

Work It Out

THE BUSINESS, MONEY + SELF GUIDED WORKBOOK.

— Hello **you!**

I'm so excited for you to experience this process.

Before you get started, I wanted to explain a little bit about where this is all coming from and when to use it.

My first attempt at this business was such a doozy.

To put it simply, it was a thrilling saga of overextending myself, exhaustion, overworking, going broke (like the sort of broke where you don't know where your next meal was going to come from) and resenting myself & my work.

In 2018, I ended up throwing the towel in.

What I didn't realise until two years later, is that all I had to do was just release some old baggage and tweak my perception to one that supported me.

This workbook contains the tools that I used to get myself out of a rut, completely reset myself, and create the brand of my dreams charged with intention & authenticity.

Use this anytime. As many times as you need.

Whenever you're feeling lacklustre, unmotivated or blocked in your path, print this out again and do the work.

It'll release anything you need to get rid of and re-center you back into your power.

— Ready?

You'll want to print this one out - and I'll explain why later on.

Some of these prompts and questions are dead simple, while others will give you an urge to overthink.

When you're responding to the prompts, **just write**. Don't think.

The first things that come to mind are usually the most raw because they're coming directly from the subconscious mind.

This is where we tend to unintentionally f*ck ourselves into our funks. The subconscious mind is where we want to start rewriting and rewiring when things don't feel good.

We're diving into both business work and self-work. But don't be mistaken by this. The two of these are actually one.

There is always a person at the core of a business.

So when something is off with a business, it can always be drawn back to a funky belief, value, thought or energy that's found in the subconscious mind of the person behind it.

When I speak about you and the subconscious mind, I need to remind you that it's not to blame, shame or guilt yourself for what doesn't seem to be going your way.

The subconscious mind is like a sponge. It absorbs everything. Even what we don't always perceive in our conscious mind.

— Let's do this.

The only way out of a funk is to take accountability for your wellbeing.

And, you've already taken the first step towards that if you're reading this. I'm so proud of you!

You can space these tasks out over time, or you can sit and do this workbook in one chunk.

All that I ask is that before you begin, shut your eyes and take 7 deep breaths - holding your breath at the top for 5 seconds.

I want to hear all about how you go with this!

Once you're done, send me an email or a message me with your feedback.

I'd love to hear from you.

Enjoy!

A handwritten signature in black ink that reads "Sam x". The signature is written in a cursive, flowing style with a large initial 'S' and a small 'x' at the end.

Print the following pages,
or use a journal to respond
to the prompts.

What is the name of your business?

What does the name of your business represent, or mean to you?

What are the actions & tasks that your business does?

What are needs does your business meet for clients/customers?

In which ways are the actions, tasks and needs that you meet of high service to your consumers?

How would you describe your
business at it's highest &
greatest potential?

How do you want your consumers to feel when they interact with your business/brand?

And how does that feeling ripple
onto family & communities?

And how does that feeling
create impact for the greater
good of the world?

If there were no limitations or restrictions, how much money would you choose to generate through your business?

And how many hours/days
would you choose be working?

How would it feel if you were generating the amount of money that you chose, while only working the hours that you chose?

When you think of work, what emotions, thoughts, feelings, words and actions come to mind?

Which emotions, thoughts,
feelings, words and actions are
not for your highest & greatest
good?

When was the first time in your life that you felt those emotions, thoughts, feelings, words and actions that are not for your highest & greatest good?

What are your initial emotions, thoughts, feelings, words and actions when you think about money?

Which of those thoughts,
feelings, words and actions
surrounding money don't make
you feel good?

When was the first time in your life that you experienced those thoughts, feelings, words and actions?

Sidenote: The experiences may not directly involve money, and that's ok! The focus is only on the experience itself.

Choose how things work for you
surrounding money.
What are your new supporting
beliefs?

Choose how things work for you
surrounding work & business.
What are your new supporting
beliefs?

How does it feel for these new beliefs to be true to you?

Where in your business are you using force, pressure and/or control?

Where is force, pressure &
control not required or
necessary?

Why do you feel safer when using force, pressure & control?

How can you still feel those feelings of safety without using force, pressure & control?

Flame, mission & lift.

So, I was actually playing you a little bit.
But I promise it was for your highest of good!

If you didn't already notice, some of the pages from the previous prompts have either "**flame**", "**mission**" or "**lift**" on the bottom.

Flame is for you to burn.
That sh*t needs to go. Plus, it's feels really good.

Mission is your mission statement.
This is for you to re-read when you forget who the f*ck you are.
Put this somewhere you can see while you work.

