



TRANSFORMATIONAL BUSINESS COACHING

*for*

PURPOSE-BASED SPIRITUAL ENTREPRENEURS

Book your FREE Biz Breakthrough Session here: [bit.ly/callbethw](https://bit.ly/callbethw)

[www.BethAWeinstein.com](http://www.BethAWeinstein.com)

[Beth@BethAWeinstein.com](mailto:Beth@BethAWeinstein.com)

*“If you do not change direction, you may end up where you are heading” — Lao Tzu*



**My Simple, Step-by-step Process to  
Release Your Fears,  
Stop Your Procrastination +  
Start Taking ACTIONS  
to Build Your Soul-Fulfilling  
Dream Business, Now!**

*(So you can help people, create freedom and profit from your purpose!)*

# DOES ANY OF THIS SOUND LIKE YOU?

## YOU...

- want to follow your heart, but not sure how you can make a living from it.
- are unsure how to start, or what to do next.
- have a lot to offer, but you're getting nowhere!
- are afraid, feel you aren't "ready" or aren't good enough.
- are totally stuck! You procrastinate and can't seem to focus.
- know you have a deeper purpose, want freedom and want to make good money with your gifts & services!

**I FEEL YOU.**

**I KNOW *EXACTLY* WHERE YOU'RE AT. . .**

**(I WAS ONCE THERE TOO!!)**

## BEFORE...

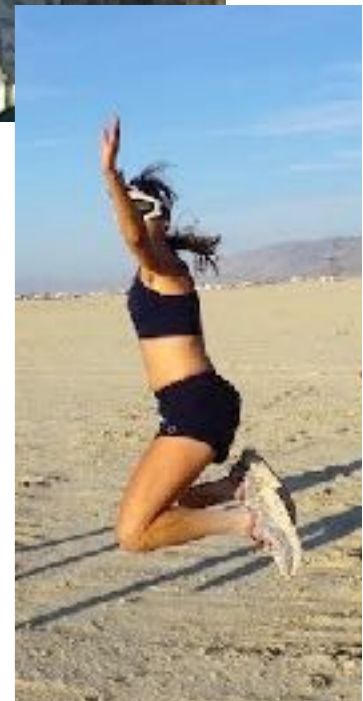
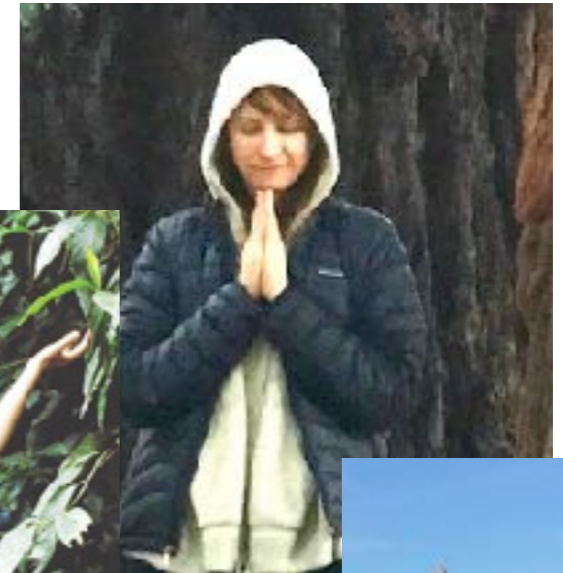
- Miserable. Unhappy.
- Afraid to follow my dreams
- Unfulfilled by career
- Scared. Stressed, Anxious
- Wanted more meaningful work & life
- Craved freedom to work when, where & how I wanted!



