



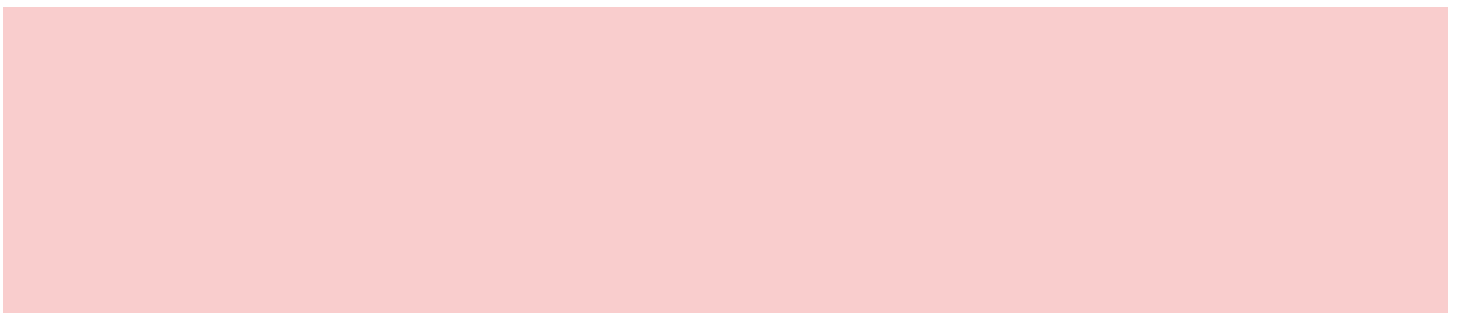
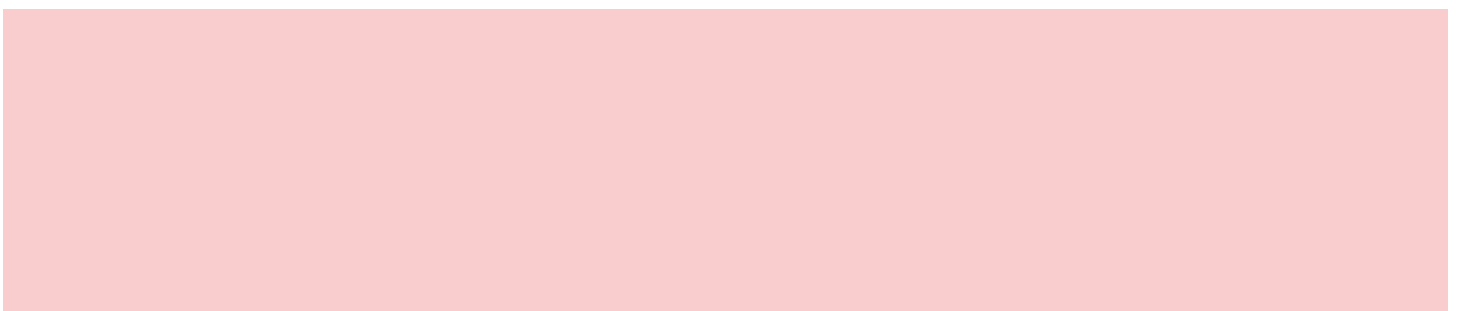
# blogosphere creative day

