

the *Southern* **BUSINESS** **ACCELERATOR**

Module One

calling in the vision

BETHANY
BUBENZER





by design

IS ALWAYS BETTER THAN BY DEFAULT

by design

FROM YOUR HIGHEST SELF IS THE BEST DESIGN

You have the power to actively create your life and business. No one can make your mission come to life except YOU. Your unique vision, talents, and desires are a GIFT from SOURCE.

This worksheet serves to help you consciously identify the crucial elements of designing a business you LOVE and ensures your mission of bringing your unique MAGIC to the world becomes a reality.

Soulful Enhancement Suggestions

CRYSTAL: *amethyst*

Amethyst stimulates the third eye and all six “clairs” (or sensory gifts): clairvoyance, clairaudience, claircognizance, clairsentience, clairolfaction, and clairgustation. These are the terms to spiritually see, hear, know, sense, smell, and taste the truth. Use this crystal to call upon Divine Guidance and transform your reality.

AFFIRMATION

I create my reality. I can change my reality. I use my intuition and follow my hunches. I am aligned with higher wisdom. I pay attention to my dreams and easily interpret them.

(Source: The essential Guide to Crystals, Minerals, and Stones by Margaret Ann Lembo).

FOUR ESSENTIAL OILS THAT CAN STIMULATE CREATIVITY

- Lavender
- Tangerine
- Frankincense
- Peppermint

Phase One

your personal definition of business

HOW DO YOU DEFINE BUSINESS?

WHAT DOES IT MEAN FOR YOU?

HOW DO YOU WANT TO FEEL?

Take a few minutes to write your personal definition of business. Make it soulful, expressive, and fun! There are no limitations, no expectations, no boundaries. Lean in to what feels amazing versus what would look good.

Phase Two

calling in your Highest Self

Your Highest Self is an eternal, omnipotent, conscious, and intelligent being, who is one's real Self. This is your Soul consciousness. The piece of you that has all the answers to the deepest questions you've ever asked.

She is the piece of you without any Limiting Beliefs. She is the part of you who unwaivers in her belief about your capability. She acts as a spiritual guide, a compass, a leader.

No matter you have done or will ever do, your Highest Self loves you fully and unconditionally. She is always available to lead you back to the Light.

PAUSE HERE AND DO THE HIGHEST SELF MEDITATION

after

Take some time to write down in as much detail as possible what came to you during the meditation. Write from a place of sweetness and love. It doesn't have to look a certain way. Only answer the questions that feel authentic to answer. Add on as you see fit.

You cannot mess this up.

WHAT WAS SHE WEARING?

WHAT WAS SHE WEARING??

WAS THERE ANYTHING IN HER HANDS?

ON HER BACK? DOES SHE HAVE WINGS? A HALO?

