

Inspiration
Journal

reflect · listen · envision · connect · aspire · prepare · SOAR

TRUST YOUR
HEART.
(It already
knows the way)

♥ MAKE YOUR LIFE AN
INSPIRED JOURNEY !!

Reflect (and Release!)

Lessons learned this year...

- ♡ I realized how much I cared about...
- ♡ I feel more like myself in these ways...
- ♡ I now believe...
- ♡ I understand why...

Releasing what no longer served me...

- ♡ This year, I will let go of my belief that...
- ♡ This year, I will release these harmful habits...
- ♡ This year, I will remember that...
- ♡ This year, I will stop feeling...
- ♡ This year, I am leaving behind...

M. Sherrin Hernandez



Listen

What are the ways
I want to FEEL
this year? Why am
I craving these
feelings?

Who is the
person I want
to BE? What
does he/she/they
value or prioritize?

What do I must
want to DO this
year? What is
ONE thing that
would make this
year EXTRAORDINARY?

What is
it time
for?

Envision

BE

DO

HAVE

Do you believe in your dreams enough to bring them to life?

Your Joy is worthy of your attention.

M. Shannon Hernandez

Connect

Connect to the
Soul Purpose of your
business.

Where do I feel...

the need to
create
community?
♡

I need to ask
for help?
♡

I'm not living
up to my full
potential?
♡

energized and
alive?
♡

the need to
set stronger
boundaries?
♡

Supported?
♡

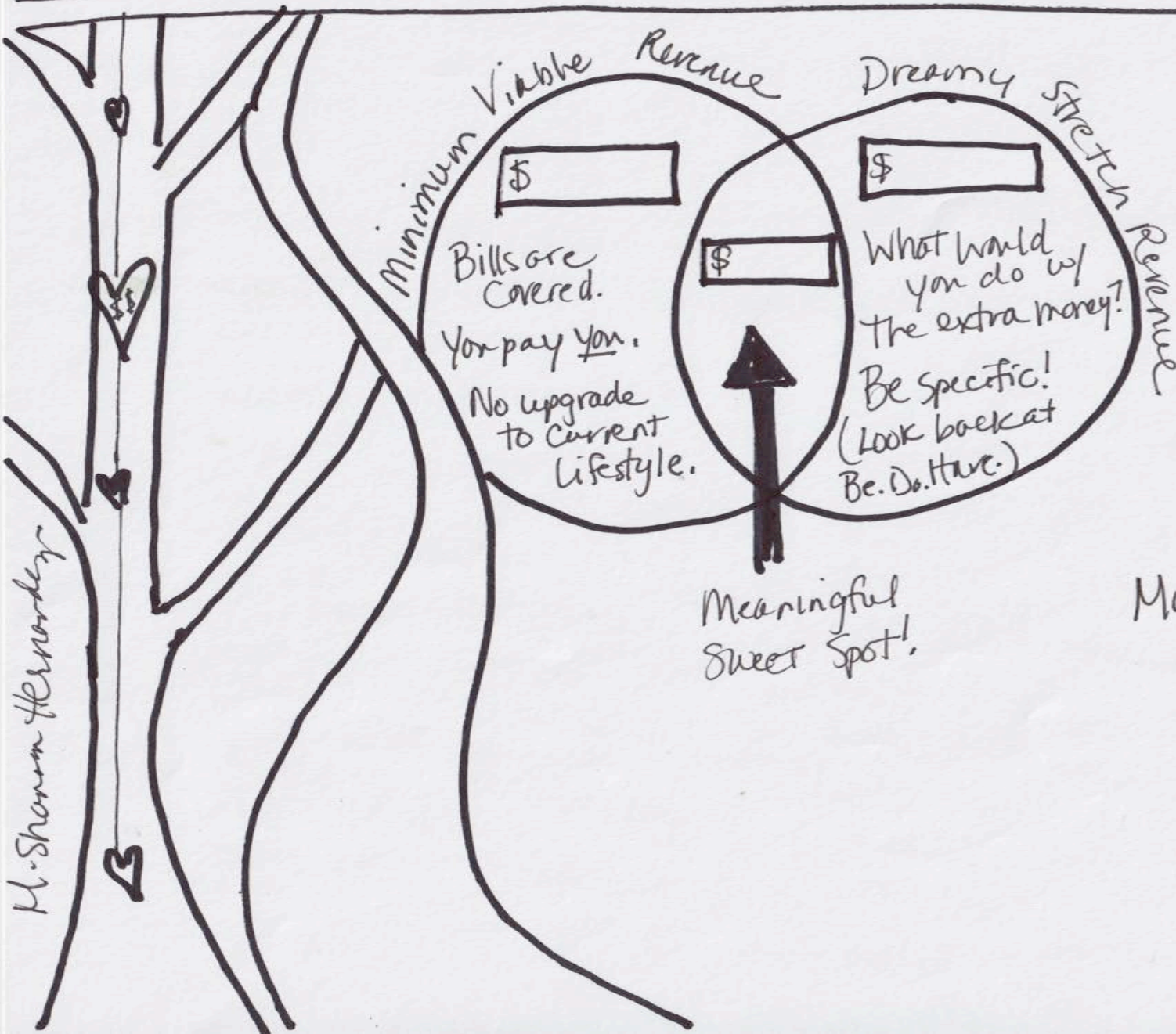
a longing to
learn something
new?
♡

I'm out of
integrity?
♡

awe and wonder?
♡

This year, the Soul Purpose of my
business is _____.

Aspire



