

THE HEROINE'S JOURNEY

IN BUSINESS



1. Receive the Calling

She feels meant for more and is excited about a business of her own.

2. Resistance to Answering the call

She has doubts and does not know if her dreams are even possible.

3. Meeting the Mentor

Someone lights the way, and her vision becomes more compelling than her fear. She thinks, "If she can do it, so can I".

4. Decisive Action

She decides to go "All In", and commits to moving forward with her goal.

5. Supporters and Challengers

She finds some oppose her, do not believe in her, or do not support who she is becoming. She develops friendships with other visionaries.

6. Beginning of Difficulties

Things will not be as easy as she thought. Her problems need solutions.

7. Facing the Shadow Self

She comes face-to-face with the real problem--herself.

8. New Insight and Awareness

She faced her biggest fears and now trusts herself. She takes ownership of her journey to create her results. She is not going to let things stop her.

9. Seeing Tangible Results

She feels proud of the impact and income that comes from her effort.

10. Resistance to the work

She again has self-doubt and pulls back. "Will this always be this hard"?

11. Surrendering to Service of the Vision

She remembers and re-aligns to her vision. It is no longer about her.

12. Return with Wisdom

She sees that she is a powerful creator, and brings that wisdom to others.

13. Worthy Successful Confident Entrepreneur

Heroine's Journey Questions

Where are you in your journey right now? We continuously pass through the different parts of the Heroine's Journey. Journal about the different stages you have passed through, or are currently experiencing. You may not have an answer to every question.

1. Receiving the Calling: Who did you know you wanted a business of your own? Name the emotions you felt as you dreamed of your own business.

2. Resistance to Answering the call: How does your personal resistance to creating your business show up?

3. Meeting the Mentor: Who has mentored you? What qualities do you admire in them?

Heroine's Journey Questions

4. Decisive Action: What actions have you taken that have committed you to moving forward with your goal?

5. Supporters and Challengers: Who believes in you? Who makes you feel encouraged, strong, hopeful and capable? Who makes you feel "less than" and discouraged, criticizes you, and wants you to "be realistic"?

6. Beginning of Difficulties: What challenges have you already faced getting started on your journey? What is the next challenge that you are facing that needs a creative solution?

Heroine's Journey Questions

7. Facing the Shadow Self: We all have strengths and weaknesses, and usually our weaknesses are the flip side of our strengths. In what areas of your life do you get to grow to be able to reach your goals?

8. New Insight and Awareness: Where have you discovered you are strong? How do these strengths show up to help you move forward with your goals?

9. Seeing Tangible Results: What impact have you already seen (no matter how small) from your efforts? Have you seen financial income come in from your efforts?

Heroine's Journey Questions

10. Resistance to the Work: It is normal to feel discouraged. List any self-doubt thoughts that you have experienced. How do those make you feel?

11. Surrendering to the Service of the Vision: Re-remember. Why do you want a business of your own? Whose lives will you change and how? What is the cost to them if you do not move forward?

12. Return with Wisdom: What is the wisdom that you want to bring to others? Write it out in 1-2 sentences.

13. You are worthy right now. You are successful right now. You can claim your confidence in your ability right now. You are an Entrepreneur.