

employee to boss babe

**6 SECRETS
YOU NEED
TO KNOW**

**TO
FINALLY
DITCH
YOUR 9-5
&**

**CREATE A
BIZ &
LIFESTYLE
YOU'LL
FALL
MADLY IN
LOVE WITH**

WELCOME!

Welcome and congratulations on taking a huge step toward creating a life you are crazy about!! I am SO proud of you and you should be super proud of yourself too!

When you first set foot on your entrepreneurial journey, you will learn so much about yourself. The good, the bad, and the ugly. While it is SO exciting to ditch your 9-5 (or be in the process of it), there are some important things to know and learn about entrepreneurship to ensure you are setting yourself up for the success you deserve. This guide has been designed to help set you up for success, and provide you with tips that can help make your transition from employee to boss babe THAT much easier!

My wish for you is to dive right in, get super honest and vulnerable with yourself, and don't hold anything back! So grab your fave bevy, get cozy, and...

LET'S GET STARTED!



CHECK

Ever get little hints from the Universe that you're meant for more than your 9-5, but you're still not sure if you're ready? Use this checklist to find out.

- do you ever feel stuck when people ask you what you're passionate about?
- do you ever feel like you're meant to do more with your life, but have no clue what that is?
- do you feel like you have so much to offer, but you're not living up to your true potential?
- do you ever feel like you're living on auto-pilot (work, eat, sleep, repeat)?
- do you have some wildly exciting dreams and goals for yourself?
- do you ever feel discouraged when you think of how or when you will accomplish those things?

CHECK

- do you ever feel drained, or sick to your stomach when you wake up to go to work?
- do you live for the weekends & holidays, and dread the thought of Monday?
- do money & time hold you back from doing the things you love?
- does the idea of working from your laptop, anywhere in the world excite you?
- does the idea of being your own boss excite you?
- are time & financial freedom important to you?

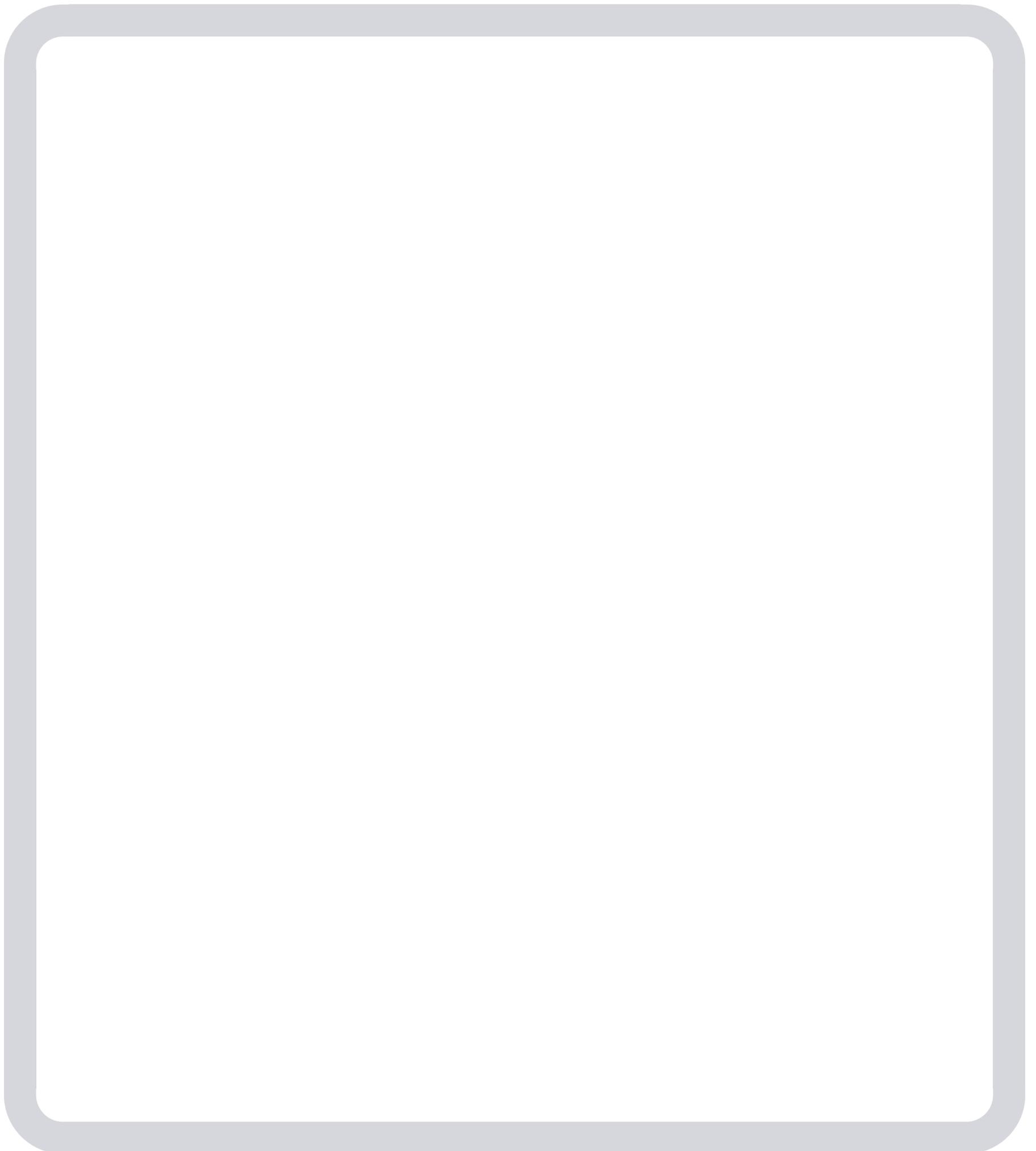
If you checked off at least 3 boxes, it's time to get to work, girl!

