




BET ON YOURSELF THE WORKBOOK

Pair it with the book, [Bet on Yourself](#), or use it on its own

*This companion workbook is designed to
empower you to break free from
limiting beliefs, cultivate a successful mindset,
and illuminate your distinct path
into entrepreneurship.*



BET ON YOURSELF

THE WORKBOOK

BY SARAH TURNER

Hey you, I'm Sarah Turner.

I'm an eight-figure business owner, an online business coach for entrepreneurs, and the author of Bet on Yourself.

One of the reasons I wrote Bet on Yourself is to open your eyes to what's possible for you through entrepreneurship. We're living in a time that's brimming with opportunities to develop your skills, become your own boss, and take control of your life and income.

But what often gets lost in discussions about entrepreneurship is how to apply these concepts to your own life.

How do you take all the advice and translate it into the right next steps for you? And how do you decide what's actually important to you and leave the rest?

To do this, we often have to shed the limiting beliefs instilled by well-meaning friends, family, and culture. **And do the internal work to uncover what our own definitions of success and fulfillment look like.**

That's where this workbook comes in.


Bet on Yourself – The Workbook is here to empower you to break free from limiting beliefs, cultivate a successful mindset, and illuminate your distinct path into entrepreneurship.

How to Use This Workbook

If you're reading Bet on Yourself, you'll notice questions throughout the text that help you apply the book's concepts to your own life. This workbook follows the book's chronological order so you can address all those questions as you read in one place.

Or, you can use this workbook entirely on its own.

Whether you haven't cracked open the book yet or you're looking to revisit the questions time and again – this workbook is here to support your journey whenever you need it.




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1. DISCOVER WHAT'S POSSIBLE

Entrepreneurship is more accessible than ever before. But it won't ever feel accessible to you as long as you're trying to find the "right" opportunity to build in the "right" way.

It's far more important to look inward and discover how to use the skills that light you up to reach your value-aligned goals – instead of trying to mold yourself into someone else's version of success.

This process starts by asking yourself the right questions.


As you go through this first series of prompts, take special note of your initial knee-jerk responses. In the moment just after reading the question and before your conscious mind manufactures a curated answer, you have a window of radical honesty and transparency.

Grab on to those because they are clues.

We'll start with the easy ones:

What are three things you wish you could change about your life right now?

Maybe it's not worrying about money all the time, wishing you could pay off student loans, having more time with your kids, being able to afford organic groceries without worrying about the bill... Maybe you just want something to look forward to.



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What are three things you wish you could do more of in your life?

Maybe it's traveling more, working less, creating more, making music, dancing, or spending time with family.

What life changes would allow you to do more of the things you love and less of the things you don't?

Maybe it's earning more while working less, finding remote work, moving to a different place, or having time to work out or cook more meals.

Do you already have a hobby, passion, skill, or interest that you could develop into a business?



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What thoughts and feelings come up for you when you think about making money from that?

Do you experience resistance to the idea of selling something you create or provide? Write out some of the exact thoughts you have around the idea of profiting off of your passion.

Now, we're getting somewhere:

How do you identify with your work or work history?

Have you caught yourself saying things like "Charging what I'm worth"? Do you feel proud of your job? Ashamed? Do you avoid talking about how many times you've "reinvented" yourself?



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What comes up for you when you think about blue-collar and white-collar work? Do you think money has to be earned through hard work or a certain kind of work?

What kind of work did your parents or caregivers do? What did their experiences teach you about what is and isn't possible around work and careers?

Maybe you had a dad who worked sixty hours every week, yet never seemed to have enough, so you learned that the only way to get by is by working endlessly. Or maybe you had a mom who brought home plenty of money, so you had everything you wanted, but she was hardly ever around. So, you learned that to be financially successful, you have to sacrifice time with your family. (What you learned isn't "good" or "bad," and it doesn't make your family wrong. We're all doing the best we can.)



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Okay, some easy ones again:

Name three entrepreneurs that first come to mind.

What traits do these people have?

Now, name three people you're closest to in your life.



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Imagine telling them you're going to start a business. How would they react?

