

HerBusiness®

GROWTH GUIDE

MARCH 2021

What's Inside

YOU FOCUSED

This month it is all about you, your mindset, your confidence and self-care. It's all about the inner game of business.

MARCH EVENTS

All your upcoming events inside.

TOP CHOICES

Recommended podcasts, webinars and free downloads.

MARCH YOU GROWTH ZONE CHALLENGE

Join me for our March YOU Challenge. Choose how you'll make progress in this part of your business.



Welcome

This month we focus on the **YOU** Growth Zone®. This Growth Zone is the real game-changer. And that's because you can have so many other zones working wonderfully, but if you:

- Feel exhausted or resentful or lacking clarity
- Find yourself hitting upper limits in your thinking
- Experience feelings of the Imposter Syndrome
- Feel knocked around by the last twelve months and that's impacted your confidence

... all that flows into your business and impacts your results.

Every time I've been stuck, I've come back to working on myself.

And, that focus on me (or YOU) is what gets us unstuck and gives us momentum.

Here's to doing what you love,

Suzi

March's Featured HerBusiness Growth Zone®



You

The YOU Growth Zone is particularly important for women business owners to really focus on.

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.

We're excited to help you make progress with YOU this month.

REMEMBER

This is a guide. Choose the tasks and focuses that suit YOUR business.



March **HerBusiness** Event Calendar

3 Mar.....Mastermind Q&A Call*

4 Mar.....Monthly Roundtable

8 - 14 MarGet New Clients Coaching Week

25 Mar.....Monthly RoundUp

30 Mar.....Masterclass: Set Yourself up for Outsourcing Success - with Kristy Smith

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

Check the Facebook Group for links.

MARCH
CHALLENGE

The March YOU Challenge

Ready to get more results?

JOIN THE MARCH YOU GROWTH ZONE CHALLENGE.

How to Join the Challenge

On page 4 is a list of YOU Growth Zone® activities that you can choose to complete, or make progress on, during March.

RESOURCES

See page 3 for ideas of what you can listen to, watch, download and/or read to build your knowledge and skills in the You Growth Zone®.

ACCOUNTABILITY

Each week, there will be a weekly check-in post in the Member Facebook Group.

Some weeks you'll make great progress, and other weeks may be a little slower.

That's okay.

The aim of the game is to make some progress this month as it relates to your mindset, confidence, grit and ability to manage your mood and outlook as you make progress in your business.

Choose Your Challenge Activity

1. Complete the worksheet on Page 5 to set your goals.
2. Use the Tracker on Page 6 to note the activities that you complete as you complete them.

THE GOAL

The goal is to choose what YOU want to work on. You don't need to listen to, read, watch and download ALL the resources, only those that are relevant to the few things that you'll do this month to make progress in the YOU Growth Zone.

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 too many consecutive days that you've allocated to this project.

GOT QUESTIONS?

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

Your March Inspiration & Growth YOU Resources

Here is a selection of resources from the HerBusiness Hub. Choose the item(s) that suit your stage of business, and your goals. **HINT:** You don't have to do them all. In fact you shouldn't. Just choose what seems best suited to moving you forward.



LISTEN:

Take a listen to these YOU-focused podcasts.

- [A Case of the 'I Don't Want Tos'](#)
- [Everything is Figureoutable – With Marie Forleo](#)
- [The Clear Week](#)
- [The Energy That Makes Things Happen](#)
- [Sit Your Butt Down on a Chair and Get Unstuck](#)

Listen

WATCH:

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

- [Beat The Imposter Syndrome with Confident Action](#)
- [Fix This Next : Make the Vital Change That Will Level Up Your Business](#)
- [Creating Defining Moments](#)
- [Get over perfectionism. Embrace the flow of the Chillpreneur](#)
- [Creating the Money, Business and Life You Want by Doing Less](#)
- [Grit: The Power of Passion and Perseverance with Angela Duckworth](#)



DOWNLOAD:

Grab your free YOU Worksheets and Cheat Sheets.

- [5 Ways to Outsmart Imposter Syndrome and Create Your Dream Business](#)
- [My Breakthrough Growth Plan - You](#)
- [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 on its way to you VERY soon. (Yippee!)
We're keeping the details under wraps right now.
It's a beauty.
And, we know you're going to love it.



REMEMBER: Choose just the items that will help with your current YOU Growth Zone goals. Turn to Page 5 to note what you'll watch, listen to, download or read, and when.



You



March is the Time to Focus on YOU

Below are some thought starters. Pick and choose any activities that would take you out of your comfort zone and have you reaching higher. Choose your own adventure.

- [Do the 30 Days of Journaling Challenge](#)
- Set a health/fitness goal (and start)
- Reward yourself with a facial/massage
- Take a day off midweek (yikes)
- Put yourself forward for a PR opportunity
- Do one thing that inspires you, daily
- Get a mentor or coach
- Read my Book Club book
- Get help with an emotional issue
- Act on an intuitive impulse
- Ask for a referral (you deserve it)
- Speak to (___) new people about your business
- Start a fun hobby
- Approach a potential strategic alliance
- Do (___) Facebook or Instagram LIVES during March
- Start a gratitude journal
- Reach out to 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
- Other _____

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

CELEBRATING 1 MILLION DOWNLOADS



SUBSCRIBE



SUBSCRIBE



SUBSCRIBE

Coming Soon!

Your next Book Club book (we're keeping it a surprise)



Watch your mailbox over the coming weeks



My March 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 month, 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.

March 2021 YOU Project Tracker

Make a note of the YOU Growth Zone projects and tasks that you work on each day.

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

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 March Results:

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