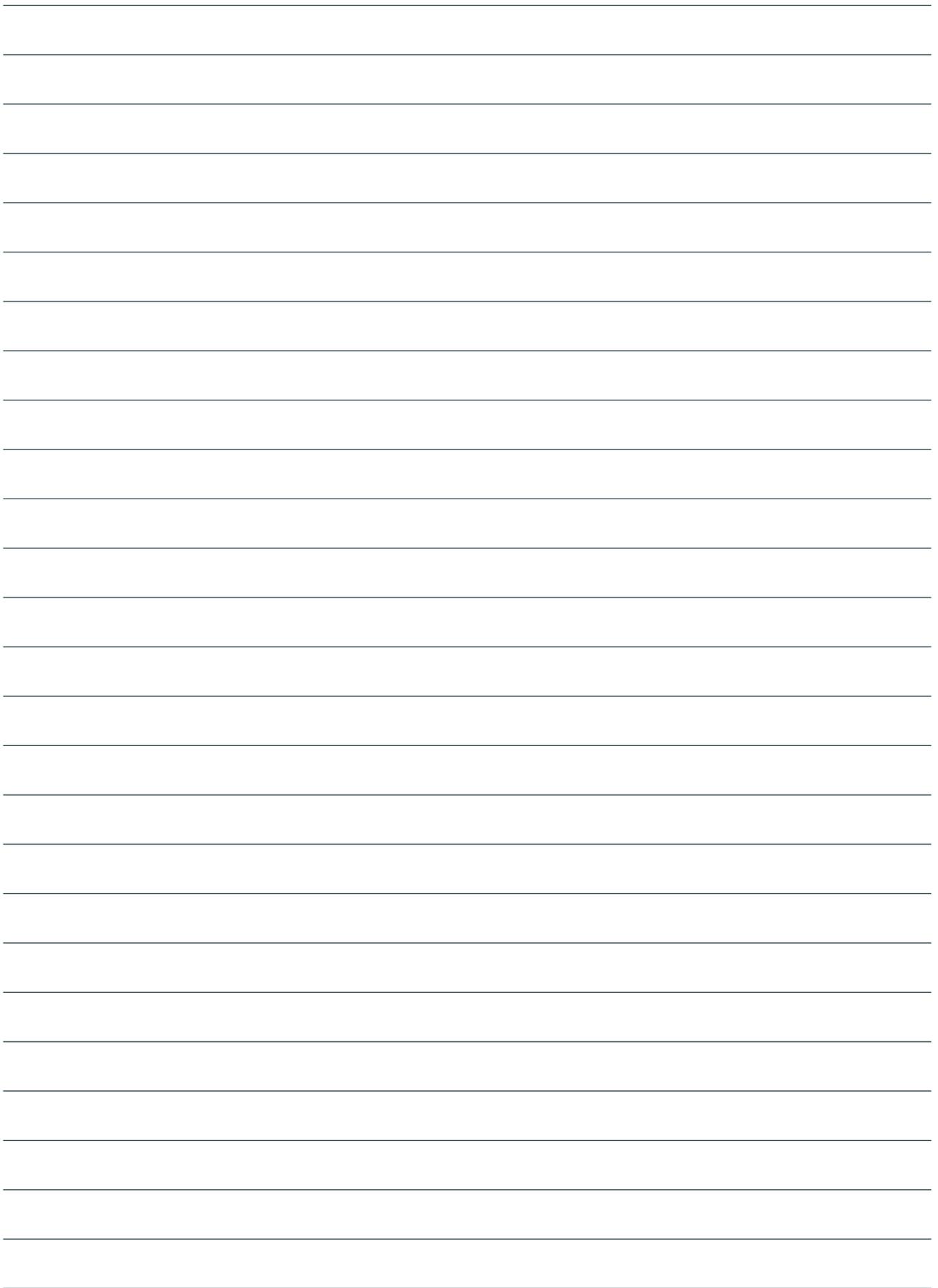
WHAT COLOR IS SHE?

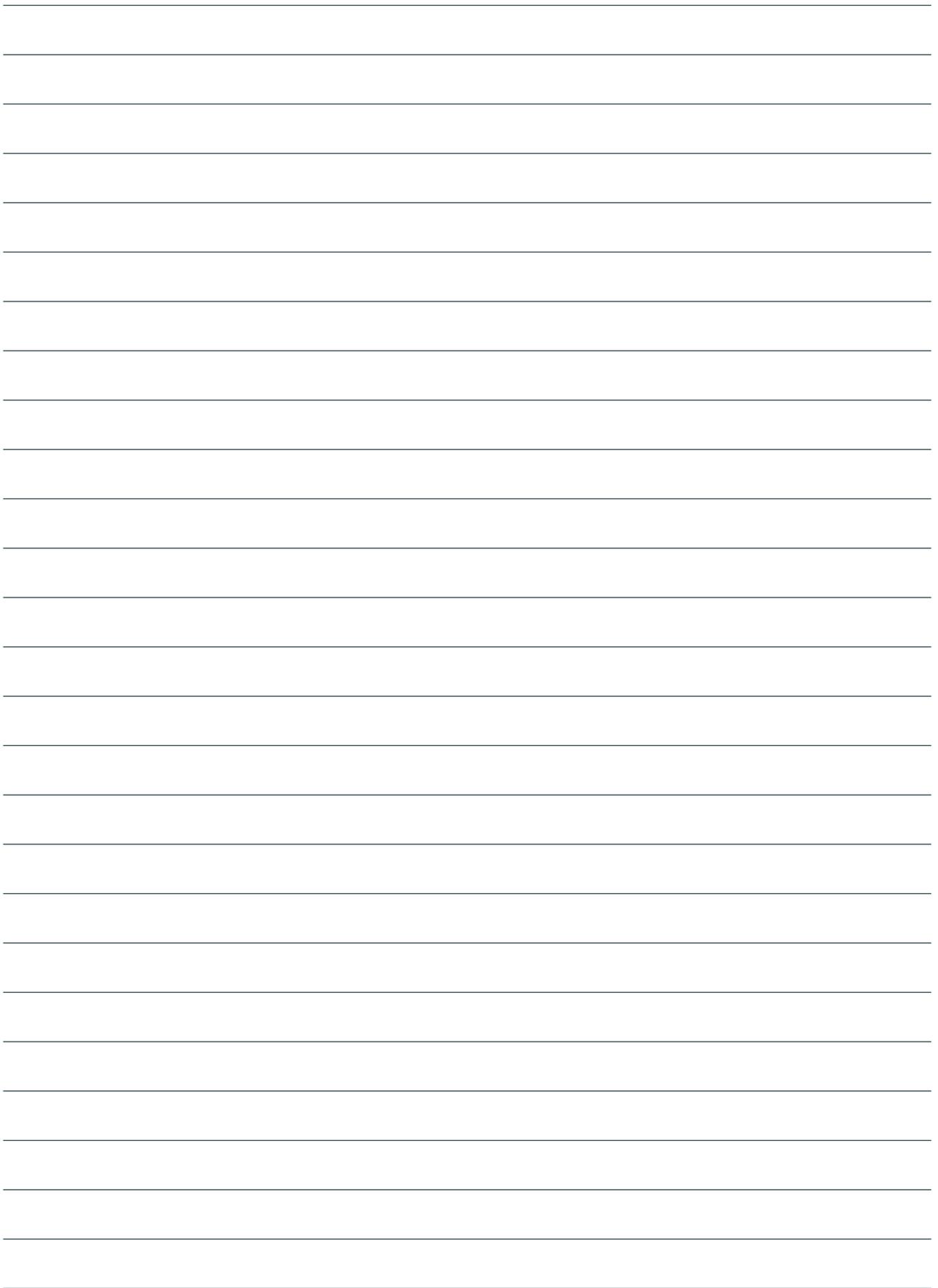
WHAT DID SHE REVEAL TO YOU?