Let's circle back real quick:

Where can you find evidence of the traits listed above in your own life?

And when you made your list of entrepreneurs, did you go with the obvious? The quintessential?

Can you go a little deeper? Don't forget, the lady who runs your salon or yoga studio is an entrepreneur. The stands at the local farmers' market are owned by entrepreneurs.



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This one's the hardest. Ready?

How do you feel after answering those questions?

A lot of fear, judgments, questions, and doubts might be coming up for you right now.

When we try something new, say a hobby or skill, it's understandable to expect a certain amount of awkwardness and discomfort until you get the hang of it.

The same thing is true for trying a new way of thinking. So, if you're feeling some discomfort, that's okay. We've got time to get the hang of this.

2. SETTING YOUR GOALS: BITE-SIZED TO BIG VISION


A. Setting Bite-Sized Dreams

As important as it is to believe entrepreneurship is possible for you, it's just as essential to connect with the desire that tells you to give it a shot.

And you don't have to dream big right away.

The desire to simply be in control of your income and your time can absolutely be enough to get started. Sometimes it just means you're taking steps toward alleviating pain until you're ready to dream bigger.

So, let's start small:



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What are some bite-sized dreams that you have?

Spend some time writing out the little things you'd like to achieve. You'll be amazed at how quickly those dreams start to come true (and how good it'll feel when they do!).

My list used to include "add avocado without thinking about it costing extra" and "work somewhere without fluorescent lighting."

B. Catching Your Limiting Beliefs


How did it feel to write out your bite-sized goals?

When we list out our goals for ourselves, sometimes it might feel scary. We start to get thoughts that creep in that say that we aren't able to do this.

It's okay to hesitate sometimes while you face something new. Just don't stay stuck there.

The best way to take the power away from your limiting thoughts and fears is to get them out in the open. Grab your notebook and make three lists:

1. "But I can't..." Thoughts



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2. “But I’ll look like...” Thoughts

3. “But what if...” Thoughts


Notice what thoughts come up for you and jot them down. Pay special attention to which ones come up first, rather than the thoughts your mind curates.

C. Reframing Your Beliefs

It’s going to take some time and repetition to break down limiting beliefs and replace them with empowering ones.

But naming what you’re actually up against—both what you’re afraid of and what you really want—is the first step toward changing your mindset and shifting your path toward the life you want to build.

So, I’m proud of you for getting these out in the open. Now, let’s look at the fears you listed and talk about how you can turn them into possibility. The point of this exercise is to find clues to the contrary of your limiting beliefs.



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Let's begin:

1. Transform your “I can’t...” into “If they can, I can”:


Go back through each and see if you can dispute them, one by one, with evidence of other people who figured it out (just like you have and will). Bonus points if you find a story from your own life that proves to you that you can do it.

2. Shift “But I’ll look...” to “Looks aren’t everything”:

For each item on this list, write an alternative thought that is fueled by a determination to do it anyways. Write as if you were talking to a dear friend and encouraging them to see past their doubts.

3. Reframe “What if...”:

Name empowering, rational alternatives to each of your what-if thoughts. You can, and you will!



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D. Dream Bigger!

Naming what you want brings up some excuses and fears, and facing them gives you the opportunity to reframe and work around them like we just did.

Doing that work gives you *access to new ideas and bigger actions you can take.*


So, as we continue stripping away limiting beliefs and shining a light on the fears lurking in the shadows, **your big dreams and desires should be coming more into focus.**

Let's dive a bit deeper with these journal prompts.

What does entrepreneurship mean to you?

How might you be allowed to be a more authentic version of yourself?

What might entrepreneurship allow you to experience in life?



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What might it allow you to achieve?

How might you impact your family and community?

What big dreams would entrepreneurship give you a bridge to?

What desires would come into reach?



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3. CULTIVATE YOUR IDENTITY

The number one self-limiting belief that I see holding people back is the idea that who we are is fixed. It's my great pleasure to inform you that...it's not. You are incredibly dynamic.