Your dreams are there for a reason, and you are meant to live a life that completely fulfills you!!

JOURNAL POINT

If there was anything else that came up during the checklist exercise, feel free to jot it down here, or journal about it. Maybe you had an ah-ha moment, came up with a really hot idea, or even got a little emotional through that exercise.

Whatever it is, write it out!

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CIRCLE OF INFLUENCE

Your circle of influence can honestly be one of the biggest determiners of your success. The people you are hanging around with are either helping you or hurting you. It is SO important as an entrepreneur to take inventory of your circle, and evaluate who you may need to cut out, or limit your time with.

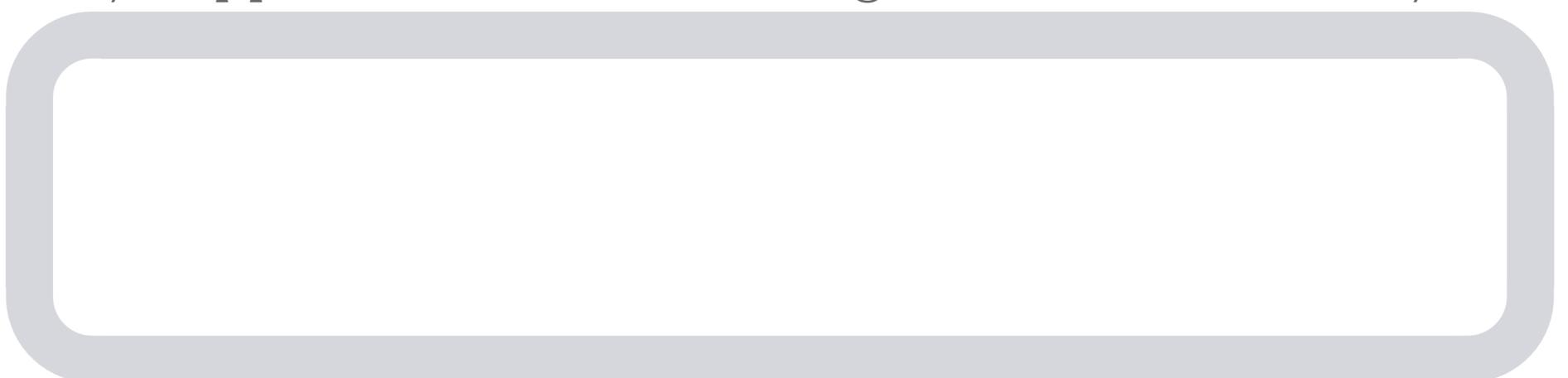
With that being said, it is also essential to find positive influences to surround yourself with. Find the people who have the lifestyle, relationships, and finances you desire, and learn from them.

YOUR TURN!

JIM ROHN SAYS IT BEST, "YOU ARE THE AVERAGE OF THE FIVE PEOPLE YOU SPEND THE MOST TIME WITH."

LET'S TAKE INVENTORY.

Who are you spending time with that has a **NEGATIVE** influence on your goals and dreams? Any friends, family, or coworkers that aren't very supportive and have a negative influence on you.



CIRCLE OF INFLUENCE

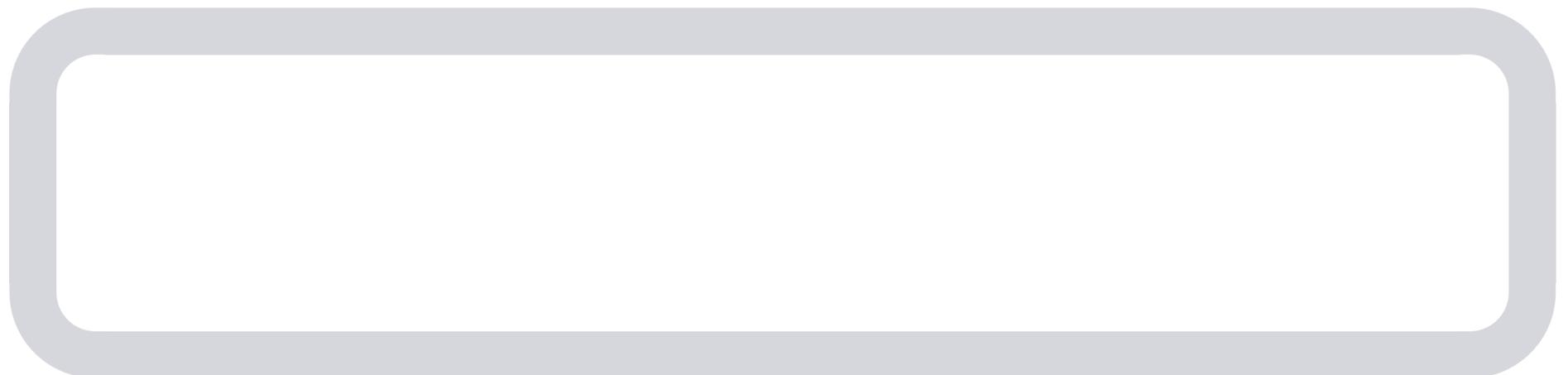
YOUR TURN!

