

Jackie Carl



GET YOUR GROOVE BACK

WORKBOOK

My #1 tool to get your groove back in your business, make it fun again and establish a practice of gratitude.

BY JACKIE CARL

WELCOME

Hi There!

I am so glad you've taken this first step towards getting excited again, reigniting your passion and thriving on your path towards success.

I'm here for the ride and the pages to follow are the starting point of your journey. I have a heart for serving entrepreneurs because I have been through the challenges of what it takes to stay motivated, get organized, recover from burnout and thousands of other hurdles along the way.

Coaching came into my life by happenstance. Having lost the joy in my own journey, I searched for a coach to help me get back on track. With the tools she gave me, I was able to lower my anxiety and stress, be fully present with my family and lean back into my favorite hobbies again. I was able to show up for my team and found my own passion for wanting to serve entrepreneurs in a way that made an impact.

Let's get you moving on that path again and find the joy in the journey. Let's go!

Jackie Carl

ABOUT ME

I am a wife, mother of two young children, business coach for entrepreneurs, top sales leader in a network marketing company with over a decade of experience in corporate and nonprofit leadership.



SETTING YOUR MINDSET # 1

It all starts with you, my friend. You are the person in charge of what goes through your mind. So, let's start with building a powerful and positive mindset.



01

When you look towards your future in your business, do you still believe what's possible like you did when you started out? Why?

02

What is the one sentence you tell yourself that is ruling your life / one sentence you tell yourself that is blocking you?

03

Do you believe that you are worthy of creating something very meaningful and substantial in 5,10, 20 years?

ELEVATING YOUR MINDSET # 2

This is where we change the narrative to positivity and success.
As Jeff Henderson says, 'walk humbly, but walk confidently.
People want to follow humble, confident leaders.

What is the story you're telling yourself around being a leader/CEO of your own business?

Write your answer in the box below. Be honest.

What are you doing for self-development and growth?

Leaders must always be evolving. Are you time-blocking business development / reading/ listening to recorded calls? If not, why not?

How are you practicing gratitude?

When you're grateful, you can not think negative thoughts at the same time. This will help you stay in your lane and not compare yourself to others. If you don't have a practice, why not?

Get your Groove Back Challenge

The power of gratitude keeps you from negative thoughts/feelings and falling into a comparison trap.

This challenge will help you to rewire your brain.

1

For the next 60 days do this:

- 1 minute of gratitude 3 X a day
- set a timer and do not skip a day or you have to start over

2

Start / end day with gratitude – tons of journals or apps out there to help with this. Buy one, use an old one or use the notes in your phone.

3

Affirmations – create daily affirmations and repeat in mirror daily (ie: I am a successful entrepreneur. I'm a leader of leaders, I enjoy the journey, I am worthy of success

4

Anytime you are faced with a negative thought or experience – search for the good. Force yourself to see the silver lining.

5

Change "I have to" to "I get to" – I get to do laundry for this active and playful family I'm blessed with. I get to do dishes for my healthy eaters, etc.

6

Change out busy to abundant/ blessed – watch for simple negative phrasing you can adjust to positivity.

Journaling is a great practice when you hit a roadblock with gratitude – it gives you a place to put your negative thoughts and physically see areas where gratitude needs to be applied.



WANT TO EXPERIENCE MORE?



If any of this exercise was challenging for you or struck a nerve, don't fret! I've been there and I am equipped to help you through this!

Click on the button below to set up a free consultation call to see if we might be a good fit for one another.

[SCHEDULE A FREE CALL](#)

Jackie Carl