

Rebecca Haydon LTD

the
**Subconscious
Expert**

JULY SUBCONSCIOUS PODCAST CHALLENGE
WEEK THREE

@_REBECCAHAYDON_

Time after time I see entrepreneurs looking at others for answers on how they should run their business but here's the problem, **you end up trying to fit into a box that isn't you.**

That person you're looking up to might be very different from you, her strengths are different and her challenges are different, and what works well for her might not feel as easy to see through for you.

If you're constantly second-guessing yourself and searching for the **"perfect"** strategy for others, you'll never be able to fully commit to anything. Instead, focus on developing a strategy that feels true to who YOU are and how YOU want to run your business.

So where do you start?

The key to achieving this is understanding how your unique qualities as a human show up in the way you operate as the CEO of your business, so that you can build your strategy around it!

Oftentimes we are so busy searching that we forget to look within and explore our own strengths and challenges but doing so is the secret to unlocking your highest potential.

Looking within can be hard sometimes but self awareness is so powerful as a CEO, and you're about to get a fuck ton of clarity in yourself.

So your WEEK THREE challenge is all focused on :

✨STEPPING INTO YOUR NEW BUSINESS OWNER IDENTITY✨

This week's challenge is all about stepping into your new business owner identity. We'll explore how to embrace this new role by examining your identity, beliefs, capabilities, environment, and behavior. Discover how to see yourself as a confident leader, replace limiting beliefs with empowering ones, recognise and enhance your unique skills, create a supportive environment, and establish habits that align with your next level business goals.



YOUR IDENTITY PROMPTS

Identity

- Who is the identity of me achieving this goal?
- How does she show up for herself?
- What is she thinking and feeling?
- What values does the identity of me who achieves this goal hold

Beliefs

- What beliefs does she hold about herself?
- How does she play into these beliefs daily?
- In what ways do her beliefs have an incredible impact on her identity

Skills and Capabilities

- What specific skills does she have that contributes to the achieving this goal?
- Are there any gaps in her current skill set that may need to be addressed to achieve the goal?

Behaviour

- What specific actions or tasks does she prioritise daily to make progress toward the goal?
- How does she manage her time and prioritise tasks to align with the goal?
- In what ways does she have consistency and discipline in her daily actions?
- How does she navigate and adapt to changes in the external environment or circumstances?

Environment

- What changes in her environment does she need to make that will allow the behaviours to be consistent?
- Are there any distractions in her environment that need to be minimised or eliminated?
- Is there a need to establish boundaries to protect her time and energy in the current environment?
- Does the current environment reflect her values and goals, or are there incongruences to address?
- Is there a need to delegate or outsource certain tasks to optimise her focus on key priorities?

THE JULY PODCAST CHALLENGE

Step One : [Give the podcast a 5-star review](#), screenshot it, send it to me via a DM on Instagram [@_rebeccahaydon_](#), and you go into the draw for a **FREE 45-minute 1:1** with me.

Step Two : Share an episode of your choice, tag me on Instagram [@_rebeccahaydon_](#) and you will be in the running of a **VIP VOXER Day with me!**

The draw ends on July 31st.

Share multiple times for more entries.



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