looking after your mind  
when running a creative  
business

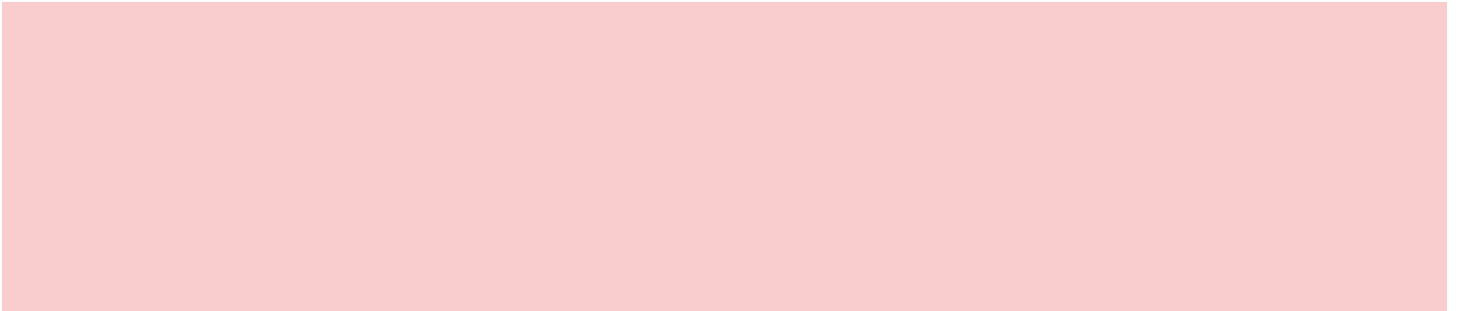
the  
**joyful  
coach**  
SOPHIE CLIFF

# prompts/activities

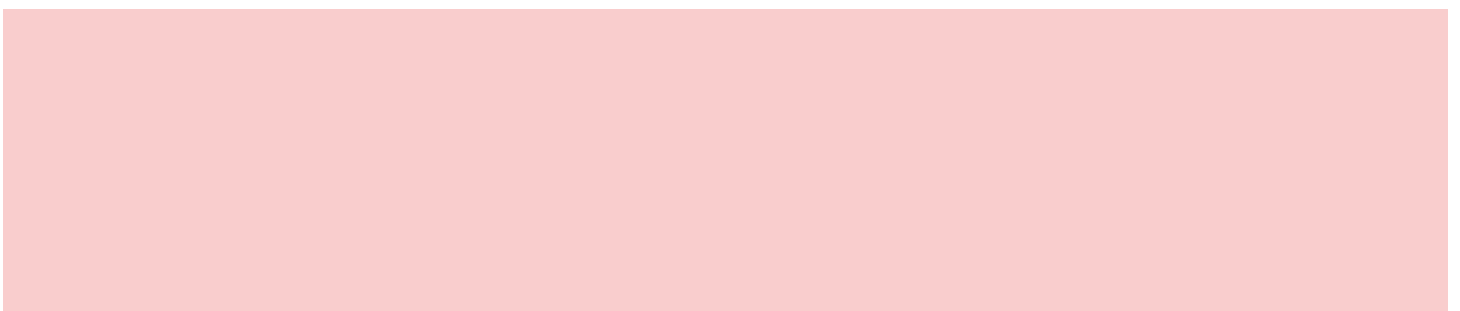
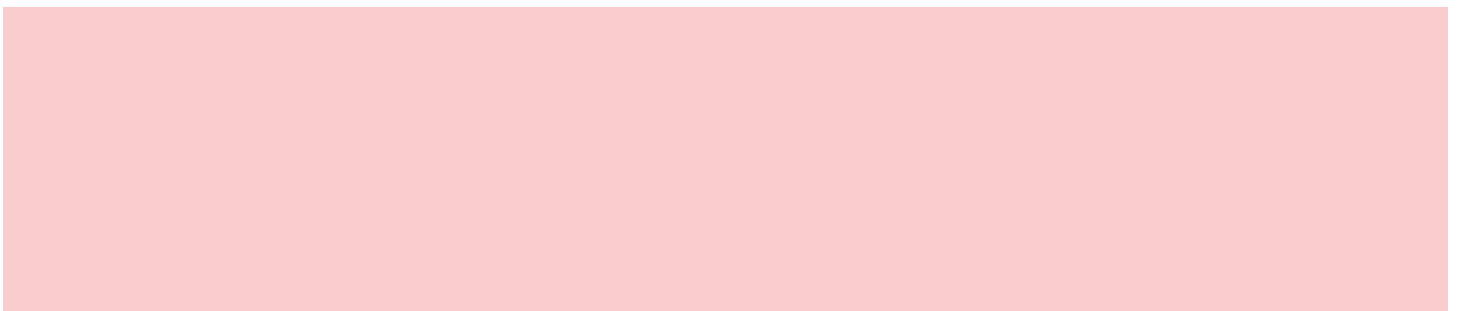
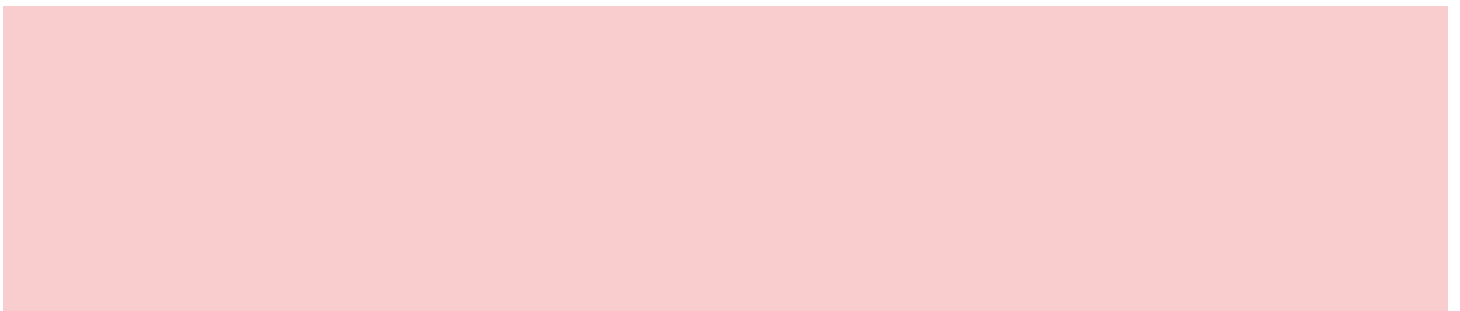
- 1) Take a blank piece of paper and make a list of all of the limiting beliefs or blocks that get in the way of you running your business in a joyful way.
- 2) Take that piece of paper and destroy it! Burn it, shred it, scrunch it in a ball and bin it - it doesn't matter, just get rid of it!
- 3) Now get another piece of paper or open your notebook and make a list of all the reasons why you can achieve what you want to achieve. List previous experiences, skills, your mindset, your support system, etc. This list might be harder to make but it's important to approach it with the same gusto as the previous list!
- 4) Make a list of your top 3 limiting beliefs below:

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# prompts/activities



5) Now write a positive affirmation to replace each of these beliefs and aim to practice them daily.



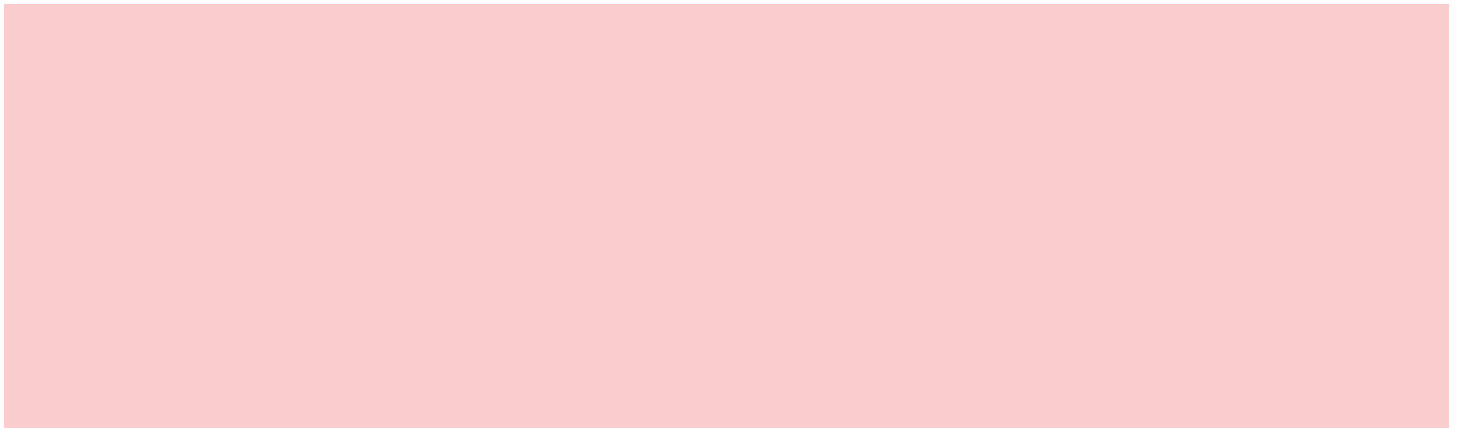
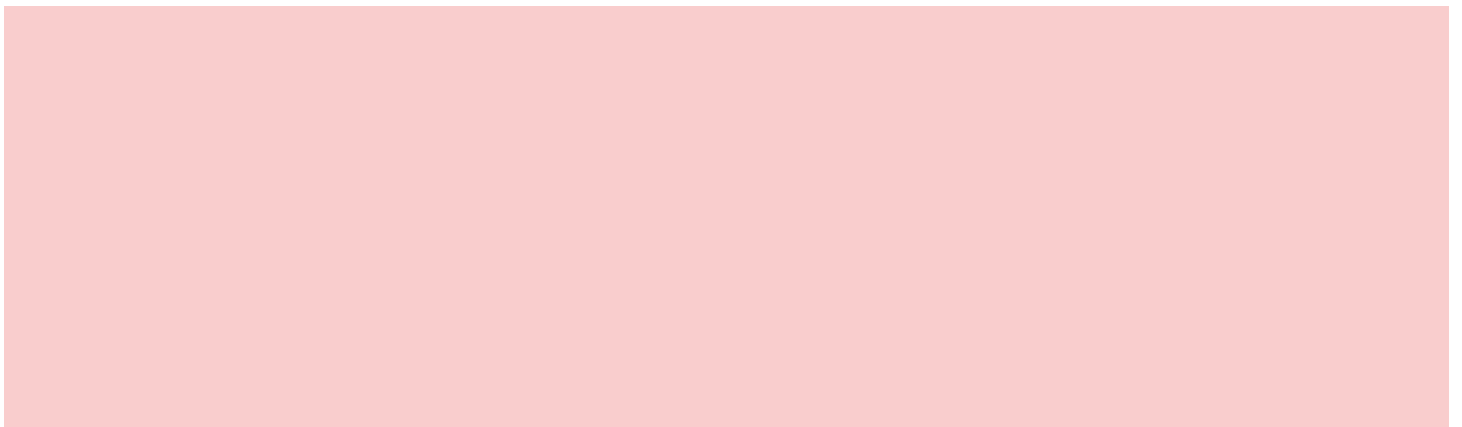
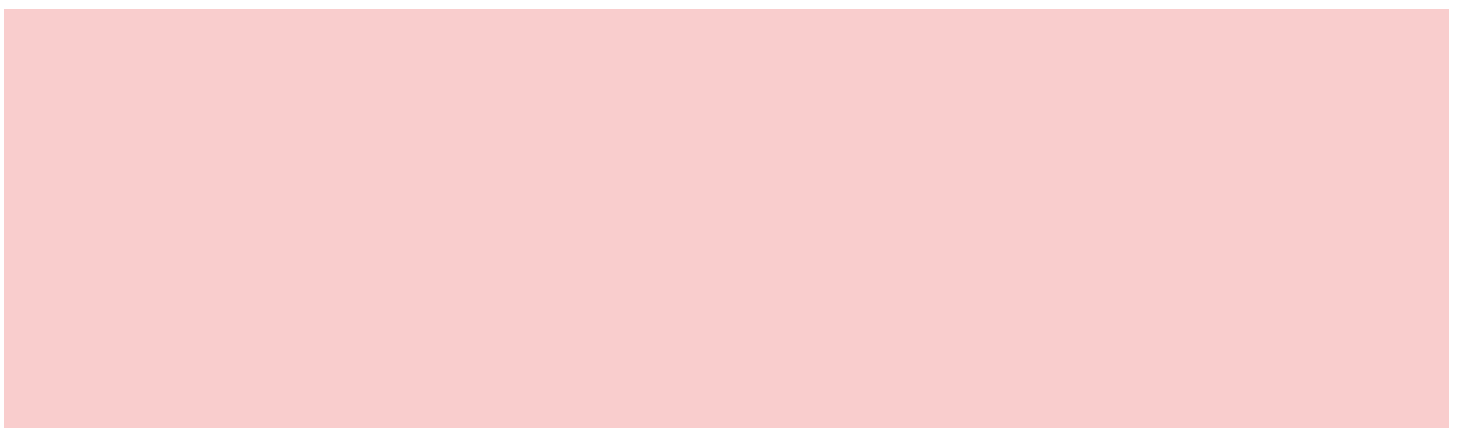
# prompts/activities

- 6) Start your own achievement log and set a reminder to update it regularly.
- 7) Spend some time thinking about how you want running your business to feel. What would an ideal week look like? What persona do you want to embody as a business owner? What do you want your business to support? Use the space below to jot down your thoughts.



