

HerBusiness®

GROWTH GUIDE

OCTOBER 2020

What's Inside

YOU FOCUSED

This month it is all about you, your mindset, your confidence and self-care.

OCTOBER EVENTS

All your upcoming events inside.

TOP CHOICES

Recommended podcasts, webinars and free downloads.

30-DAY YOU GROWTH ZONE CHALLENGE

Join me for our 30-Day Journaling Challenge. Or, choose your own YOU project for October.



Welcome

This month we focus on the YOU Growth Zone.

Many of us are so busy with work and family and looking after our team and our clients that we can often be in last place on the list when it comes to getting the input and support we need.

I've come to see that finding a way to make sure you're looking after yourself and giving yourself the support you need is crucial to growing a sustainable business and a business and life that you love.

This Growth Zone is a game-changer. I look forward to exploring it with you.

Here's to doing what you love,

Suzi

October's Featured HerBusiness Growth Zone™



You

"Success is not just the result of what you're doing. It's who you are being."

You are such an important asset to your business.

To keep the business growing YOU need to keep growing - and on multiple levels - your mindset, your skill set and you need to take care of yourself, too.

Your business can only expand to the level of expansion you have achieved as a leader and as an individual.

That's what I've found, most definitely, in my businesses Every time I've been stuck I've come back to working on myself.

And I know that can be difficult when there are so many demands on your time. But I want to encourage you to prioritise this Growth Zone.

It's truly one of the best things you can do for yourself and your business.

October **HerBusiness** Event Calendar

1 October HerBusiness Roundtable

12 October HerBusiness LIVE*

13 October The Mastermind Experience*

21 October Mastermind Q&A Call*

29 October Monthly RoundUp

All events open to all HerBusiness Network members excluding those marked with * which are for members subscribed to those programs.

30-DAY CHALLENGE

The October YOU Challenge

Ready to get more results?
JOIN THE 30-DAY YOU CHALLENGE.

How to Join the Challenge

Choose your YOU challenge activity and declare it in the Facebook Group.

OPTION 1

30 Days of Journaling

Get daily guided prompts from Suzi and explore blocks and limiting beliefs. Gain a great sense of self-awareness. Spend 10-15 minutes a day reflecting, dreaming, envisioning the business and the life you want.

OPTION 2

30-Days of YOU Zone Focus

Design your own goals for focusing on YOU — your health and wellbeing, mindfulness, designing a more ideal business, reaching out for support or reducing stress.

Check page 4 for some suggestions.

Choose Your Challenge Activity

Complete the worksheet on Page 5 to set your Goals.

Use the Tracker on Page 6 to note the activities that you complete as you complete them.

YOUR QUESTIONS

What if I can't do something every day?

That's fine. Just cross out the days in your tracker that you will not be taking action. Set yourself up for success.

What if I miss a day?

That's fine. Pick up again the next day. Try not to miss two consecutive days that you've allocated to this project.

WE HAVE PREPARED BONUS RESOURCES AND WORKSHEETS FOR YOU.

GOT QUESTIONS?

Post to the [Facebook Group](#) using **#youchallenge** to help us find your post.

Your October Inspiration & Growth

YOU Resources



LISTEN:

Take a listen to these YOU-focused podcasts.

- [Work Less, Make More](#)
- [How to Create Anything In Your Business without Burnout](#)
- [Meant for More](#)
- [Passion to Purpose](#)
- [The Art of Business: Creating a Business More Like You](#)
- [Become a Super Attractor](#)

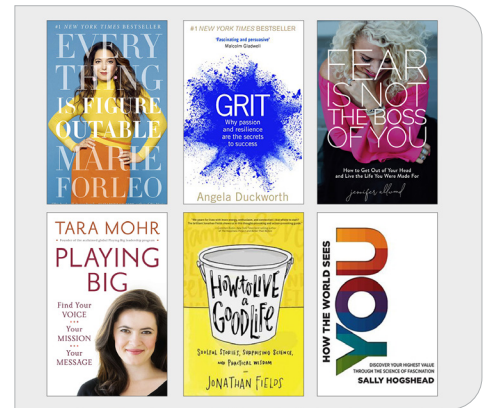
Listen

WATCH:

Take a look at some of our favourite YOU-focused webinars.