LET'S TAKE INVENTORY.

Who are you spending time with that has a **POSITIVE** influence on your goals and dreams? Any friends, family, coaches, mentors, or coworkers that are really supportive and have a positive influence on you.



Who do you look up to in terms of success, lifestyle, finances, relationships, etc., that would be a positive influence on your goals and dreams? If you know them personally, start surrounding yourself around them & learn from them. If you don't know them personally, study them, read their books, & do your research on why they are so successful. They are your mentors.



MINDSET WORK

THIS IS A BIG ONE!!!

Mindset work is HUGE and SO SO SO important to your success! When you are becoming an entrepreneur and chasing after those fabulous goals & dreams, you almost have to grow a new brain. In school we weren't exactly conditioned to become boss babes, we were conditioned to become employees. Although some of us were born with that mighty, natural confidence, a lot of us (including myself) were not, so having a mind that is strong as a rock, with unshakeable confidence & belief in ourselves, is something we must learn.

There are so many fun ways to do mindset work, and once you start doing it regularly, you'll end up loving it so much it becomes a natural habit. The key to mindset work and personal development, is to do it EVERY DAMN DAY for at least 30 minutes!

Here are some of my favourite types of mindset work:

- personal development books (see book list on next page)
- meditation
- gratitude journal (the 5 minute journal is AWESOME!)
- audios - download them to your phone and play them while you're driving!
- documentaries (hello, a reason to watch netflix)
- youtube videos

MINDSET WORK

I get it, mindset work can be difficult and painful, because growth is painful. To get you started, here are some of my favourite books that have really helped me.

First Steps to Wealth - Dani Johnson

The Compound Effect - Darren Hardy

The Entrepreneur Rollercoaster - Darren Hardy

Money: A Love Story - Kate Northrup

How to Win Friend & Influence People - Dale Carnegie

Rich Bitch - Nicole Lapin

The Big Leap - Gay Hendricks

YOUR TURN!

What types of mindset work are you committed to starting TODAY? List at least two, and how you will incorporate them into your daily routine.



Choose a book from my list, or one that you've had your eye on, and go buy it TODAY!!

The book I will get today, to show myself I am committed to my personal growth is:



YOUR WHY

Knowing your why is key to having commitment and focus in your business. Your 'WHY' must be stronger than any how, excuse, critic, or obstacle you come across. Your 'WHY' is what will keep you going when things get ugly, or you feel like giving up.

**"PEOPLE DON'T BUY WHAT YOU DO,
THEY BUY WHY YOU DO IT"
- SIMON SINEK**

This is something I put off for so long, and I regret it because it held me back far longer than it should have. The sooner you get super honest with yourself and discover your 'WHY,' the better. You will stay more focused, committed and have a great sense of purpose.

YOUR TURN!

LET'S GET CLEAR ON YOUR 'WHY'

Answer the following questions to help discover your 'WHY.' Afterward you will write it out fully. The questions are meant to be used as a guideline to help develop your 'WHY.' You may be surprised with what comes up! There are no right or wrong answers, so just be totally honest with yourself!

YOUR WHY

YOUR TURN!

If time and money weren't an issue, what would you be doing with your life?

What are you most passionate about?

If you fully committed to your dreams & goals, where do you see yourself in the next 90 days, 6 months & 1 year?

Where do you see yourself in the next 90 days, 6 months & 1 year if you DON'T commit to your dreams and goals?

YOUR WHY

YOUR TURN!

What do your friends & family come to you for? What are your strengths?

What do you love to do, that you couldn't imagine never doing again? Why do you love those things so much & how would it feel if you could never do those things again?

