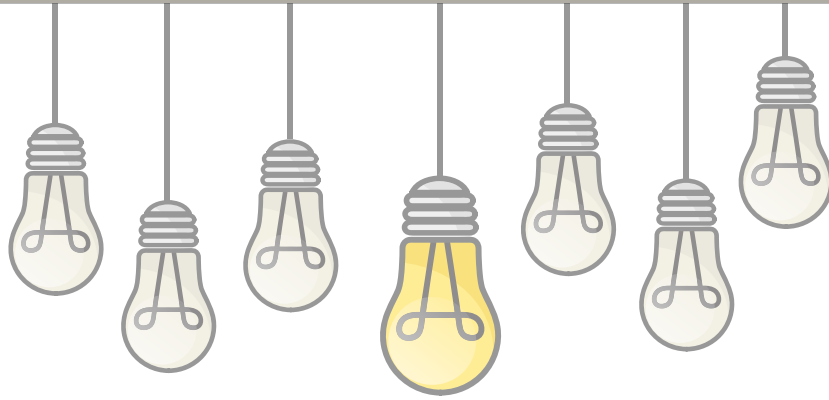


THE HEALTHY ENTREPRENEUR

Your Thinking Partner



FOR THE RECORD, I AM NOT A COACH.....

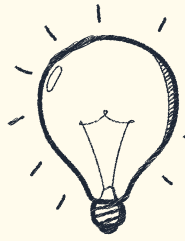
I prefer to describe myself as a thinking partner. This concept has been swirling around in my head for years, so to have it down on paper feels so good. I am so happy you feel this is going to benefit you as an entrepreneur. I know for a fact that entrepreneurs think differently because I have been an entrepreneur my whole life. It started with a career in photojournalism , leading to freelance photography, then on to creating, building and selling a farmers market, to now owning a multi figure network marketing business. Over the years of fuelling my passion for entrepreneurship, I have gained knowledge and experience that I love to share with other entrepreneurs.

My vision of coaching is all about you. Each person needs a unique approach. Not one way of coaching works for everyone. Same with food, nutrients, supplements, exercises, productivity trackers..... what entrepreneurs need is a thinking partner. Someone who understands the unique way they think, function & can offer hacks, suggestions that will keep their health optimal so they can keep thriving in their businesses. Because frankly without your health, you will not have a business.

My experiences with business coaches has resulted in always being told to stop doing it that way and start doing it this way. My experiences have helped me reflect and create ***The Healthy Entrepreneur Thinking Partner Program***. Here is the truth.....

You are your best coach. If you coach yourself to do something, think differently, act differently....you will be 100 times more likely to keep that new approach versus an outsider/coach telling you. When you create your own solutions, you are empowered long term. When a coach offers a solution, you are motivated for that moment. My whole approach as a thinking partner is to offer reflection, ideas & possible resources that you could use in your personal coaching day to day. Empower you to make empowered decisions, fuelling your entrepreneur body mind & soul.

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THINK TANK WEEK 1

- Join Community & Introduce yourself
- What are you good at? Make a list.
- What are your growth opportunities?
- How are you feeling at the moment?
- Make a list of what you want to focus on.
- What are your top 3 nutrition focuses ?
- What is your favourite way to get moving?

THINK TANK WEEK 2

- Begin each morning diffusing a fav EO.
- Grab your fav water cup fill it 3 times
- Take 10 mins & listen to audible.
- Every morning diffuse a favourite EO.
- review your list of what you to focus on
- List 3 people who inspire you
- purge 3 items & donate

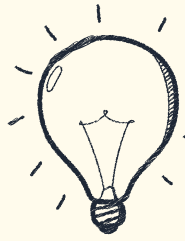
THINK TANK WEEK 3

- Detox & Cleanse focus
- Add a detox tea daily
- Purge old papers from your office
- Unfollow FB and IG accounts
- Add dry brushing daily
- List 3 people who inspire you
- Review your list of what to focus on

THINK TANK WEEK 4

- Begin day with peppermint halo on neck
- Diffuse a blend for focus & energy
- Prep your planner/journal
- prepare a list of thank you cards to send
- List 3 goals you will achieve this month
- Mirror Affirmations
- Epsom salt bath

