



BECOMING THE PERSON YOUR BUSINESS NEEDS:

# A Self-Work Starter Kit



Use this guide to check in with yourself and commit to evolving as you build. Your business needs more than hustle—it needs you to become your most **focused**, **disciplined**, and **self-loving self**. Read through the checklist and check off skills you’ve mastered. Then select one or two you haven’t mastered from different sections to focus on it for a week. For these skills, I challenge you to start journaling and ask yourself the hard questions about what’s stopping you.

Writing about your thoughts, fears, and anxieties gives you the opportunity to conquer them. Continue checking off skills as you’ve mastered them until you’ve completed the list. I didn’t realize what I needed to work on until I saw it on paper- trust me this works!

With consistency, you will notice week by week your transformation, making you one step closer to becoming the person your business needs.

Remember: Taking care of business starts with taking care of **you**.



— VaLanDria Smith-Lash

## Section 1: Build Self-Trust



- ✓ I take time to reflect on my own ideas before asking others what they think.
- ✓ I’ve started something before I felt fully ready.
- ✓ I’ve followed through on something even when no one clapped.
- ✓ I journal or voice-note weekly to check in with myself.
- ✓ I make time to sit with my thoughts—not just react.

## Section 2: Build Self-Discipline

- ✓ I have a routine that helps me show up for myself daily.
- ✓ I use a calendar or system to manage my time (even if it’s simple).
- ✓ I create even when I don’t feel “inspired.”
- ✓ I don’t wait to “feel like it”—I commit and take action.
- ✓ I track my progress instead of just winging it.

## Section 3: Build Self-Worth

- ✓ I speak positively about myself and my ideas.
- ✓ I charge what I’m worth / I don’t shrink in business situations.
- ✓ I show up on camera or in rooms—even when I feel nervous.
- ✓ I invest in things that support my growth.
- ✓ I say no to things that drain me, even if they’re “good opportunities”.

See next page for work through example.



## EXAMPLE



Let's say we're working on building the following skill.

**I have a routine that helps me show up for myself daily.**

*Consider writing about....*

*What are some current routines I have that I can change or improve?*

*Where can I find 20 minutes to commit?*

*What is a small routine I can create to help me show up for my dream and knockout my tasks?*

*How has not having a routine affect my productivity?*

*Why haven't I shown up for myself? Is it the routine or something else?*

### **Bonus Journal Prompts:**

1. What is one habit your future self has that you're ready to start now?
2. What are you currently doing that no longer aligns with the person you want to become?
3. What's one thing your business (or future business) is waiting on you to step into?