

Embrace Yourself

STOP WORRYING WHAT PEOPLE WILL THINK
AND START SHOWING UP IN YOUR BUSINESS

ABOUT THE AUTHOR



*Hello, I'm
Christa!*

I help coaches, consultants, healers and other online service providers grow soul fulfilling and profitable businesses through aligned business strategy, offer creation, and digital marketing.

It's my goal to help as many creative and heart centered entrepreneurs make clear business decisions that grow their business with ease.

Work with Me

If you're a spiritual or purpose led entrepreneur, don't ever let anyone make you feel bad for wanting to earn a bigger income and focus on the practical side of running, building, and scaling a business. It's required to create the impact you are here to create in the world. AND you CAN do it in a way that feels good to you and your soul. The more successful you and your business are, the more positive change you can create in the world. Contact me at christa@christapotter.com to get started.

STOP WORRYING WHAT PEOPLE WILL THINK AND START SHOWING UP IN YOUR BUSINESS WITH THESE PROMPTS

What parts of yourself do you edit depending on who's around?

Why?

How does this present itself in your business?

Do you tend to get tongue-tied when attempting to show up in your business out of fear of talking too much, saying the wrong thing, or not knowing what to say at all?

STOP WORRYING WHAT PEOPLE WILL THINK AND START SHOWING UP IN YOUR BUSINESS WITH THESE PROMPTS

What masks do you wear in your business and everyday life?

What do you fear (or hope) might happen if you took off the mask?

What are the things I truly enjoy doing in my business?

Do you tend to get tongue-tied out of fear, talk too much, or say the wrong thing?

STOP WORRYING WHAT PEOPLE WILL THINK AND START SHOWING UP IN YOUR BUSINESS WITH THESE PROMPTS

What fears and resistance comes up when you think about being more visible and even more successful in your business?

How are these fears holding you back? Where are you still hiding?

What is it costing you to hold back in this way?

What can you do right now to choose to move through the fear and own the power you have to create impact and success as an entrepreneur?

STOP WORRYING WHAT PEOPLE WILL THINK AND START SHOWING UP IN YOUR BUSINESS WITH THESE PROMPTS

How is perfectionism impacting you and your business?

Where can I create systems, automations, or hire out the things that are taking my time and energy away from what's truly important to me and my business growth.

Where can you choose done over perfect in your business right now. (Done will ALWAYS be better than perfect. You could spend years seeking unattainable perfection and never make progress. Or you can choose to get it done and continue improving over time if you choose to.)

STOP WORRYING WHAT PEOPLE WILL THINK AND START SHOWING UP IN YOUR BUSINESS WITH THESE PROMPTS

In order to impact people positively you have to be willing to risk impacting people negatively. It's not even a question of risk. Through showing up in a way that will impact people positively it will absolutely, without a doubt, receive a negative response and have a negative impact on some people. It's simply not possible to please everyone. Can you be OK with that and EMBRACE it?

What commitments will you make to yourself right now to begin connecting more with your audience?

