMIB worksheet will specifically focus on the following points: (1) Mentoring/Coaching and (2) Affirmations that support believing in yourself and what you want.

Complete the following as honestly as you can:

SMIB Bonus – Exercise #1: Finding a Mentor/Coach

In the four color-blocks below jot down the names of people you would like to have as a coach/mentor. Remember, the individuals you list should have experience and long-term results in a business/entrepreneurial venture that you want to pursue and knowledge helping others outline goals and objectives to cultivate success. After listing their names, in the blocks (underneath each color-block) provide your reasons for wanting to work with them.

			
			
			

Daily Motivation Tip: After you've completed your coach/mentor chart, compare costs, as well as services they provide. Give yourself a deadline to contact them (once you've done your comparisons); follow up with additional questions you might have and then make a decision that aligns with your needs. Remember, this is an investment in you!

SMIB Bonus – Exercise #2: Daily Affirmations

Affirmations are positive words of empowerment that when consistently spoken, shift your perspective, lift your spirit, and change your mind; affirmations help you focus on what you want for your life rather than what you don't want. To be your own cheerleader means that you are your biggest supporter! As Golda mentioned in her interview, **“You have to believe in yourself. Speak confirmation to yourself, and even if you don't believe it now if you speak it enough your conscience will begin to believe it.”**

So, here are some affirmations that you can use to build resilience, confidence, and spiritual strength while fulfilling your business goals and objectives:

PATIENCE:

I am grateful even in the midst of my challenges because I know my challenges are building spiritual muscle.
I am resilient.

Financial Abundance:

A consistent and steady stream of income flows to me in expected and unexpected ways, and satisfies my needs and wants. I am open to and grateful for financial prosperity.

New Opportunities:

I say yes to new things and follow my intuition.
When my spirit tells me to move, I'm going!

SUPPORT:

I am open to receiving help and it is provided.
My resources are unlimited.

SELF-WORTH:

No matter what gets done and how much is left undone, I am enough.
It's going to bed at night thinking, Yes, I am imperfect and vulnerable and sometimes afraid, but that doesn't change the truth that I am also brave and worthy of love and belonging.

-Brené Brown

BELIEF:

I believe in my dreams, goals, and desires. I know the support I'm seeking to fulfill them starts with me.

Daily Motivation Tip: Print your affirmations and stick them on a bulletin board in your office so they are visible at all times or write the affirmations on Post-It notes and stick them on your bathroom mirror so that you recite them at the start of every morning!

Hey, Phoenix! What Do You Think?

We want to know about your progress finding a coach/mentor to support your entrepreneurial venture. Share in the comment section of SMIB. You can also share a snapshot of how you used the SMIB bonus materials on Facebook and Instagram with the hashtags: **#SMIB #thephoenixrisingcollective** Tag: **@thephoenixrisingcollective**