# MY STORY

## AFTER

- Left career
- Helped launch & grow startups
- Founded 3 of my own businesses (lifelong dream)
- Started coaching to help others bring their dreams to life
- Way more happy, calm & more successful!
- FREEDOM! (Vipassana, jungle, Burning Man, etc)



# MY STORY

## LEARNED THE HARD WAY..

Waited on my dreams  
Didn't follow heart/intuition  
Fears took over  
Tried to be perfect  
Wasted time, procrastinated  
Made bad decisions  
Wasted money  
Attached to outcomes  
No self care  
Stress + anxiety  
Did it all alone

## AND I LEARNED A LOT...!

Listened to my heart  
Overcame fears  
Opened up to my network  
Built my personal brand  
Started my business  
Hired a coach & got help  
Invested \$ into biz/self  
Created & executed a plan  
Open to change  
Grew exponentially  
Learned *very fast*

***...UNTL I LEARNED!***

# A DELICATE BALANCE

“masculine”

“feminine”



**MIND**

**MASSIVE ACTION**

**PLANNING**

**STRUCTURE**

**FOCUS**

**DIRECT**

**RISK-TAKING**

**ASSERTIVENESS**

**DISCIPLINE**

**HEART**

**SURRENDER**

**INTUITION**

**CREATIVITY**

**FLEXIBLE**

**RELEASE**

**TRUST**

**COLLABORATION**

**OPENNESS**

Most of all...let go of attachments to “knowing” ... and *enjoy the journey!*

# THIS IS FOR YOU IF:

- You're ready to bring your gifts to the world
- You don't know what to do first, or next
- You want accountability to get sh\*t done
- You're ready to create a real business
- You want freedom to work on your own terms
- You're ready to shift your life to the next level
- You're ready to shift the lives of others!



# HOW TO BUILD YOUR DREAM BUSINESS:

## (1) FOCUS/AWARENESS



## (2) ACTIONS



LET GO OF:  
KNOWING  
PERFECTION  
OUTCOMES  
FEARS  
TIME

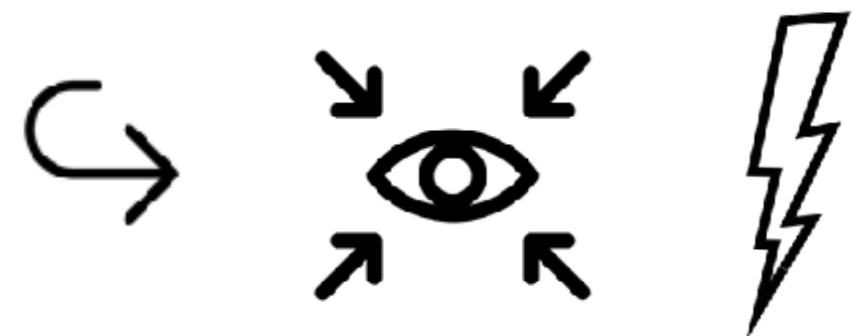
STAY IN:  
LOVE  
JOY  
FUN  
PURPOSE  
HEART  
WHY

## (3) FORGIVE

procrastination, inaction,  
mistakes



(4) go back to  
**FOCUS & ACTION**



# (1) GET PAST ALL YOUR FEARS

## **MEDITATE:**

- Start sitting quietly for 5-10 mins/day. Build to 20-30 mins/day.
- Notice shifts in your life, anxiety levels, synchronicities, and other changes.

## **VISUALIZE THE FUTURE & YOUR WHY:**

- Practice visualizations of you, your future business, your WHY, your goals and life. Do this daily.

## **WRITE IT DOWN:**

- Brain dump! Write for 7-20 mins a day each day before or after you meditate.
- Pay attention to your clarity, mind, anxiety, creativity, and overall day.

## **GET INTO ABUNDANCE MINDSET:**

- Write down 10-20 things you are grateful for. FEEL the gratitude and appreciation.
- Recognize the energy of money, thank it for being in your life and supporting you.

## **CONNECT WITH HUMANS:**

- Tell 5-10 people/week about your business/business idea. Share yourself openly and honestly.
- Connect and talk with at least 5 new people a week for 5-20 mins each. Aim for 10 people!