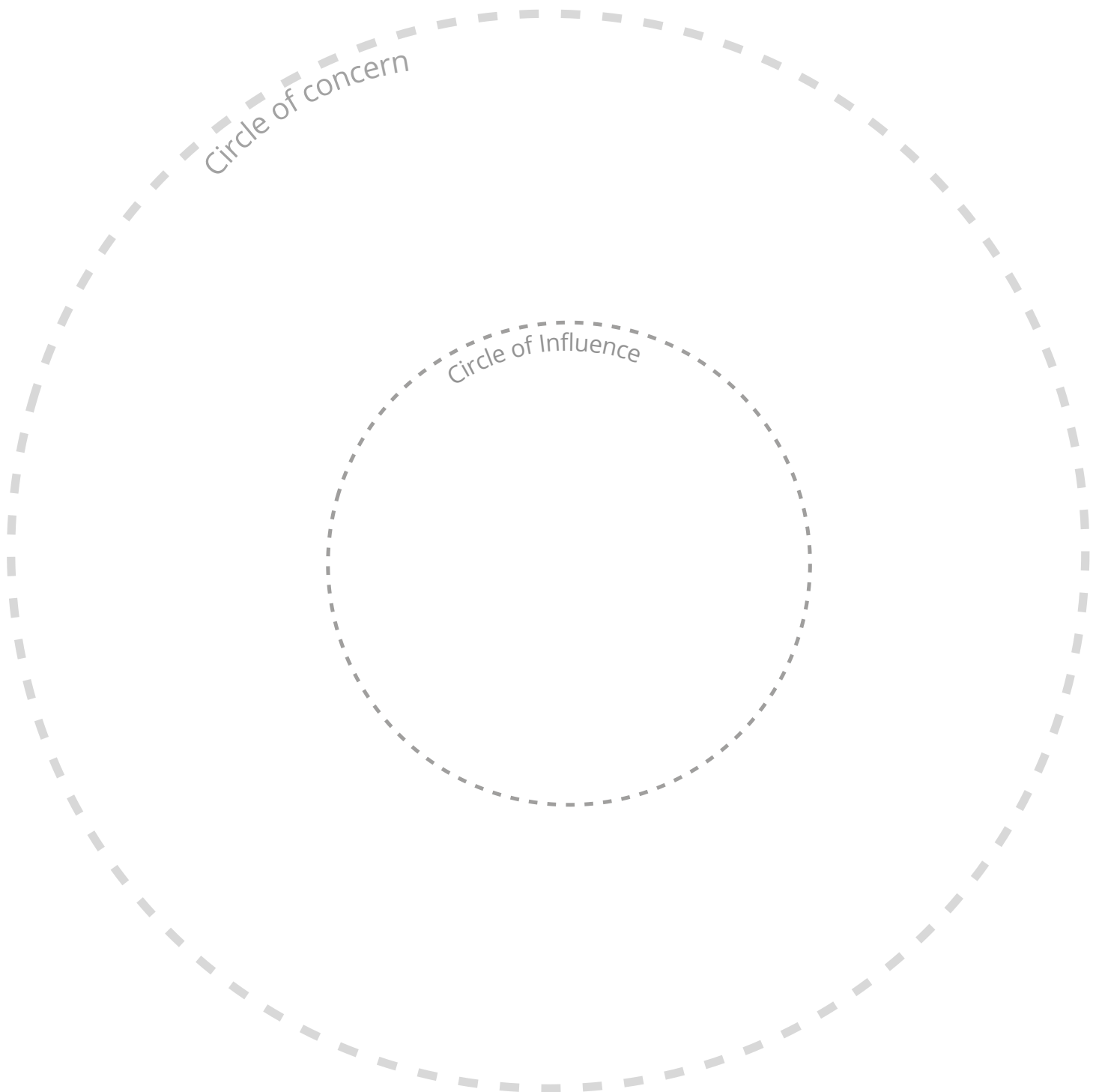
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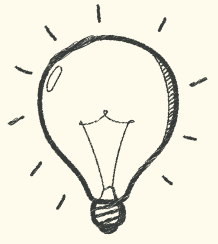
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Circle of concern vs circle of influence

This is the Circle of Concern. Inside it place all the things you are bothered about but have no control over. Outside, place stuff that goes on, but you don't care about it. This smaller circle is called the Circle of Control. Inside here, are all the things you have control over.

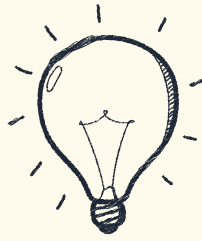


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First, have a look at what is in control. What are they? Why and how are these things are in your control.

When you begin to see what circle you focus on more, you begin to see where you could spend more time on things that you actually can control and focus on things less that you spend time concerned about but are out of your control.

Circle of concern - This is where the stress comes from and where we get stuck because we have no control over these. These are usually the sticky areas that cause us the most grief. Other people, unclear objectives, shifting priorities, unwieldy bureaucratic systems. The real messy stuff that we all struggle with and tend to dwell on but have no control over.

Then have a look at what is in the Circle of Influence - these are things you have ability to change and are in your control. Notice how much these items are a decision? We choose not to focus on this as much as we focus on things we have no control over? It really pays to spend some time here.

