worksheet

A STEP-BY-STEP GUIDE

Embracing the Heart of the How

kalika

www.kalika.com

> **Wherever you go, go with all your heart.**
>
> **– Confucius**

This worksheet is designed to help you cultivate a heart-centered approach in your entrepreneurial journey, where passion, kindness, and authenticity are at the core of everything you do. By infusing your actions with heart, you can create a business that not only thrives but also reflects your values and positively impacts others.

Step 1: Discover Your Heart-Centered Vision

What are the values and passions that drive you as an entrepreneur?

How can you align your business goals with your authentic self?

What positive impact do you want to make through your entrepreneurial journey?

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Step 2: Infuse Your Actions with Heart

Which small, often mundane tasks make up your daily business routine?

How can you approach each task with intention, kindness, and purpose?

What specific actions or changes can you make to bring more heart into each task?

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Step 3: Cultivate Mindfulness and Presence

How can you embrace the power of the present moment in your entrepreneurial journey?

What practices or techniques can you incorporate to cultivate mindfulness and presence?

How does being fully present enhance your ability to infuse your actions with heart and create meaningful connections?

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Step 4: Nurture Self-Compassion and Resilience

How do you currently respond to challenges and setbacks in your entrepreneurial journey?

How can you bring more kindness and self-compassion to your self-talk during difficult times?

What self-care practices, gratitude exercises, or support systems can enhance your resilience?

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Step 5: Share Your Heart-Centered Story

What experiences, lessons, and values have shaped your entrepreneurial path?

How can you authentically share your heart-centered story with your audience and stakeholders?

What channels and opportunities can you leverage to share your story and inspire others?

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Step 6: Evaluate and Adjust

How will you assess your progress in embracing the heart of the how?

What impact have your heart-centered actions had on your business and personal fulfillment?

How can you continuously align your actions with your values and purpose as you grow and evolve?

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Embrace the power of the heart in your entrepreneurial journey, and let it be the compass that leads you to create a business and life that aligns with your truest self.

Take the time to complete this worksheet, reflecting on each question and allowing your heart to guide you towards a more meaningful and authentic entrepreneurial journey.

Recommended Book:

"The Wise Heart: A Guide to the Universal Teachings of Buddhist Psychology" by Jack Kornfield