

2024

KICKSTART YOUR YEAR

A Mindfulness
Workbook
Designed for
Entrepreneurs!

SB

Sonia Byrne



INNOVATING THE NEW

Innovate The New

As you step into the new year, enjoy a mindful moment for just you and your business! The world has been a strange place for businesses. You are called to innovate like never before. Take a moment to reflect on the past, honour the present and embrace the new that 2024 brings. Create a comfortable space for this opportunity to consider your business. Grab a coffee. Settle in. This time is just for you!

Reflect on the Past

Gently close your eyes for 30 seconds to contemplate the good that has happened within your business in the past year. When you open your eyes, take note of the following:

The gift of 2023 for my business was

My greatest success in 2023 was

My biggest learning in 2023 was

Honour the Present

Gently close your eyes for up to 60 seconds to honour the present moment. When you open your eyes, take note of the following:

In this moment, I am most grateful for

The best thing that is happening right now is

The thing that needs my attention at this time is

Embrace The New

Gently close your eyes for up to 90 seconds to embrace the new that is unfolding for you in 2024. When you open your eyes, take note of the following:

I am looking forward to

I am focusing on

I am releasing

Take note here of anything else that came up in your experience of contemplation:

"Creativity is intelligence having fun."

Albert Einstein

Innovating Your Business in 2024

The practice of mindfulness invites us to both live fully present and to be joyfully open to all that comes our way. It is a collaboration of active and contemplative living. As you consider what is important for your business in the coming year, let's create a picture of the current state by indicating your level of satisfaction in each area. Select the appropriate number between 1 (low) and 10 (high) by circling that number.

Workspace Environment	1	2	3	4	5	6	7	8	9	10
Customer Satisfaction	1	2	3	4	5	6	7	8	9	10
Product/Service Offering	1	2	3	4	5	6	7	8	9	10
Employee Engagement	1	2	3	4	5	6	7	8	9	10
Administrative Processes	1	2	3	4	5	6	7	8	9	10
Policies & Procedures	1	2	3	4	5	6	7	8	9	10
Branding	1	2	3	4	5	6	7	8	9	10
Marketing Activity	1	2	3	4	5	6	7	8	9	10

Once completed, go back over the exercise and underline the number that represents your desired level of satisfaction. When you have finished, take a moment to make note:

What surprised you about your own indications of satisfaction in this activity?

What area(s) do you want to focus on in your business in 2024?

Moving into Action in 2024

In reviewing your answers, notice the area of your business that you feel most called to focus on in 2024. Close your eyes gently and consider the past, present and future experiences of this area.

Area of Focus	
Reflecting on the Past	What am I ready to release in this area of my business?
Honouring the Present	What has been the gift of my experience in this area?
Embracing the New	What am I ready to experience in my business?

What is my first step towards creating my desired experience in this area of my business?

Each new year brings with it the bright possibility of transformative innovation in your business. We wish you an abundant and prosperous year in your business. Know that we are here to support you in 2024 with business coaching, entrepreneur success circles, 21-day experiences of mindfulness and gratitude along with carefully curated event experiences for entrepreneurs to help your business thrive!

Please let us know what interests you at www.MindfulLeadershipForSuccess.com. We look forward to connecting with you! Happy New Year!



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