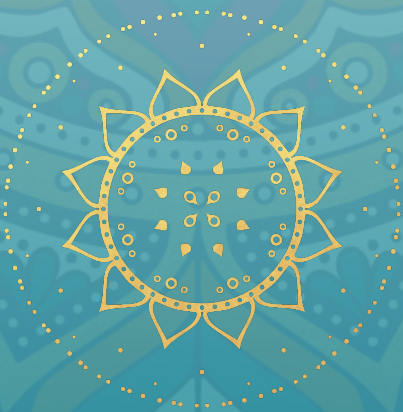




The
Soul-Centered Business
Workbook



Your Soul-Centered Business Workbook



I'm Jennifer Covington your life coach, business strategist and action instigator. I have had the pleasure of working with Fortune 500 giants such as Anheuser-Busch, MGM Studios and 20th Century Fox and I spent 3 years in Ecuador teaching small business development to poverty stricken single mothers and orphaned youth as a means of livelihood and sustainability. From these experiences, I have learned what it takes (no matter who you are) to create, build and run a freedom-based business from the ground up. My super power lies in my ability to help you, turn your passion into profit so you can make the positive impact you were made to make in the world. Let me show you how!

Enjoy the training and use this workbook along with your video training.



My Weekly Check-Ins

Every Monday Set Your Intention For The Week:

The one thing I will accomplish for the week is:

#Winning Wednesday:

My #win I would like to celebrate for the week is:



Energy

My Current Energy Boosters are:

My Current Energy Zappers are:

Remember: Turn up that energy, water boils at 212 degrees



My Dream Plan

My Dream Plan Journal:

For more on how to create your dream script and ideal day check out [the Soul-Centered Business Academy](http://www.jennifercovington.com)

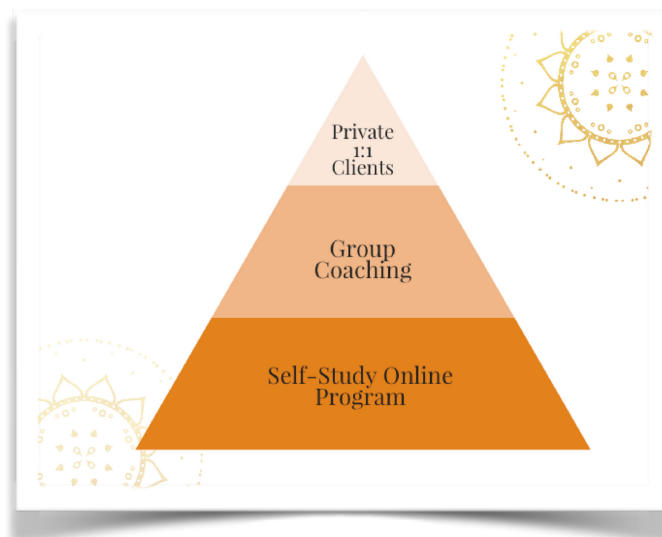


Streams

What do you have in place already?

What do you need to uplevel/activate?

What do you need to create or develop?

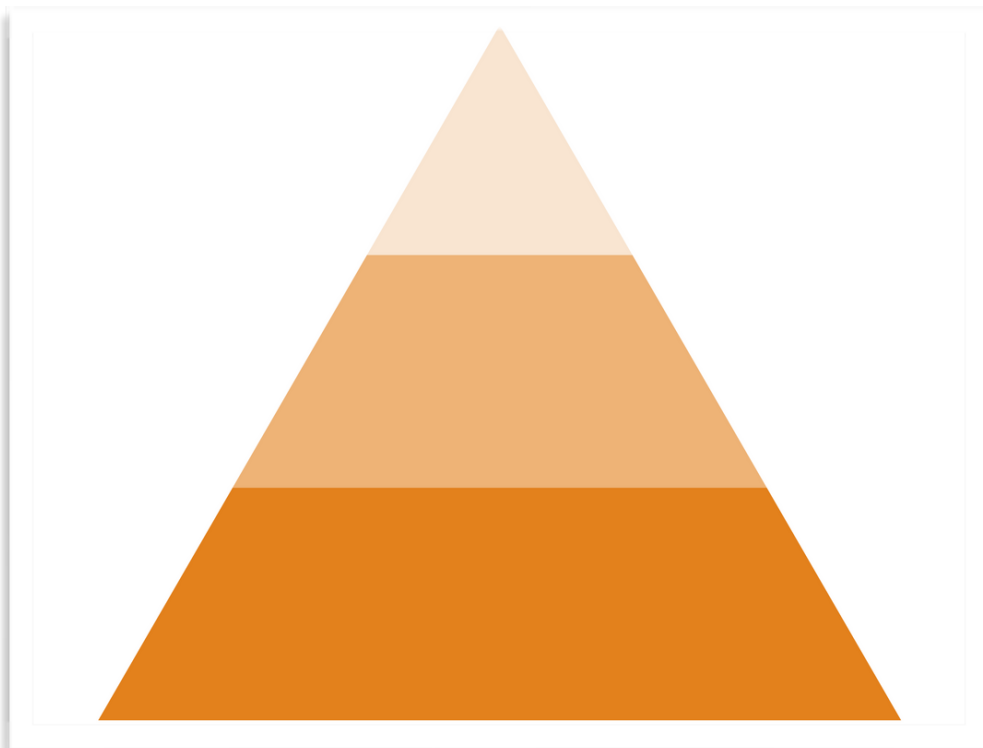




Streams

I need _____ to
generate \$ _____

Below fill in your own diagram for your multiple
streams of income.



Website



The Website I'm Ready For This Year Is: (Circle One)

The One Page (DIY)

Full Website (DIY)

The One Page (Delegate/Outsource)

Full Website (Delegate/Outsource)

Warning: Choose one right now. Decide and move on. Don't get stuck here!



Newsletter & Blog Content Prompts



Ideas for Creating Content For Your Newsletter & Blog

- The Outline Of Your Signature System
- Best Practices
- Common Mistakes
- Interview People in Your Industry
- Your Personal Stories
- Case Studies
- Mindset Practices
- Common Myths



Newsletter & Blog Content Prompts



The CRM/Newsletter Platform I choose is:

My Free Gift Idea Is:

For access to the free one-page website workshop **[check out this link!](#)**



Newsletter & Blog Content Prompts



Newsletter

Don't panic! Write down what you're focusing on right now. What's your next best step?

I will contact my newsletter _____ times a _____.

My newsletter will be: (Circle One)

- The same as my blog
- Different than my blog
- A mix of the two



Outreach

My 1-3 Outreach Platform of Choice Are:

Platform 1

Platform 2

Platform 3

For more support and customization go to
<https://yoursoulcenteredbusiness.com//> and join the Soul Family fun!

I'm Here For You



If you need me, contact me...

If you'd like more support with anything as you go along your journey, you can sign up for the Soul-Centered Business Academy at <https://yoursoulcenteredbusiness.com/> or email me and my team at hello@jennifercovington.com. You're in the family now and I love helping women like you make their dreams come true. Let's do this!!

xo, Jennifer