Lift are your new mantras/affirmations.
Start the day with these, and end the day with these.
When you first wake up and when you're about to go to sleep is
when your brain is in a theta state.
It's the most effective time to re-write the subconscious mind.

So go on!

Burn your sh*t, read those mantras and come back to that
mission statement when you need a quick perk.

Meet me back here when you're done!

Let's get inspired.

Print these following pages out, or journal in your favourite notebook using the templates and prompts.

Set a timer for 2 minutes.

Close your eyes,
quieten the mind
and breathe deeply.

Ask yourself what your
next steps are.

Scribble down any inspired actions, thoughts, words or feelings that came to you from the previous exercise below.

Sort your scribbles into actions,
thoughts, words & emotions.

ACTIONS

THOUGHTS/WORDS

EMOTIONS

--	--	--

Write the next steps you're going to take toward your inspired actions.

Breakdown the emotions,
words & thoughts.
What are they telling you?
Use your instinct.

Create your action plan. What are all of your next steps?

Sidenote: Stay outside of your old mind traps and stay inside your new supportive beliefs. Remember, **you** get to decide how things work for you.

Time to take this
action plan **live**.

Log your 30-day progress,
and keep checking in.

Each row is designed for one inspired action.

Write your inspired action in the first column and then the steps you've taken towards your inspired action for that day in the second column.

In the third column, write out how you're feeling about it and then use the fourth column to filter out the resistance and funks.

Use the same rewriting process that we used for your funks around money, business and work. Burn the ones that don't feel good to you and create new ones that feel incredible.

Day #1

Action Plan.

INSPIRED ACTION	TODAY'S STEPS TAKEN TOWARDS INSPIRED ACTION	HOW DOES IT FEEL?	IS THERE ANY RESISTANCE THAT CAME UP?

Day #2

Action Plan.

INSPIRED ACTION	TODAY'S STEPS TAKEN TOWARDS INSPIRED ACTION	HOW DOES IT FEEL?	IS THERE ANY RESISTANCE THAT CAME UP?

Day #4

Action Plan.

INSPIRED ACTION	TODAY'S STEPS TAKEN TOWARDS INSPIRED ACTION	HOW DOES IT FEEL?	IS THERE ANY RESISTANCE THAT CAME UP?

Day #5

Action Plan.

INSPIRED ACTION	TODAY'S STEPS TAKEN TOWARDS INSPIRED ACTION	HOW DOES IT FEEL?	IS THERE ANY RESISTANCE THAT CAME UP?

Day #6

Action Plan.

INSPIRED ACTION	TODAY'S STEPS TAKEN TOWARDS INSPIRED ACTION	HOW DOES IT FEEL?	IS THERE ANY RESISTANCE THAT CAME UP?

Day #7

Action Plan.

INSPIRED ACTION	TODAY'S STEPS TAKEN TOWARDS INSPIRED ACTION	HOW DOES IT FEEL?	IS THERE ANY RESISTANCE THAT CAME UP?

Day #8

Action Plan.

INSPIRED ACTION	TODAY'S STEPS TAKEN TOWARDS INSPIRED ACTION	HOW DOES IT FEEL?	IS THERE ANY RESISTANCE THAT CAME UP?

Day #9

Action Plan.

INSPIRED ACTION	TODAY'S STEPS TAKEN TOWARDS INSPIRED ACTION	HOW DOES IT FEEL?	IS THERE ANY RESISTANCE THAT CAME UP?

Day #10

Action Plan.

INSPIRED ACTION	TODAY'S STEPS TAKEN TOWARDS INSPIRED ACTION	HOW DOES IT FEEL?	IS THERE ANY RESISTANCE THAT CAME UP?

Day #11

Action Plan.

INSPIRED ACTION	TODAY'S STEPS TAKEN TOWARDS INSPIRED ACTION	HOW DOES IT FEEL?	IS THERE ANY RESISTANCE THAT CAME UP?

Day #12

Action Plan.

INSPIRED ACTION	TODAY'S STEPS TAKEN TOWARDS INSPIRED ACTION	HOW DOES IT FEEL?	IS THERE ANY RESISTANCE THAT CAME UP?

Day #13

Action Plan.

INSPIRED ACTION	TODAY'S STEPS TAKEN TOWARDS INSPIRED ACTION	HOW DOES IT FEEL?	IS THERE ANY RESISTANCE THAT CAME UP?

Day #14

Action Plan.

INSPIRED ACTION	TODAY'S STEPS TAKEN TOWARDS INSPIRED ACTION	HOW DOES IT FEEL?	IS THERE ANY RESISTANCE THAT CAME UP?

Day #15

Action Plan.