Monthly Goal: _____
(sweet spot)

X 12 = _____
(your revenue goal)

Annual

Prepare

M. Shanna Hernandez

Your
VISION
fuels
the
plan.

Q1

Q2

Q3

Q4

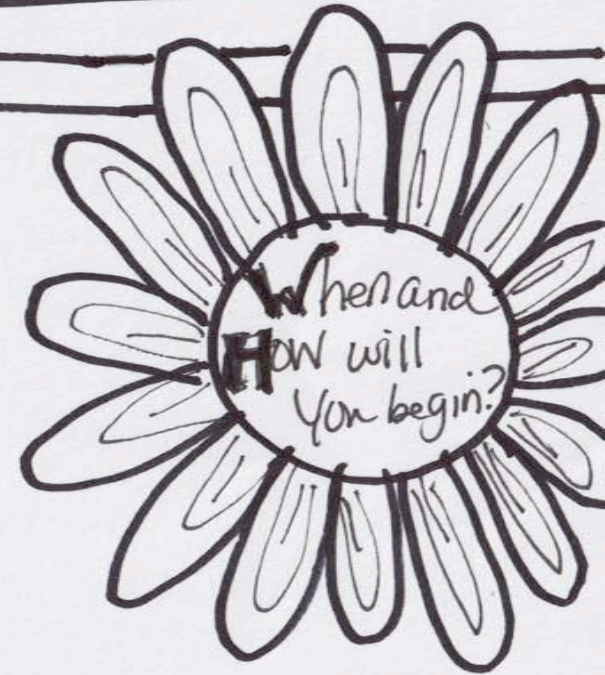
Quarterly Revenue ♥ Planner ♥

1. What are you selling?
How does this offer
support the soul purpose
of your business?
2. What is the price?
3. How many clients/sales
are needed to reach
your quarterly
revenue goals?

Soar


Tonight...

- ♡ Review your inspiration journal.
- ♡ Commit to be FOCUSED + CLEAR.
- ♡ Craft your questions for tomorrow's session.



Follow the path
your heart has
embraced and
you'll arrive at
the place
your soul
calls home.

How can we support you this year?

→ We are  human cheer!

♡ Schedule a call.

♡ E: hq@joyfulbusinessrevolution.com.

We are committed to helping you scale
your JOY and MONEY this year.

Inspired Beyond Belief!!

Ms. Sperry



Business

Tech

- Zoom:
- Calendaring:
- Email Platform:
- Website:
- Electronic doc signing

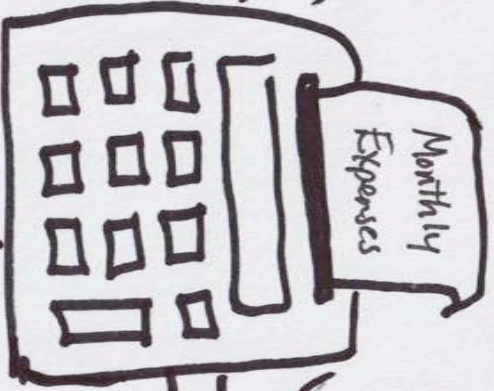
Team

- Your pay:
- VA:
- Accountant:
- Graphics:
- Copywriter:
- Video/podcast editor:
- Coach:

Misc

- Office space:
- Professional insurance
- Networking:

total
\$



Home

House

- Rent/Mortgage:
- Ins:
- Water:
- Cable:
- Electric:
- Gas:
- internet:
- cell phone:
- Netflix, etc streaming:

Car

- Car payment:
- Car insurance:
- Gas:

Health

- Insurance:
- Groceries:
- Supplements:
- Gym/Yoga:
- Trainer:
- Personal care/toiletries:
- Hobbies/ Date nights:

Misc

- Credit card debt:
- Kids:
- Retirement:

total
\$