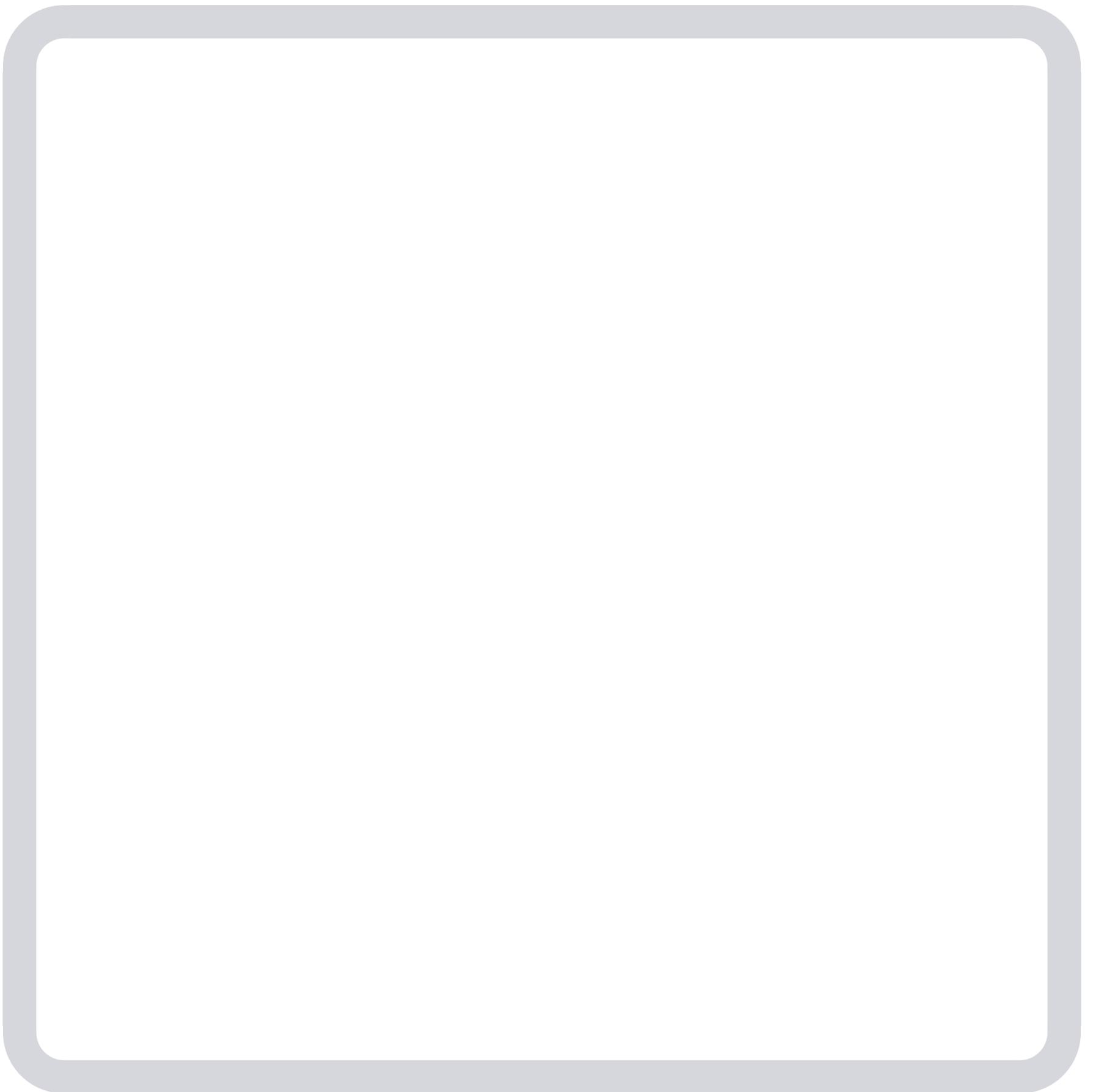
How do you want to make an impact in the lives of others?

Who would you love to help out if you had the time & finances to do so? Why?

YOUR WHY

YOUR TURN!

Amazing!! Review your answers from the previous questions and take note of any recurring themes/answers that came up - they're there for a reason!! Now you will write out your 'WHY' in the section below. Don't hold back or worry about it being perfect. Grab your cutest notebook, a cup of tea (I won't judge if it's wine instead), find yourself a cozy spot, and let's get to work!



GOAL SETTING + VISION

This is one of my favourite topics to talk about!! Maybe I'm a little biased because I'm such a planner, BUT every successful boss babe I know sets goals for herself & her business, and writes them down. You might be thinking, "that's okay, I know what they are in my head." It doesn't matter! You HAVE to write that sh*t down!! There is just such an insane, universal power that comes with writing out your goals (and reading them daily), and attracting them.

#GOALS

#GOALS

#GOALS

I have a confession...I actually used to be terrified of setting goals and would avoid doing so, because I was so afraid of failure (yeah, I'm a bit of a perfectionist). Let me share with you what I learned so you don't have to make the same mistake. Goal setting always got me further than not setting any goals. Even if I set a goal and didn't achieve it, I was getting SO much further than when I wasn't setting goals to begin with. MAJOR ah-ha moment.

GOAL SETTING + VISION

Vision is really fun to talk about too. Have you ever sat down and really, I mean REALLY thought about what you want your life to look like?

Jim Rohn once said, "I find it fascinating that most people plan their vacations with better care than they plan their lives." I couldn't agree more. If you don't truly think about what you want in life, and what you want your life to look like, how will you ever have that dream life?

