

she owns it

MONTHLY GROWTH PLAN WORKBOOK



WORKBOOK

Map your magic month
step by step

PLANNING



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The Power of Planning

If you want to move forward in your business with a focus on sales and growth, then show up for our Monthly Planning Workshops!

I often share how for a long time I found it hard to plan for my business. It's taken me years to let go of the feelings of failure that came with setting goals for setting goals sake - then not being about to achieve them. Then not setting them at all.

It all felt so complicated.

Funny thing is I've now heard from some of the biggest names in business who have all told me the same things:

1. Planning takes practise
2. Your metrics matter
3. Just show up

Aiming for business growth is the same as aiming for ANY type of growth. Fitness. Health. Creativity.

If you want to get fit, but you don't do exercise, you instead dwell in self criticism about your inability to be that person or make it happen.

That's a horrible space to be in.

But if you just start walking, get on a bike, whatever the MVP is that you can summon up that day, then you're becoming the person you want to be. You're growing.

Everything happens from there.

Don't wait for the day lightning strikes and you suddenly become 'good' at planning or showing up like a boss in your biz.

Today is the day.

Where focus goes, energy flows.

Imagine how good it would feel to say sayonara to shaming yourself, and instead relax each day knowing you've shown up for your biz the way it needs you to.

Magic.

So let's go unlock some growth today! And remember, go easy on yourself, we're ALL in the messy middle right alongside you!

xx Rach

Monthly Growth Plan

What are my business goals for 2024?

Why are these goals important to me?

How am I rewarded or do I benefit from moving closer to these goals or reaching them?

What's at stake here?

PART 2- REFLECT

Monthly Growth Plan

What happened in the past month? (Get my calendar, scan each week)

What were my plans, my dreams, my concrete goals if I had any?

What did I accomplish that I feel the most proud of?

What do I feel grateful for as I reflect on the month?

Monthly Growth Plan

What disappointments or regrets did I experience in the last month? What was missing from my success?

What's good about this situation? What is this situation teaching me?

How can I use this perceived disadvantage, setback, or challenge to my advantage?

If this were happening to a good friend of mine right now (instead of me), what advice would I give?

Monthly Growth Plan

Reflecting on my big goal, what would it take to make that happen in the timeframe I want it to happen in?

What can I do right now to move forward? What are the next important steps I can take to move toward my big goal in the next month?

What is the easiest next step I can take toward this goal? When do I want to take it by?

Monthly Growth Plan

What rituals can I instill to pre define success?

What obstacles do I anticipate to my success this month?

What will my response be?

What outside help can I tap into?