As Viktor Frankl wrote, ***whatever the circumstances, we have the freedom, "to choose our attitude" and this cannot ever be taken away from us.***

To round up and end the exercise - I suggest you commit to at least one action you are going to take in the next week to make a big positive difference to your day. You may of course have more! Don't limit yourself!

Lastly, the that the point of this exercise is NOT to prove anyone wrong. It's simply that having stuff you care about, but which lies outside of your influence just feels crap. If you have a big Circle of Concern and a tiny Circle of Influence, it feels terrible. Finding ways to make your Circle of Influence bigger, by putting your brain to work and thinking of the things that you CAN do - will make you feel BETTER, happier, more motivated.

And, if there are brick walls? At least stop banging your head against them

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The prefix “pro-” in this word means “before”, which suggests a meaning of acting *before* an event. On the contrary, “re-” in **re**active means “after”, suggesting the opposite. Taking a proactive approach means you’re aiming to prevent problems before they arise, while a reactive approach leads one to respond to events after they’ve already happened.

Proactive people know that they have the power to choose their response to any issue, and they don’t blame their life’s circumstances on other people, events, or anything else aside from the decisions that they’ve made on their own.

Alternatively, reactive people allow themselves to be affected by their environment. They can identify pre-existing events or sources that may influence their actions and therefore determine their outcomes. Their performance isn’t determined by their own attitude and abilities—rather, it is dictated by others.

The principal difference between being proactive and being reactive is your perspective regarding which you allow to come first—events or your actions.

Proactive people focus their time and energy on their Circle of Influence because they know that these efforts have the potential to make a positive impact on future events. If you do this, your Circle of Influence will begin to grow because other people will notice that your efforts have a positive impact, which will give you leverage and a sense of authority. The classic reminder that what we focus on expands.

Alternatively, if you spend your energy focusing on things in your Circle of Concern that are outside of your control, you’re wasting time and energy reacting to issues that already exist and cannot be changed. By focusing on issues that you can’t change, you will inevitably adopt a “victim” mindset and feel (and appear to others to be) powerless. Consequently, your Circle of Influence will shrink. This feels so nasty. Have you ever experienced this with someone? They are having a bad day or moment and their frustrations purge onto you in a conversation and now you feel that heaviness?

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7 Ways to Expand Your Circle of Influence

1. Words are Everything

One of the most influential tools that you have is your voice. Your language is a strong indication of whether you're pro- or reactive. Proactive people use words such as "I can" and "I will", while reactive people often say, "I can't" or "if only". Here are some examples:

Reactive Language

- If only my job didn't take up so much of my time...
- That's just how I am, there's nothing I can do about it
- I'm having this problem because [co-worker] isn't doing their work
- My boss won't let me do that
- If only I made more money...
- I can't figure this problem out
- I hate.....
- Figures.....
- Ya right.....

Proactive Language

- I can be more efficient with my time.
- I can understand people better by using my active listening skills.
- I will be more present when I'm with my family.
- I'm in control of my feelings.
- I'm going to change my approach.
- I am going to seek additional resources to learn how to fix this issue
- I choose to eat healthy

Part of being proactive is also about asking yourself the right questions to help form a plan of action. The biggest piece of advice I can offer is when someone asks how are you? Do you use the opportunity as a therapy session and vent? Does your response typically mention ...not bad.....? Be mindful of how you talk to other people and of your internal dialogue. Your attitude can be greatly influenced by the words that you choose. Remember what we think about we bring about....The energy we emit is what the universe gives back to us.

2. Stay Consistent and Reliable

Your level of consistency will either increase or decrease your influence. People who are consistent and reliable are more easily trusted by others because they always follow through with their promises and plans. If you're consistent and reliable, you will be among the first people that others trust with new ideas, collaborations, projects, and responsibilities. People who are in leadership roles will want to work with you because they will know that they can count on you to do what you say that you'll do.

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3. Be Empathetic & Become a Thinking Partner

Being able to recognize the emotions of other people by taking the time to relate their situation to your own experiences will help you develop relationships. You become a more caring person who has the emotional intelligence to be accepting of the people around you if you're in tune with their emotions and attitudes. When you're able to relate to people, they will trust you more with their feelings, putting you in a better position to influence them. Also, if you take the time to care about other people, they will do the same for you.

Note: Influencing people is not the same as manipulating people. While they are closely linked in the sense that both involve exerting some kind of control over someone else's actions, influencing someone doesn't come with malicious intent. Being empathetic to other people will help you develop relationships. Offering solutions empathetically becomes a professionalism that people begin to trust and you become a thinking partner they feel safe to confide in and seek advice. Your word is respected and has authentic influence because of the trust.

4. Be The One Who Thinks Outside the Box

You want to be looking for solutions that other people haven't yet considered to issues that you're facing. If you want to expand your influence, you need to be the one who finds the solution to a current problem. When you're associated with solutions, people will start calling you to consult with you and use your help to resolve problems they're facing.

