

**PUTTING
THE FUN**

OCTOBER 4 | CHATTANOOGA, TN

Back In Business
Creative Tools For Change

Innovative and practical tools to shake up your business routine, have more fun, and create more consciousness and money in the world!

*Note - Many of the tools in this workshop are questions. Why? **A question always empowers. An answer disempowers.** When you ask questions, you open the door to more possibilities! If you come to a conclusion or an answer of how something should happen, you create limitations.*

5 Things To Take Away!

1. Procrastination - Why it may not be as bad as you think it is and what it's actually telling you

- Choosing What To Work On Next or If to Work at All
 - Heavy/Light Tool
 - When things aren't happening...ask 'What am I aware of?'
 - Are you trying to prove your ability to do it all last minute? Is that fun for you?
 - *What would I like to create now? What next?*
 - *What would it take to get this done more quickly and with more ease than I could possibly imagine?*
 - *What would it take to out-create myself and everyone in my field?*

2. How to choose pricing, ask for money and receive it, without feeling like a total a-hole

- Money - Your Point of View Creates Your Reality
 - All of your opinions about money - are they even yours?
 - What if the purpose of money was to change people's realities?
 - Practice asking, 'Can I have the money now please?'

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- What price would you have to charge for your service/your work to be fun for you?

3. Money follows joy...really! Questions (yes questions, not answers) to create more of both!

- Tools to Create More Money & Happiness
 - What else is possible?
 - How does it get any better than this?
 - What grand and glorious adventures will I have today?
 - Say I don't want money 10X. - Does this make you feel **light or heavy**? 'Want' is a key component of poverty consciousness. It means to lack. So when you say this - you are saying I don't lack money.
 - Carry around the sum of cash in your wallet that a wealthy person would carry.
 - Honoring YOU - creating a 10% account

4. Are you OCC, an Obsessive Compulsive Creator, and how can you use that to your advantage?

- What if nothing was wrong about you or the way you create?
 - 'What's right about me I'm not getting?'
 - Are you using your creative energy for you or against you?
 - What else can I add to my life/business? (do you function better with 20 things going on at once?)
 - What other revenue streams are available that I haven't even considered?

5. Following Your Gut and Trusting What You Know

- **How to create what you know is possible and may not have been done before**
 - What do you know, that no one else knows, that could change your business the world? What if the value of you *is* your awareness and knowing? What if no one knew more than you?
 - Knowing is as quick as a finger snap and as subtle as a feather touch. We often start thinking and second guess or doubt our knowing. Doubt creates a distraction from what you actually know.
 - *Acknowledge all the times you have a knowing* (about the phone, the weather, etc), then ask, '*What else do I know that I've been refusing to know?*'

I offer online private coaching sessions via Skype, tele-classes, group classes, talks, and seminars. Questions? Email- emilyevansrussell@gmail.com, 312-545-3919

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