- [How the World Sees You](#)
- [Everything is Figureoutable](#)
- [Doing Work that Makes You Come Alive](#)
- [Fear is Not the Boss of You](#)
- [Grit: The Power of Passion and Perseverance](#)
- [Playing Big](#)

Watch



My Breakthrough Growth Plan™
Your 8-Step Plan for Creating Breakthrough Growth in Your Business.

DOWNLOAD:

Grab your free YOU Worksheets and Cheat Sheets.

- [Bonus Breakthrough Plan](#)
- [How to Live More On Purpose Worksheet](#)
- [Get Past Self-Imposed Limitations Worksheet](#)
- [Get Known Worksheet](#)
- [Breaking Through eBook](#)

Download

READ:

Your next BOOK CLUB book is its way to you this month.

We're keeping the details under wraps right now.

But we know you're going to love it. Check out this question that the author poses in the book...

"What's the one thing I can do that will make the biggest difference, give me the most freedom and really move the needle for me today?"

Read





You



October is the Time to Focus on YOU

Below are some thought starters. Pick and choose any that would take you out of your comfort zone and have you reaching higher. Choose your own adventure. Go to page 5 to plan your YOU Focus.

- Start a health/fitness habit
- Reward yourself with a facial/massage
- Raise your prices (if that scares you)
- Create a vision board
- Put yourself forward for a PR opportunity
- Volunteer for a speaking engagement
- Get a mentor or coach
- Read a self-help book
- Get help with an emotional issue
- Act on an intuitive impulse (your heart's desire)
- Take a yoga class (online is fine!)
- Start a hobby you've been thinking about
- Reconnect with someone
- Do your first Facebook or Instagram LIVE
- Start a gratitude journal
- Meet at least one new person each week
- Notice negative internal dialogue and reach for a better-feeling thought
- Create a healthier end of day routine
- Create a healthier morning routine

The list is kind of endless when it comes to YOU. Choose your activity and turn to page 5.

Upcoming Events



HER[®] BUSINESS LIVE
online

HURRY!
Doors Close Soon

Keynote Speakers
Workshops
Networking
Connections

CLAIM YOUR FREE TICKET AND A BONUS TICKET FOR A FRIEND



Join Us at The Mastermind Experience!


MASTERMIND EXPERIENCE

HOW TO GET CLARITY AND FINALLY HAVE A MARKETING PLAN THAT WILL GROW YOUR BUSINESS!

Even if You've Struggled To Get Clients or to Take a More "Strategic Approach" in the Past

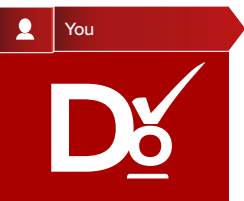



ONLINE • 13 and 27 October and 10 November
9.30am - 1.30pm AEDT

EMAIL US TO LEARN MORE

Includes Exclusive Online Participants Group and Weekly Check-Ins





My 30-Day YOU Project Plan

My vision over the next 12 months for this Growth Zone

The YOU project or activity that I will work on THIS month

Remember to align your activities with your strategic objectives and long-term goals.

Why this YOU project is important to my business

How I will measure this project's success

What are the specific numbers and details that you'd like to achieve?

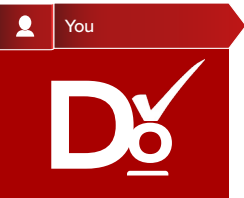
My Action Plan

For the next 30 days, I will take these actions to move closer to my goals.

Resources I will need in order to implement my Action Plan

Notes

POST A PHOTO OF THIS PAGE TO THE MEMBERS GROUP AND SHARE YOUR GOALS.



October 2020 YOU Project Tracker

MY CHALLENGE: **30 Days of Journaling** **30 Days of YOU Focus**

Make a note of the Challenge Activity or Project tasks that you complete each day.

Date	Activity	Date	Activity
1 Oct		17 Oct	
2 Oct		18 Oct	
3 Oct		19 Oct	
4 Oct		20 Oct	
5 Oct		21 Oct	
6 Oct		22 Oct	
7 Oct		23 Oct	
8 Oct		24 Oct	
9 Oct		25 Oct	
10 Oct		26 Oct	
11 Oct		27 Oct	
12 Oct		28 Oct	
13 Oct		29 Oct	
14 Oct		30 Oct	
15 Oct		31 Oct	
16 Oct			

Post a photo of your YOU Project Tracker in the Facebook group EVERY FRIDAY on the dedicated post along with your updates. #youchallenge **The check-in days are highlighted in the calendar above.**

My October Results:

Good Luck. We can't wait to see your results!

