



# Journal Prompts To Prep You For 2023

# 2023 IS A BLANK SLATE... WHAT WILL YOU DO WITH IT?

2023 is right around the corner. This is an ideal time to reflect, dream, and plan for 2023.

Who will you serve? What impact will you make?

I designed this journal to help center you on where you'd like your business to go in 2023. It's not meant to be an actual plan, but a way to clarify your thoughts and dreams before you start your planning!

I hope you love it!!

XO,

Sherry



JOURNAL  
EXERCISE 1



What do I want  
my business to  
**FEEL** like in  
2023?

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JOURNAL  
EXERCISE 2



How much  
money do I want  
to make in  
2023?

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JOURNAL  
EXERCISE 3



What am I  
willing to do to  
hit that goal?  
What am I not  
willing to do?

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JOURNAL  
EXERCISE 4



How can I use  
my superpowers  
to serve others  
in 2023?

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JOURNAL  
EXERCISE 5



**Who do I plan to  
serve in 2023?  
Get specific.**

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# JOURNAL EXERCISE 6



What is the transformation I bring to my clients? Where are they now, where do they want to be, and how can I help them get there?

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JOURNAL  
EXERCISE 7

How will I  
attract new  
clients in 2023?

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JOURNAL  
EXERCISE 8



Where do I  
need help to  
achieve my  
goals?

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JOURNAL  
EXERCISE 9



Who do I want  
to keep close to  
help me achieve  
my goals?

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EXERCISE 10



Where do I see my business, and my life, in 5 years? Do my plans for 2023 get me closer?

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EXERCISE 11



# My 2023 Mantra

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# GET A BUSINESS BESTIE TO HELP YOU GROW THE BIZ OF YOUR DREAMS

Ready to level-up your biz but not sure how? You need a business bestie!

My 1:1 mentorship program offers the best solution for go-getters who want to skip the waitlist and go straight to the action—with all of the same quality and without the endless classes that never produce results.

We'll figure out exactly what's not serving you, where you want to go, and a list of tangible steps to help you get there. You'll leave with no-fluff daily tasks that will grow your audience, impact, and revenue. Plus, you'll also get six months of one-on-one coaching sessions, where I teach on the latest marketing trends, give feedback and support, create content with you, and support you every step of the way.





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