5. Accept Responsibility Personally

Accepting responsibility for your successes and your failures is another way that you're going to build trust within your community. Furthermore, giving credit when it's due or acknowledging others when things go as planned (for example, acknowledging the people you manage at work if your team completes a successful project) lets you expand your influence, as others will recognize your integrity in endorsing anyone else who has helped you succeed.

By recognizing other people's work as being good examples of the type of work that meets your standards and expectations, you're reinforcing what works and what's been done well. When one person feels valued and appreciated, others will want to feel that as well.

6. Have a Purpose & Serve

Why do you want to have influence over anything? What are you seeking to gain or achieve? Making efforts to expand your influence without having a clear goal will leave you (and those whom you want to influence) directionless. With a clear purpose in place, you can put your prestige to appropriate use, which will strengthen others' support for you.

You also want to have a healthy sense of enthusiasm about your purpose. When it's evident to others, your passion about your goals will be contagious, leading others to grow that same sense of excitement for the work you're doing. Enthusiastic people attract enthusiastic people. They stay surrounded by passionate people who will naturally expand their influence.

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7. Stay Focused

As you expand your Circle of Influence, you have to be increasingly intentional about the information you pay attention to—whether it's things you're hearing or reading about on the news or it's someone else's advice (solicited or unsolicited). Screen your sources, as not every piece of information you come across will be helpful or sent with good intentions.

Finally, stay focused by picking foods that fuel positive thinking. Nutrients like Vit D, B, C, Omegas, L-Theanine, Ashwaghandha, chromium, proteins are all part of fuelling our cells to perform optimally. We function based on how our cells are feeling.

As entrepreneurs and big thinkers, we must protect our energy and joie de vive. There are some key nutrients that support an entrepreneur's body. Without maintaining these key nutrients & healthy living holistic approaches to the day, an entrepreneur can feel burned out regularly. The biggest mistake that happens is adding extra pressure to conform to a new way of living/eating versus using healthy hacks to invigorate and fuel an entrepreneur's day.

Let's face it, an entrepreneur like you already knows how to live fully every day, it's in our blood to live each day to the max and on our own terms. It's why we love the entrepreneur lifestyle. So let's fuel your day properly. When you are at the top of the game, so is your business.

- 1-3 Arbonne Fit Chews
- 1 Arbonne Energy Fizz Stick
- ½ Arbonne Nutrition Bar
- 1oz raw or roasted almonds or cashews (no oil added)
- 1 green apple
- 1 c berries of your choice (strawberries, raspberries, blueberries, blackberries)
- ½ green apple with 1 teaspoon of almond butter
- ½ cup sliced cucumber (or another non-starchy veggie) with 1 tablespoon plain hummus)
- 1 hardboiled egg
- 1 protein Arbonne Protein Muffin (see recipes in resource guide)
- 2 small squares Arbonne Chocolate (recipe in resource guide)
- 1 Brown Rice Cake, ½ tbs. Almond butter & small handful raspberries

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Nutrients for an Entrepreneur

Our businesses are only as strong as we are. If we function our businesses daily without placing ourselves as the most important team member, eventually the chemicals that keep us going like adrenalin, cortisol & quick fixes like caffeine and sugar burden our systems. Entrepreneurs are famous for trading their *health for more Time & Money*. They would rather spend time on the business getting emails done, shipments sent, meeting with potential new clients, rebrand their business, eat from the window diet aka "the drive thru".

Eventually entrepreneurs will have to spend more time and money on their health and begin to see an effect on their bottom line of their businesses. It takes a focused & proactive approach to fuel a high level of passion for their profession. Time and Time again I have worked with entrepreneurs who reach the burn out point and feel exhausted, sluggish, lethargic and begin to feel the burden of their bodies telling them "NO MORE".

Other types of Fuel for Entrepreneurs

SLEEP hygiene is super important to health. Preparing for sleep starts before you place your head on the pillow. Begin to dim lights two hours before bed. Add a nice **essential oil blend** to a diffuser for calming our Central Nervous System and tension reducer: lavender, vetiver, valerian, Roman Chamomile, orange, sandalwood.

Sleep is super important for our bodies to reset overnight. Lack of sleep can be a health concern we don't tend to address as entrepreneurs, we have all heard someone say "i can't make money sleeping". First, you can, but that's another conversation and second, this is a tricky trade off to earn income by losing sleep, eventually it catches up with you.

Valerian Tea is another great addition to a night time routine. Used medicinally for years, Valerian root is used to improve sleep patterns, alleviate anxiety, promote relaxation in our system.

Slow release L-theanine can support an entrepreneurs brain when they suffer from the "zoomies". Sometimes it is hard to shut off the entrepreneur brain. They thrive on new ideas, excitement of the day and this can go on and on all night.