

THE  
INSPIRED  
BUSINESS  
WOMAN'S

*Everyday Guide  
to staying  
grounded*

THE GOOD FEELING LIFE

### *As soon as possible in the morning*

acknowledge the day. Acknowledge what you are going to create in this day and express gratitude. Do this even in the washroom if you need to. Think about your business purpose and the impact you are meant to make in this world

### *Before you set out for travel*

pray for safety for all on the roads. Be in gratitude.

### *Before You Eat*

Take one second to acknowledge the energy that went into making that food and give thanks for the nourishment it will give your body. Think of the food making you healthier, more energetic and taken care of.

### *When you get to your office/workspace*

Give thanks for your creation - ask for guidance and inspiration. Ask for patience and clarity on how to be of service to the highest good

### *As you go about your day notice everything*

Notice what you love and want more of. From the sunshine on your face to the bus running on time. The dream client, the person who opens a door for you, the parking spot available, the laughter you have in your day, the sunset, the paycheck, the heat, the lights, the food on your plate. Be grateful for it ALL. Practice gratitude for everything you see or that happens that you want more of.

### *Notice Special Moments*

Did you give someone a gift they love? Did someone help you out? Do your kids have a moment of laughter? Did a client express gratitude or have progress? A kind gesture from a loved one? Was the perfect parking spot open for you? Did you go to buy something and you see it's on sale? Notice and LOVE everything. As you begin to see life as working for you, everything will start to feel and look more amazing.

### *Before you go to bed*

Use those last few moments intentionally. You can lay in bed and spend a moment thinking about your dream life; what you want, who is beside you, what house you are in, what city, how your business looks, the support you have, the growth you are embarking on. What is outside; is it forest or can you hear waves? Picture in your dream life what you are doing tomorrow, picture smiles and feelings of fulfillment. Picture joy and laughter. Picture abundance and see the result of the positive impact that you have on this planet. Picture yourself feeling loved and spreading love to others.

Enhance your results by making all spiritual practices and mindsets an every day thing.

Avoid any "shoulds" and make it a commitment to living in your highest self.

*I am grateful*

*I am remembering who I am.*

*I am patient with myself.*

*I am learning how to embrace my mind, body and spirit.*

*My business reflects who I am on the inside and my growth*

## LADY BOSS CARE PACKAGE

DON'T MISS THIS CARE PACKAGE SPECIFICALLY DESIGNED FOR THE LADY BOSS TO ENHANCE HER MIND, BODY & SOUL HEALTH

THE GOOD FEELING LIFE

Hi, I'm Talia and I serve inspired purpose-driven CEOs & business owning women who know they are here to make a massive impact in the world through the *Awakened Ambition Program*.

When we learn to serve ourselves first and have a high-level of self care, we can serve others more powerfully than ever before.

Stay inspired and in love with yourself because we need you - thank you for doing what you do.

Talia

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SPECIFICALLY DESIGNED FOR THE  
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IT INCLUDES:

- Healthy Lady Boss Checklist
- Eat The Rainbow PDF Book

## PLUS THEE PROFESSIONAL TRAININGS

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- How To Use Your Intuition In Your Business
- The Two Minute Miracle - *The Fastest Manifesting Technique To Create The Life & Business That You Are Meant For*
- Clear The Path - Removing Subconscious Blocks That Are Holding You Back

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