



# Elevate5

## Business BREAKTHROUGH

*Enjoy your Sneak Peek BONUS  
into our Business Breakthrough Masterclass!*

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*This little snippet of our masterclass packs a powerful punch and will help you see just how simple it is to really dive into what is needed to master your business, brand and messaging! THIS is the foundation of how you stand out and attract authentic attention to your business online AND in person! In fact, this very course is exactly where we start each and every one of our clients... it's THE crucial first step to mastering YOUR online presence!*

Module 1 Masterclass Sneak Peek: *Reflect your Heart*

The focus is on you, beautiful! We dive into pulling your heart, gifts, and purpose into your business so you can feel the deepest connection with what you do each day. *Enjoy your sneak peek!!*

*If you would like to purchase the full resources and content for the Business Breakthrough Masterclass:*

**VISIT this link >> [Elevate5.com/BusinessBreakthrough](https://Elevate5.com/BusinessBreakthrough)**



## *Workbook Instructions*

By working through these questions thoroughly and honestly, we will walk you through the process of your business breakthrough! Some of the questions may feel off-topic upon first glance, but press on... it'll be worth it. These questions are designed to pull insight and background, so you can systematically build toward the outcome you are searching for in the next level of your business.

### **NEW PERSPECTIVE**

Rise above the old and seek a higher perspective. We promise that letting that old emotions and baggage run these exercises will take away some of the sweetness and much of the breakthrough. We challenge you to put 'rules', limitations and 'how it is' to the side, and look freshly down at these situations with a relaxed and calm heart, seeking only clarity and new understanding.

### **TRUTH**

Ask yourself, 'Is that true?' as you proceed through answering these questions (credit: Loving What Is, Byron Katie). If there is a portion of these questions that makes you feel angst, sit with that feeling and search for the lesson. By digging deeper, you will find yourself uncovering layers of new insights that feed your soul and your business!

### **JOURNALING**

You will want to be journaling during this process, and this week especially! Preferably each morning if you can. The more you are able to dedicate time to distill your thoughts with journaling and then actively listen (pray, meditate, be still) for a response, the more clarity and direction you will receive/hear/feel as you move ahead in the days, weeks, and even months to come!



## Travel Warnings

This can be a deeply moving process, which is both an immense blessing and a significant emotional experience. Which is to say, it can feel like heavy emotional lifting at times, or, aka: crap. Wow, lovely start to your online course, eh?

But, the truth is that the next level you desire to reach for yourself and your business is often hidden behind a veil of limiting thoughts and emotional baggage. But, that next level is there waiting for you if you'll just give the process the space it needs. All you need to do is just keep moving ahead.

### **PRETTY LITTLE LIARS**

While you are swimming along, minding your business, being the bombdiggity... watch out for panic, chaos, and perfection. Panic is going to jump into view whenever you near the edge of your comfort zone. (Which is what we want, so embrace that feeling as a sign you are on the right path!)

Chaos might start to rear his head when you begin to make some new realizations and the old starts to shift to make room for the new. (Re-watch our video, The Messy Art of the Breakthrough, if you are feeling lost in this particular phase!)

And perfectionism will show up when you are trying to make major progress. It will look like a 'helper', but that dude is just there to slow you down and keep you from taking massive strides ahead. Note them. Nod and smile.

*But keep on moving, darlin'. You've got this.*



## Getting Started

Your ideal, purpose-driven, successful business is going to be the dreamy combination of where your services satisfy a major need for your ideal client and you get to utilize your gifts and skills as you deliver it.

This, my friends, is business nirvana.

*Deliver what you love, to people you love working with,  
in a manner that highlights your gifts and abilities.*

That is what this course is about in a nutshell. THIS is the point.

And this week we begin first by diving in and learning more about YOU so we can begin to tie this dream together in a neat little bow.



## *Your Skills, Gifts, Passions & Purpose*

These are the things you do each day that you don't even realize you do. You likely get complimented on them, but don't give them much thought. Everyone is great at baking/organizing/teaching/encouraging/being disciplined/fill-in-the-blank, right? No, we are not all good at those things! And that is the best thing ever because that is what pulls us together.

Now think about it, really think. What are the traits that you might be taking for granted? This will be part of your secret sauce. For real. We just need to get it on paper so it can take shape.

