

Reset Workshop

Follow-up Questions

How can I separate myself from my business where my self-worth isn't based on my launch results?

List some ways that you can serve your customers and your business while still taking care of your needs

How can you redefine a successful launch to include feelings of power, vitality, presence, (and insert any other positive emotions your work to feel after being burnt out)?

Exercise:::

Think about what your dream launch (results, finances, etc.) while integrating at least one of the tools we chatted about during our workshop.

What would help you launch and run your business without burn out?