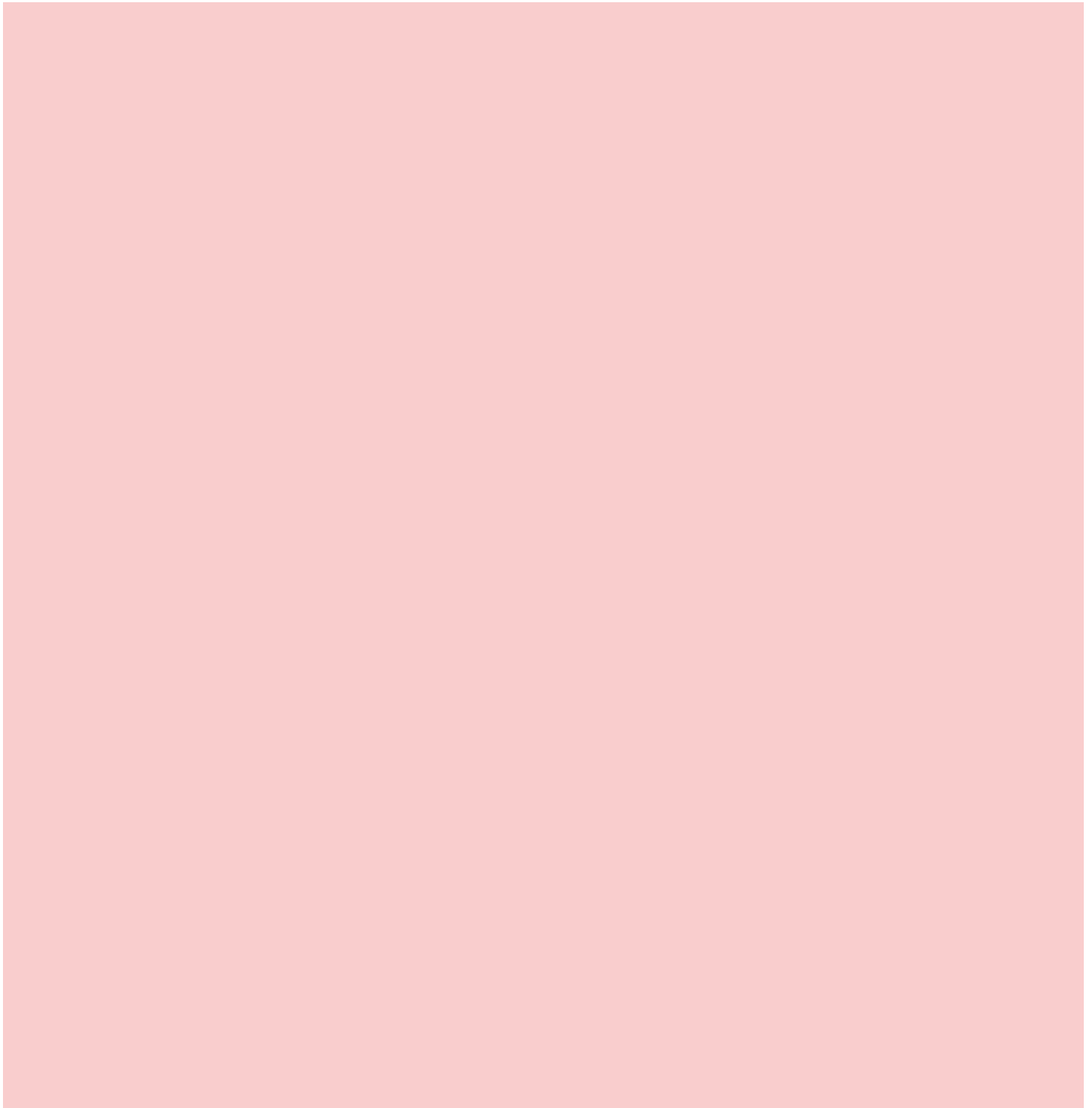
# prompts/activities

8) Once you have a strong vision of how you want your business to look and feel in the next 3-6 months, it's time to start setting some intentions to help you get there. What 3 intentions or focus areas will help you to make progress towards that vision in the next quarter?

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# prompts/activities

9) Make a list of the self-care habits that would help you to show up as a better business owner. How can you prioritise these habits?



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