DID SHE HAVE ANYTHING TO TELL YOU?

WHAT WAS THE ENVIRONMENT LIKE?

question
prompts





Phase Three

clarify the vision

Now it's time to tune into your Third Eye. Your third eye is another word for your imagination. It is here in this creative space that you gain access to deeper knowing, creative opportunities, and a deeper level of understanding about yourself, the world around you, and your gifts.

Imagination is one of the most powerful tools we have. We are always creating mentally whether we realize it or not.

Use this exercise to strengthen your imagination to create more of what you do want, in this case, the vision of your perfect day as you run your Soulfully Aligned Business.

PAUSE HERE AND DO THE THIRD EYE OPENING MEDITATION

after

Design your ideal work day in great detail. Don't worry about the how for now. Give yourself permission to lounge in possibility. Imagine the most delicious life for yourself. Only answer the questions that feel authentic to answer. Add on as you see fit.

WHERE DO YOU WAKE UP? WHAT DO YOU HEAR? WHAT DO YOU HAVE FOR BREAKFAST?

AT WHAT TIME DO YOU BEGIN WORKING? DO YOU WORK FROM HOME? AN OFFICE? THE BEACH?

WHERE DO YOU SERVE YOUR CLIENTS? IS IT AT YOUR BRICK AND MORTAR BUSINESS? ARE YOU MEETING IN PERSON? OVER ZOOM CONFERENCE CALLS? THE PHONE?

WHAT HAPPENS DURING THE SESSION? REMEMBER - NOTHING IS OFF LIMITS! WHAT TOOLS DO YOU HAVE AT YOUR DISPOSAL?

IMAGINE A NUMBER BEING DEPOSITED INTO YOUR BANK ACCOUNT AFTER YOUR SESSION. WHAT NUMBER LIGHTS YOU UP AND MAKES YOU FEEL WARM & TINGLY?

WHAT HAPPENS AFTER YOUR TIME TOGETHER WITH YOUR SOULMATE CLIENT?

WHERE DO YOU HAVE LUNCH? ALONE? WITH FRIENDS?

WHAT HAPPENS IN THE AFTERNOON? HOW LATE DO YOU WORK?

WHAT DO YOU HAVE FOR DINNER? DO YOU EXERCISE? ARE YOU OUTSIDE? INDOORS? AT A RESTAURANT?

No detail is too small. Write it all down as you see it. Allow yourself to daydream and truly milk your desires.

question
prompts