# (1) GET PAST ALL YOUR FEARS — NOTES & RESOURCES

**MEDITATE:** Meditation is a science-backed proven method to calm your monkey-fear-based thinking mind. I could talk for hours about this, but Google “[entrepreneurs mediation\\*](#)” and see for yourself. It’s proven science. Try it for 40 days and prove it to yourself. Here are some [f.r.e.e. meditations](#) I like.

**VISUALIZATION:** Connect to your heart and desires, and *feel* into the future successful YOU that you want. “Fake it ’til you make it” actually works. Do [creative visualization](#) for your goals. *FEEL* what it’s like to have your dream business. Listen to Oprah’s story about this [here](#).

**WRITE IT ALL DOWN:** Get your thoughts, visions, fears, hopes, dreams *all* out of your head and onto paper...PEN and PAPER. There is a scientific reason [writing works...neuroscience](#), baby! [Writing](#) it down gets “stuff” out of your head and makes space for clarity and new ideas, which leads to actions and results.

**GRATITUDE = ABUNDANCE VS. SCARCITY:** Write and *feel* grateful for all the abundance in the world, and all you have. This gets you *out* of scarcity and *into* abundance. If you’re *super* freaked out by money, do even MORE of this!

**SMALL STEPS, SMALL ACTIONS:** Taking even just a *tiny* step every day will quiet your fears and build confidence. Take a *first* small step. Then another, and another. This builds momentum and gets you excited and inspired!

**CONNECTION:** This goes for *anyone* whether you’re still unclear as to what you want, or if you’re a seasoned entrepreneur. Connection is the most valuable currency there is. This is how you form business partnerships, get clients, build networks, find resources, get investors, sell to customers, make friends and get bigger support networks.

## (2) STOP PROCRASTINATING

### **AWARENESS OF PROCRASTINATION & YOUR NEGATIVE FEELINGS:**

- Pay attention and be aware to how you procrastinate...
- Be aware of how you stop, freeze, give up, shut down, do other things to distract you, do less important things on your to do list, clean, eat, shop, etc.

### **PUT SYSTEMS INTO PLACE TO KEEP YOU FOCUSED & ON TRACK:**

- Remove social media and other distractions from your phone and computer.
- Disable automatic log-ins, and create annoying passwords to log into social and email.
- Schedule set times to do distractions and similar activities.

### **FORGIVE YOURSELF & MOVE ON:**

- Constantly notice and then forgive yourself for procrastination and any mistakes.
- Stop beating yourself up. It's counterproductive...you could be doing better things with that energy!
- Upward spiral vs. downward spiral: see how you send yourself into a downward when you beat yourself up; see how forgiveness sends you up in a more positive direction.

### **STAY CONNECTED TO YOUR VISIONS AND WHY:**

- Remind yourself of your future visions and goals in mind as much as possible...it keeps you in *action* for FUTURE results vs. procrastination because you want instant gratification.

## (2) STOP PROCRASTINATING — NOTES & RESOURCES

### **AWARENESS OF CAUSE OF YOUR PROCRASTINATION INACTION & NEGATIVE FEELINGS:**

The most common cause of procrastination is feeling fear, worries, overwhelm, and the illusion of feeling “stuck”. All this causes you to shut down and/or distract yourself from the work you really need (and want!) to do. This is where meditation comes in. When you meditate, you become more aware of yourself and your thoughts...awareness makes it easy to catch yourself procrastinating.

### **PUT SYSTEMS INTO PLACE TO KEEP YOU FOCUSED & ON TRACK:**

Avoid/control your social media intake and notifications. Use tools to control your distractions; make it hard to log-in to apps, email, etc. Shut down your computer at a specific time. Remove the FB newsfeed. Quit watching TV. Quit reading online “clickbait”.

### **FORGIVE YOURSELF & RECOGNIZE YOUR “SABOTEURS”:**

When you dwell on or shame yourself for your procrastination (or mistakes), you are *still* procrastinating and getting less done - when you could just be moving forward! The quicker you forgive and move on, the more productive you will be. You'll also be much happier! [This is my favorite book](#) for learning how we sabotage ourselves.