**"CREATE THE HIGHEST,
GRANDEST VISION FOR YOUR
LIFE, BECAUSE YOU BECOME
WHAT YOU BELIEVE." - OPRAH**

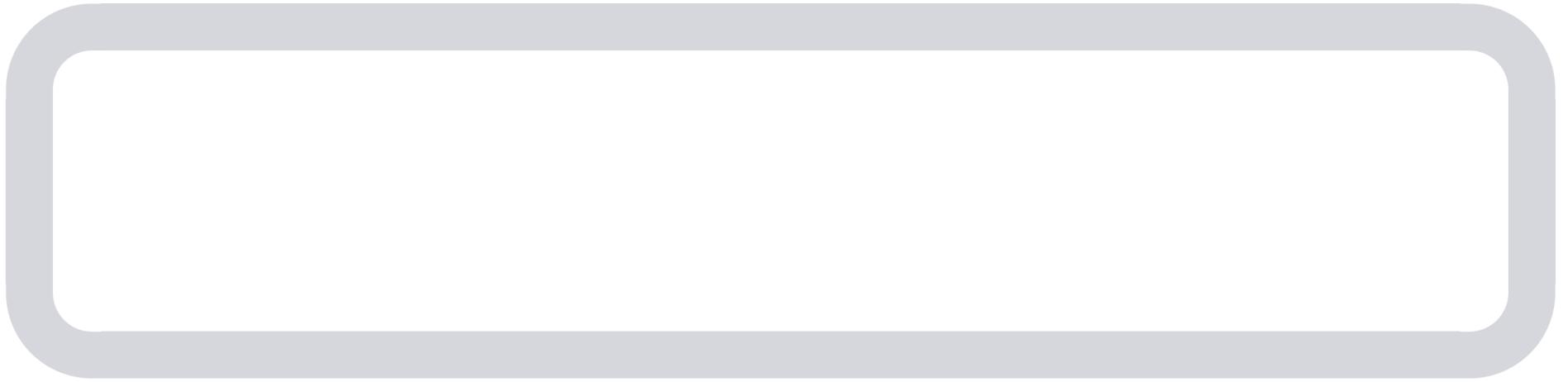
GOAL SETTING + VISION

YOUR TURN!

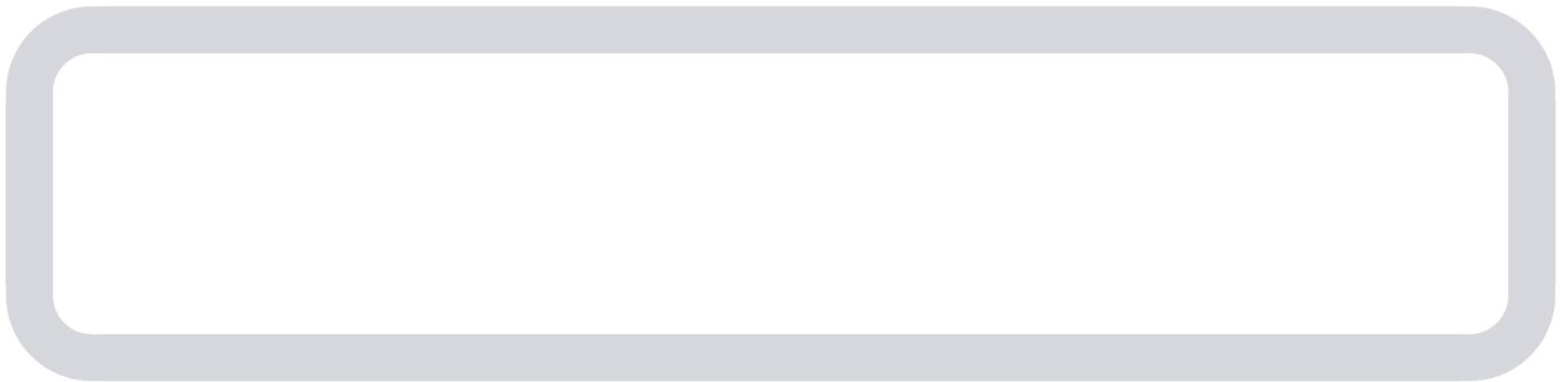
Let's set some goals together, and get clear on your vision! For each section below, write out your goals for the following:

- 1) Income Goal
- 2) Business Related Goal
- 3) Lifestyle Goal

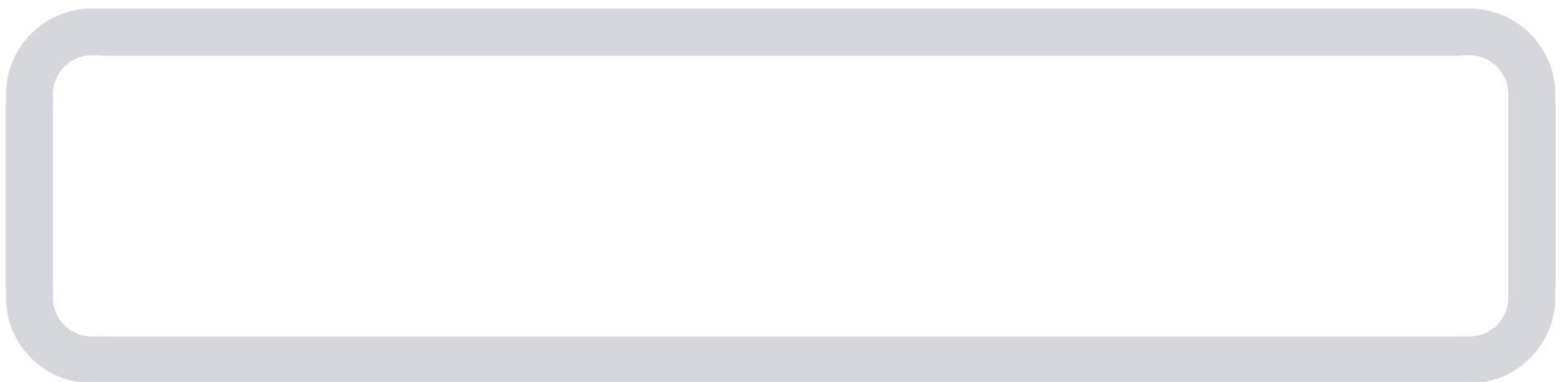
90 DAY GOALS



6 MONTH GOALS



1 YEAR GOALS



GOAL SETTING + VISION

YOUR TURN!

Now you are going to write out your vision. With this exercise, I ask that you DON'T HOLD BACK!!! Seriously, however you want your life to look like, I want you to write THAT down. Don't let that little voice in the back of your head that says, "but is that realistic?" stop you, because that little b*tch is the only thing that will actually hold you back from having your dream life.

When you write out your vision, write in the PRESENT tense. For example, I am so grateful that today, (INSERT DATE ONE YEAR FROM NOW), I am [...].

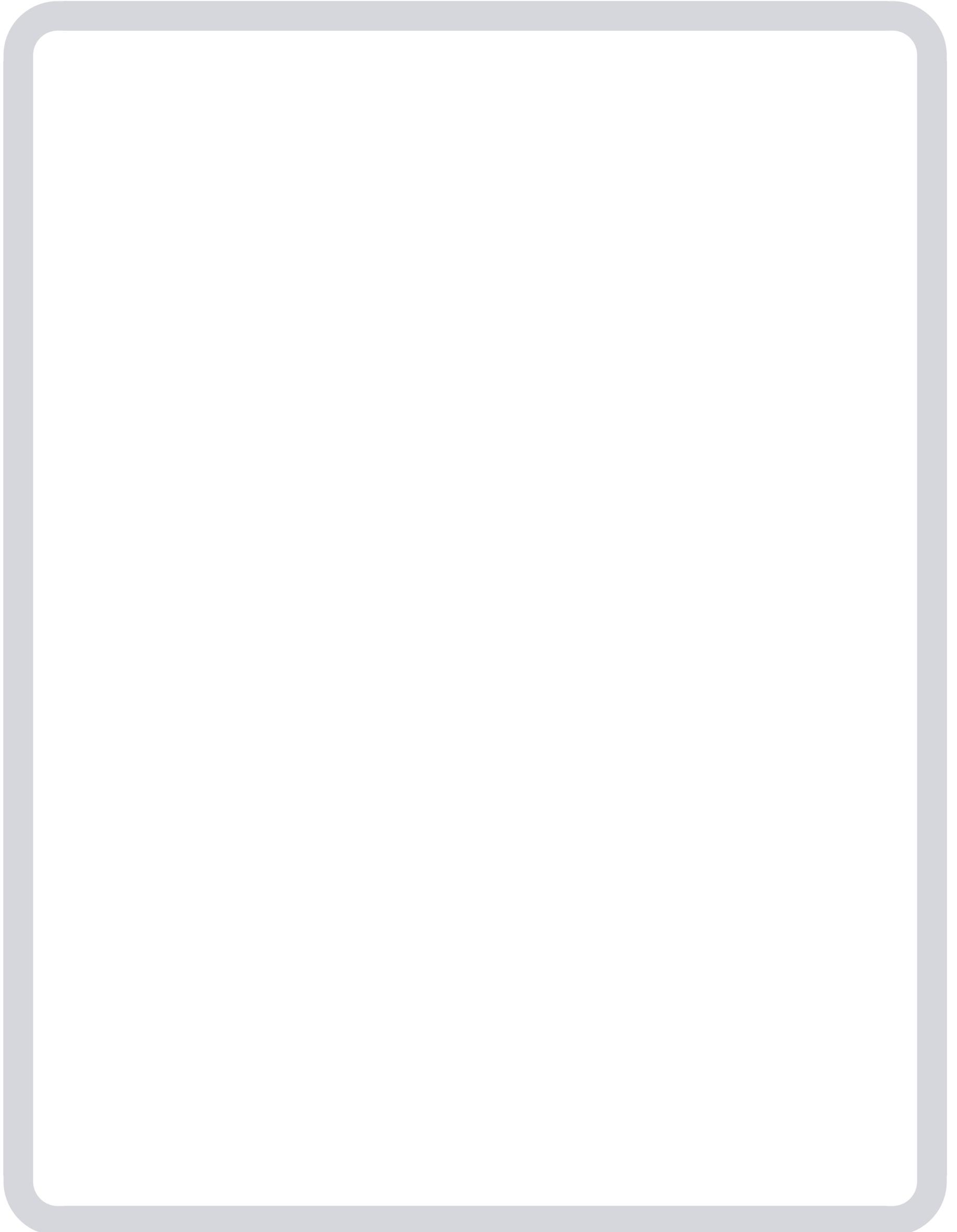
Things to consider when writing your vision:

- how much money you are earning (monthly income & income from the past year)
- the people you are working with, or helping
- what does your business look like/what are you working on
- what your lifestyle looks like/a typical day (go big! Think dream life!)
- the car you are driving
- where you live
- your daily practice (yoga, meditation, PD work, gratitude journal, etc.)
- the goals you've accomplished/achievements
- the people you're surrounded by

GOAL SETTING + VISION

YOUR TURN!

Write out your 1 year vision below!



A large, empty rounded rectangular box with a light gray border, intended for writing a 1-year vision. The box is currently blank, with the faint text 'GOAL SETTING + VISION' visible at the bottom.

DISCIPLINE

When you become your own boss, it's fun...like A LOT of fun. But it's also a little dangerous and tricky if you don't manage your time well. Suddenly, you don't have to wake up at 6 AM anymore to get ready for work, so you sleep in until 11 AM, watch some Ellen, scroll through Facebook, and before you know it it's already 2 PM (at least that was my reality before I snapped out of it).

While you shouldn't force yourself out of bed in the wee hours if you hate early mornings (moi), it's still important to set some type of schedule and routine for your business that works for you.

Something that's helped me stay disciplined is my planner. Find one you love and that has a layout that works for you (my fave is Passion Planner), and use it to schedule EVERYTHING (business activities, self-care, social time & daily practice). I literally will schedule my wake up time in my planner. Be super protective of your schedule, and resist urges to move things around. The faster you can master self-discipline, the faster you will accomplish your goals.

DISCIPLINE

YOUR TURN!

Take out your planner, we are going to schedule out the next 5 weekdays to start creating a habit and turn you into a self-disciplined boss babe! If you don't have a planner, take out a blank piece of paper, turn it so it's landscape, and write out the next five weekdays across the top the page. For each day, schedule the following into your planner:

- Daily Practice (gratitude journal, meditation)
- Self Care (exercise, yoga, appointments)
- Business Activities (meetings, client time, brainstorming social media posts, blogging) - be specific about what the activity is!
- Social Time (allocate a specific time period each week to this so when your bestie calls and wants to go for a drink you know which day works)

If you don't yet have a business, schedule time to brainstorm business ideas, interview entrepreneurs you admire, and/or review this workbook.

SAYING 'NO'

This one goes along with discipline, but it's so important that I decided to give it its own section. If you're anything like me (or how I used to be), you may feel inclined to say 'YES' to everything that jumps your way. Thankfully, I've gotten much better, but I used to find myself saying 'YES' to things that just didn't feel good, or serve me, or my goals. Basically, I was people pleasing. Most of us are natural people pleasers, so we find ourselves saying 'YES' without much thought or consideration.

If you are inclined to say 'YES' to every friend, family member, or coworkers, or if you just feel really bad saying 'NO' to people, PLEASE remember this. You are NOT being selfish or rude by saying 'NO' to anything that doesn't serve you.

Saying 'NO' is one of the best things you can do for yourself AND your business, plus it is super empowering. It creates more room for you to say 'YES' to things that are important for you & your biz.

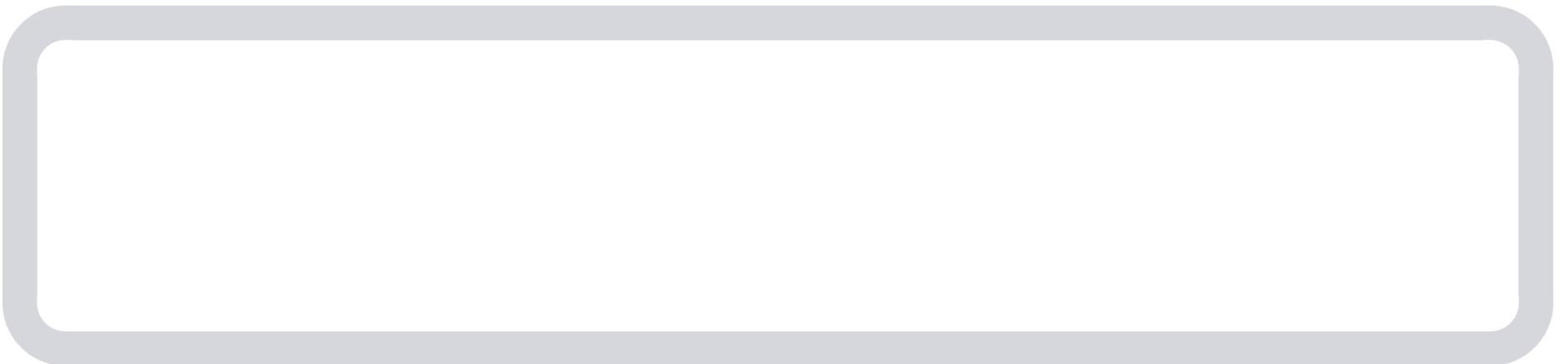
SAYING 'NO'