INSPIRED ACTION	TODAY'S STEPS TAKEN TOWARDS INSPIRED ACTION	HOW DOES IT FEEL?	IS THERE ANY RESISTANCE THAT CAME UP?

Day #16

Action Plan.

INSPIRED ACTION	TODAY'S STEPS TAKEN TOWARDS INSPIRED ACTION	HOW DOES IT FEEL?	IS THERE ANY RESISTANCE THAT CAME UP?

Day #17

Action Plan.

INSPIRED ACTION	TODAY'S STEPS TAKEN TOWARDS INSPIRED ACTION	HOW DOES IT FEEL?	IS THERE ANY RESISTANCE THAT CAME UP?

Day #18

Action Plan.

INSPIRED ACTION	TODAY'S STEPS TAKEN TOWARDS INSPIRED ACTION	HOW DOES IT FEEL?	IS THERE ANY RESISTANCE THAT CAME UP?

Day #19

Action Plan.

INSPIRED ACTION	TODAY'S STEPS TAKEN TOWARDS INSPIRED ACTION	HOW DOES IT FEEL?	IS THERE ANY RESISTANCE THAT CAME UP?

Day #21

Action Plan.

INSPIRED ACTION	TODAY'S STEPS TAKEN TOWARDS INSPIRED ACTION	HOW DOES IT FEEL?	IS THERE ANY RESISTANCE THAT CAME UP?

Day #22

Action Plan.

INSPIRED ACTION	TODAY'S STEPS TAKEN TOWARDS INSPIRED ACTION	HOW DOES IT FEEL?	IS THERE ANY RESISTANCE THAT CAME UP?

Day #23

Action Plan.

INSPIRED ACTION	TODAY'S STEPS TAKEN TOWARDS INSPIRED ACTION	HOW DOES IT FEEL?	IS THERE ANY RESISTANCE THAT CAME UP?

Day #24

Action Plan.

INSPIRED ACTION	TODAY'S STEPS TAKEN TOWARDS INSPIRED ACTION	HOW DOES IT FEEL?	IS THERE ANY RESISTANCE THAT CAME UP?

Day #25

Action Plan.

INSPIRED ACTION	TODAY'S STEPS TAKEN TOWARDS INSPIRED ACTION	HOW DOES IT FEEL?	IS THERE ANY RESISTANCE THAT CAME UP?

Day #26

Action Plan.

INSPIRED ACTION	TODAY'S STEPS TAKEN TOWARDS INSPIRED ACTION	HOW DOES IT FEEL?	IS THERE ANY RESISTANCE THAT CAME UP?

Day #27

Action Plan.

INSPIRED ACTION	TODAY'S STEPS TAKEN TOWARDS INSPIRED ACTION	HOW DOES IT FEEL?	IS THERE ANY RESISTANCE THAT CAME UP?

Day #28

Action Plan.

INSPIRED ACTION	TODAY'S STEPS TAKEN TOWARDS INSPIRED ACTION	HOW DOES IT FEEL?	IS THERE ANY RESISTANCE THAT CAME UP?

Day #29

Action Plan.

INSPIRED ACTION	TODAY'S STEPS TAKEN TOWARDS INSPIRED ACTION	HOW DOES IT FEEL?	IS THERE ANY RESISTANCE THAT CAME UP?

Day #30

Action Plan.

INSPIRED ACTION	TODAY'S STEPS TAKEN TOWARDS INSPIRED ACTION	HOW DOES IT FEEL?	IS THERE ANY RESISTANCE THAT CAME UP?

About Sam Aaron.

I'm the CEO & Head Designer of Sam Aaron Creative.
I'm a completely self-taught digital designer, educator and nomad. I've been travelling around the world for almost 2 years now and don't plan to stop anytime soon!

After a lot of trial & error and hours staring at a computer screen, I designed and developed my first website when I was 10 years old. It wasn't until I booked my first professional design client at 12 years old that I realised the impact design has on a business.

After collaborating with over 50+ clients as a freelancer, I decided to make it official and launch Sam Aaron Creative in April 2020.

I love that feeling of turning something into **something**.

It's a big milestone for any business owner, and it's so much fun for me to share that feeling over and over again.

I do what I do, sell what I sell and live how I live to create an overwhelming sense of ease.

The digital part of business is never meant to feel like an obligation, and I love to keep it that way. I'm always learning the easier, simpler & more effortless way of being online.

It is one of my passions to create that ease for anyone that I have the pleasure of working with.

www.samaaroncreative.com

hello@samaaroncreative.com

[@samaaroncreative](#)

WORK IT OUT
THE BUSINESS, MONEY + SELF GUIDED WORKBOOK.