# (3) START & CONTINUE DOING

## **WRITE A HAND WRITTEN TO DO LIST:**

- Write down *everything* you think you need to do, even if you don't know what you're doing, don't know how, or don't know the order.
- Don't go more than 7-10 days without re-writing this list.

## **STAY IN ACTION - TAKE SMALL STEPS:**

- Take action...ANY action! Just DO something, anything. Follow your joy, follow what feels good.
- Do not worry about the result. Do not be concerned about “perfection” (which is an illusion).

## **CONNECT WITH HUMANS:**

- Tell 5-10 people/week about your business/business idea. Share yourself openly and honestly.
- Connect and talk with at least 5 new people a week for 5-20 mins each. Aim for 10 people!

## **NOTICE HOW ACTIONS MAKE YOU FEEL:**

- Pay close attention to how taking small actions make you FEEL...the more you FEEL GOOD about the small actions, the more actions you will continue to take. The actions add up to massive results!

## **GET ACCOUNTABLE:**

- Having a coach is the most effective, cheapest and quickest way to produce tangible, lasting results. (I say cheapest because learning from someone else the right way will SAVE you money in the end!) When you have *big things* at stake - scheduled calls, limited time, your money, and someone checking on you - you produce results that you want.
- Connect with other entrepreneurs doing similar things as you.

# (3) START & CONTINUE DOING — NOTES & RESOURCES

## **WRITE A HAND WRITTEN TO DO LIST:**

Buy these [notebooks](#)! Get nice pens. I use these [calendars](#) for planning 3-month to do's.

## **STAY IN ACTION - TAKE SMALL STEPS:**

Follow joy, fun, love, and do what feels good. *Ideas:* Talk to new people. Start a blog. Give you services out. Join networking groups. Volunteer. Go to events. Put on an event. Connect with others. Join a [Facebook group](#). Ask for help and feedback.

Put yourself out there with NO ATTACHMENT. Let go of the need to “get it right” - this is an illusion...everything is *always* changing, there is no “right time” besides NOW. There is no “right anything” besides what exists as is in this present moment.

## **NOTICE HOW ACTIONS MAKE YOU FEEL:**

How does it feel when you take action? Keep track - write it down.

## **GET ACCOUNTABLE:**

Hire a coach to hold you accountable, give you action plans, and accountability timeline/dates. [Here's a great coach](#). :)

# GET ACCOUNTABLE

*(a free gift!)*

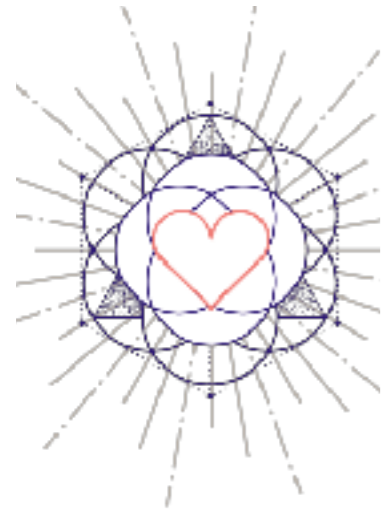
- \* I only work with people who are ready to transform their business, career and life.
- \* I do NOT want you to buy anything today....let's get on a call to see if we're a good fit.

**[CLICK HERE](#) to book your**  
***FREE* Business Breakthrough Session:**  
**[bit.ly/callbethw](http://bit.ly/callbethw)**

Or email me: [Beth@BethAWeinstein.com](mailto:Beth@BethAWeinstein.com)