### **SKILLS**

1. *What are your professional skills that you use both inside and outside your business? These are talents you have learned through education and experience. Hint: They might include interior decorating, teaching, designing, bookwork, etc.*

### **GIFTS**

2. *What are your natural gifts? Hint: Ask a friend, spouse, parent, or your business bestie if you are uncertain. It is worth digging around for these! These might include organizing information, uplifting others, being a great listener, gardening, etc. The sky's the limit! Do NOT allow yourself to skip this – you DO have gifts. We all do!*

### **PASSIONS**

3. *What are you passionate about? What sets you on fire and gets your blood flowing in excitement? Hint: This might include a social cause, it might include helping others, it might include your church, it might also include a hobby or sport you love, or many, many other passions!*



**PURPOSE**

4. *Do you feel you may be being called to a certain service or type of service? If yes, to what purpose or activity? Hint: It's okay to say no! Sometimes we need to really slow down first to being to hear that still, small voice asking for our energy in a certain area. (Hello, journaling and prayer!)*

5. *In what different activities or experiences is it possible your calling or purpose has floated into your life in just the past year? Once you think more indirectly about it you may be surprised! Hint: Give this question the time and space it deserves!*

**PULL IT ALL TOGETHER**

6. *Is there a potential space for your skills, gifts, passions, and callings to align in your business? We bet, yes!! Even if it is pure crazy, write down at least five possible combinations. Hint: Pay attention to any resistance you feel, or that expansive feeling of truth and emotion that opens from your chest.. the latter is telling you that you're onto something!.*

1.

2.

3.

4.

5.



## *Your Story and Struggle*

Oh yeah, it just got real. What about your story, you ask? Those struggles play a part of you. Your struggles, also called your story, flavor your experiences, your outlook, and your life. They make you, you. And make no mistake your struggles flavor your business, too. And, believe it or not, this can be a really, really blessed thing for you and others!

This is a chance to let that story and struggle come to light. Sometimes that very brokenness is where we are intended to serve the brightest. And at the very least, time to ponder our past in a positive light can bring healing. Before you proceed, take a moment to get still, breathe deep, and relax your emotional attachment to your struggle. Envision yourself having risen above it all, and that you are a mere observer noting the situation, and neutrally viewing new opportunities.

Dig into your story or struggle and let it live next to your services. See how it helps or effects how others engage with you and your work. You might just be surprised with what is created out of new combinations!

*1. What is your greatest struggle or story? Describe in as few words as possible. Hint: Be careful not to be pulled into the emotions surrounding the story. You want to remain a neutral observer and recorder, not 'feeler' or 'experiencer' in this task.*

*2. Consider for a moment, is there a pattern between your struggle and other areas of your life? Where?*



3. *What could it be trying to teach you? What must you learn, accept, or release to move on?*

4. *If you have been working to control the people and things around your struggle, can you release that now, even for a moment, to consider the freedom? What would that release feel like? What if that feeling was an option for you?*

5. *If you set this story down, what healthy and fulfilling activity might you be able to pick up instead? What would that new growth feel like? What could that look like a month, year, or decade from now?*

6. *What could be true about your struggle that you didn't see before?*

7. *Can you re-frame your story or struggle as a portion of your larger purpose? How does it feel? Could you be called to share this crucial lesson to others in some way, whether personally or professionally, at some point in the future?*



### PURPOSE

Okay, don't look now but we are honing in on that tricky thing called purpose or calling! What you feel are your gifts are directly related to your purpose. These are the areas you want to tie into that beautiful life and business of yours, as it will reignite your love for what you do and who you serve!

It might not all make perfect sense in this moment, but give yourself permission to sit with what you feel to be possibly true in this moment. Let yourself form an imperfect, but intentional guess knowing both you and your purpose will continue to evolve together! Does it feel a little BIG? Good! Not to worry, because:

*Your purpose and passions are not an accident.  
You, my dear, were handcrafted just for this.*

***Congratulations! You've just completed a SNEAK PEEK of our Week 1 module!***

Looking for further help? Are you really ready to jump in and grow your business, brand and online presence in a powerful and authentic way? We have the perfect training for you!

**LIVE WEBINAR TRAINING:**  
**5 Steps to Create a Powerful and Purposeful Online Presence!**  
*Sign-up here: [Elevate5.com/Webinar](https://Elevate5.com/Webinar)*

***If you're ready to really jump in and grow your brand, business, and digital presence in an authentic way that feels right to YOU we have the perfect training! This complimentary webinar is a free look into what we do to create meaningful, engaging, and action inspiring brands and websites for each of our clients! It is so much easier than you think, you just need to know what key steps make the difference!***

*If you missed the live event, we'll be sure to make the training available so don't hesitate to jump in and sign up to grow your business in a meaningful way with a digital presence that intentionally and powerfully converts!*