Worksheet:

# Building Your Invincible Summer

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This worksheet is a practical guide to reconnect with your purpose, build resilience, and clarify your focus. Take a moment to go through these exercises to set your intentions and keep that inner strength alive.

# Worksheet Steps

## 1. Define Your "Why"

- Write down your reason for starting your business and what impact you want to make.
- List three core values that guide your decisions.

## 2. Set Immediate Goals

- Identify two achievable goals for the next three months.
- Outline three action steps for each goal to keep progress tangible.

## 3. Strengthen Your Support System

- List three people you can turn to for advice or encouragement.
- Reach out to one of them this week to share your goals.

## 4. Evaluate Your Flexibility

- Identify one area in your business that could benefit from a new approach.
- Make a plan to try out this fresh perspective.

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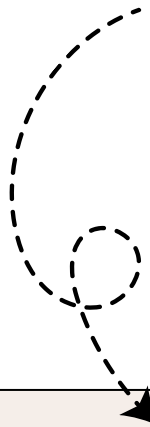
## 5. Create a Self-Care Habit

- Choose a self-care practice you can incorporate daily.
- Commit to it for a week, and note how it impacts your energy and focus.

## 6. Celebrate a Recent Success

- Reflect on a recent accomplishment, even a small one.
- Write down why it matters to you and how it contributes to your overall vision.



These steps are here to help you reconnect with your purpose and feel more grounded in your path. Remember, growth is a series of small, consistent actions.

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“Success is not final, failure is not fatal: It is the courage to continue that counts”

— Winston Churchill