GET ACCOUNTABLE

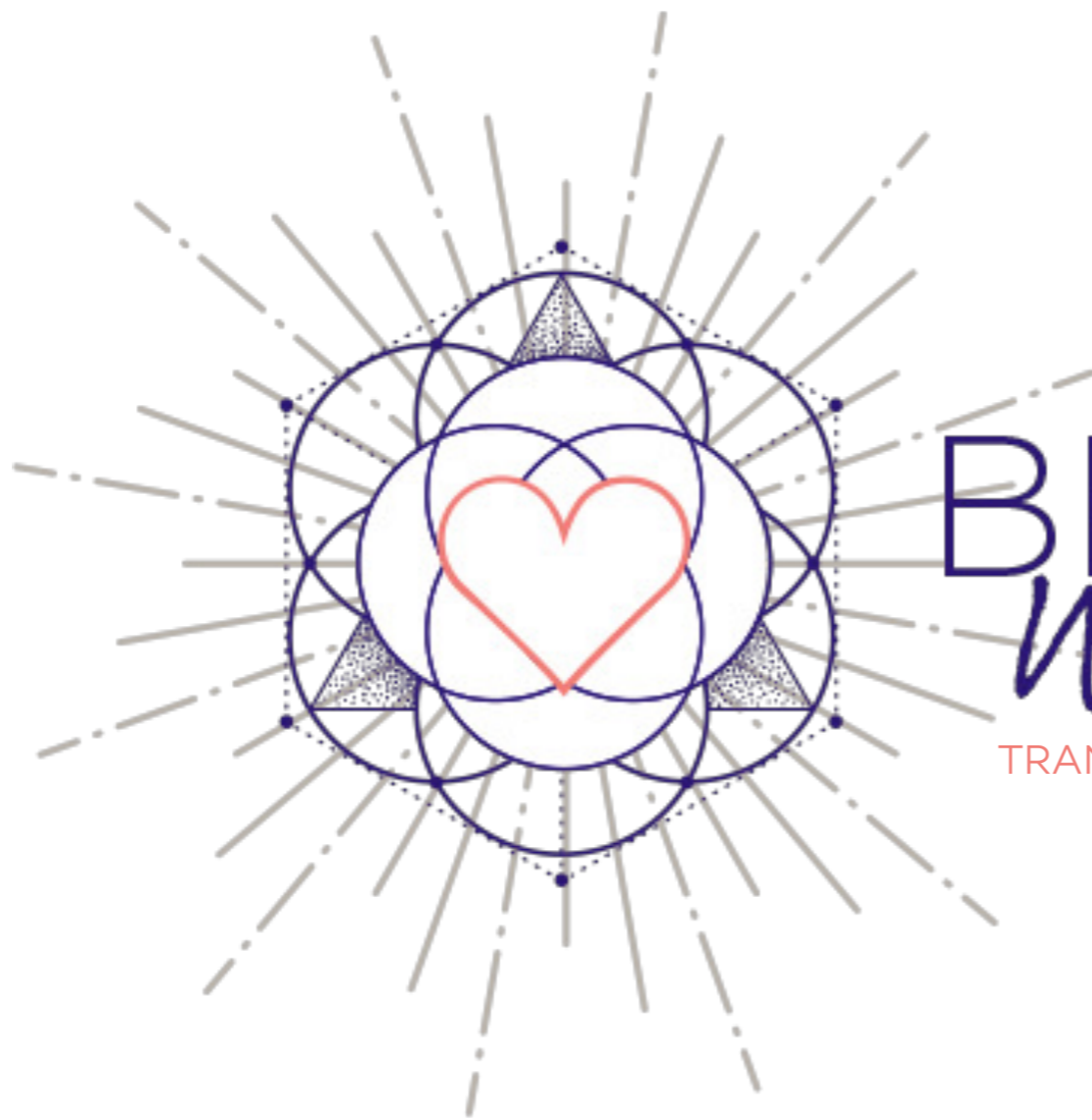


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SPIRITUAL BUSINESS COACHING PROGRAM

*doors are open NOW!*

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BETH A.  
*Weinstein*  
TRANSFORMATIONAL BUSINESS COACH

[www.BethAWeinstein.com](http://www.BethAWeinstein.com)

[beth@BethAWeinstein.com](mailto:beth@BethAWeinstein.com)

[Facebook.com/bethw.nyc](https://www.facebook.com/bethw.nyc)

[Facebook.com/bethweinsteinbiz](https://www.facebook.com/bethweinsteinbiz)

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