YOUR TURN!

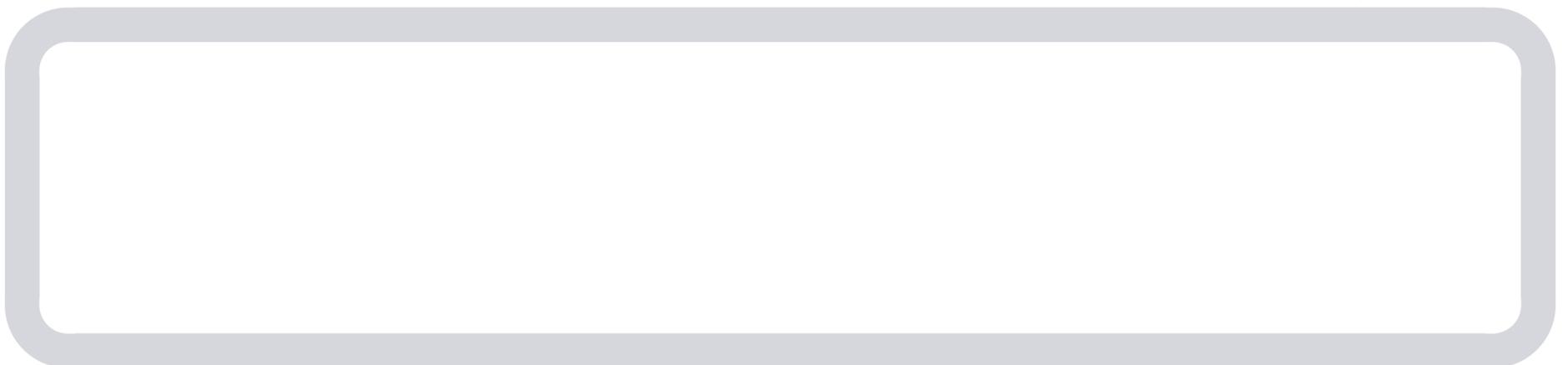
What, or who are you currently saying 'YES' to that doesn't feel good, or isn't serving you? (a job, a friend, a habit, an activity)



What actions can you take to stop people pleasing, and start saying 'NO' to things that aren't in alignment?



This week, I want you to say 'NO' to at least 3 people, or activities that don't feel in alignment for you. Write down what they were here, and how it felt to say 'NO.'



LET'S CELEBRATE!!

You did it, babe!! I'm SO proud of you for completing this workbook and taking the steps toward ditching your 9-5 and creating your dream life. The things you have learned in this workbook are seriously what have helped me get to where I am today.

BUT, IT DOESN'T END HERE!! Now it's time to take some SERIOUS action toward your dream life, and make your dreams your reality. DON'T HOLD BACK. You have what it takes, you just need to trust yourself & the Universe, and believe it will all work out...because it WILL!

Now, pop some bubbly and CELEBRATE! This is a huge achievement, and a massive step. You should be proud of yourself for getting this far. Most people let their dreams stay dreams and never take action, *but not you!*



A FEW THINGS ABOUT ME

My name is Kelly Marcyniuk. I am a lifestyle & success coach, who is insanely passionate about living my dream life and not settling for anything less.

I truly believe our lives should be filled with the things that make us happy & excited. No dream is too big, too crazy or too “unrealistic” (that word, ew).

I help driven women who know they are destined for more create a biz & lifestyle they're wildly obsessed with.

I have a passion for health & wellness (but still love my wine & pizza - balance, right?), I am hooked on traveling, I am a complete freedom enthusiast, and I am totally obsessed with living by design.



Was this workbook helpful for you?! I want to hear about any ah-ha moments you had, or what new habits/actions you're implementing toward creating your dream life!

Connect with me and let me know how things are going!

www.kellymarcyniuk.com  kelly@kellymarcyniuk.com



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BOOK A DISCOVERY CALL

If you're ready to take things to the next level, ditch your 9-5, and create the business and lifestyle of your dreams, I am offering a FREE 45 minute discovery call where we can chat about your gorgeous goals, what's holding you back from accomplishing them, how to conquer your fears, and whatever else may be going on.

Click [here](#) to book your call.



www.kellymarcyniuk.com  kelly@kellymarcyniuk.com



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