Your brain and even your DNA are *far more malleable than we've been led to believe*. And your environments, both inside and out, impact you profoundly. So, let's explore a few initial steps towards crafting your own identity – and cultivating the traits and qualities to help you reach your biggest goals.


A. Shedding Your Labels

The first step is to get curious about some of the labels you've given yourself and how they sometimes show up in your life as a blessing and other times as a curse.

What are some labels that you identify with?

Like my "I'm the person who gets shit done." You might be "the perfectionist," "the shy one," "the one who is always responsible," or "the one who never finishes anything." Write a list of any that come to mind.

Now think of a time that this label was a superpower and worked in your favor, supporting what you were trying to accomplish.



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Next, think of a time when that same label has limited you, got you in trouble, or otherwise created obstacles preventing you from being your best self.

B. Shifting Your Narrative

Now that we've identified limiting labels, let's talk about how to shift them.

One of the most powerful ways to shift our beliefs about ourselves and cultivate desired qualities are through *affirmations*.

If you aren't familiar with affirmations, they are simply statements of what's true (or what will be true) and are a **seriously powerful way to literally change your mind**.

Now that we've spent some time thinking about how limitless you really are, give some affirmations of your own a try.

I am...



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I have...

I can...

I will...



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4. RAISE YOUR BASELINES

At this point, you've made progress towards identifying your path and shifting your beliefs about what's possible. Maybe you're feeling inspired to take action on your goals.

So, let's talk about how to set yourself up for growth in a *sustainable* way.

A big thing that can hold people back is the idea that they need to do it ALL at once. They try to do everything, get overwhelmed, and then burn out. But big changes don't happen overnight.


True change involves consistently making small, positive choices each day that accumulate over time – making necessary adjustments made as needed.

I call this raising your baselines, but before you can do this, *you have to know what level your starting point is.*

A. Take Inventory of Your Current Baselines

On a scale of 1 to 10, with 1 being the least satisfied and 10 being the most satisfied, note how you feel about these areas of your life.

If this is the first time you've considered these levels, it can feel a bit overwhelming to see that you aren't where you want to be, probably in many (or all) of the categories. Try to just take note for now, with as little judgment as possible.



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Relationships


List the five people you interact with most.

How loved and appreciated do you feel by each?

How fully can you be yourself with them?

How connected do you feel to them?

How satisfied are you with your communication with each?



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Connection

How often do you connect with other people?

Are you part of any meaningful online communities?

Do you have any in-person social groups you are a part of?

What is your relationship with nature like?



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Health

How do you feel about your overall health?

How is your relationship to exercise (whatever that looks like for you and your ability levels)?

How well do you prioritize your own health?

Do you have time to do the type of physical activity you enjoy most?



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Money.

How do you feel about what you earn?

When you think of money, do you feel calm?

How do you feel about your savings?

With struggle on one end of the spectrum and empowerment on the other, where do you fall in your relationship with money?



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Career

How do you feel when someone asks you about what you do for work?

Do you feel like your work matters?

How do you feel about the people you work with?

When you look ahead, are you inspired by the possibilities of your career?



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Fulfillment

Do you often do things that light you up and energize you?

Do you feel like you get to experience a state of flow on a regular basis?

How often do you feel like you push yourself into something new?

How often do you engage in activities that strengthen your creativity?



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Looking at your baselines, what feels like your most pressing need? Not just the lowest baseline, but the lowest one that you can move with the least amount of effort. Or more importantly, what baseline would impact the rest if you could raise it?

B. Creating Future You

Now that we've taken inventory of where you are, let's talk about where you want to go.


If you could imagine Future You, what might that person be capable of?

Spend some time dreaming about how badass you're becoming, and what kinds of things you're thinking about now that could be handed off to that much more experienced You.

Here are a few prompts to get the creative juices flowing:

What are three decisions that you are not truly able to make just yet that you can pass off to Future You?

What are three worries that you can't solve right now that you can trust a capable Future You with?



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What are three small things (that take fifteen minutes or less) that you can do today as a gift to Future You?

Now, let's write a couple of affirmations:

I trust Future Me to...

I support Future Me by...

C. Embrace Course Corrections

What does that path to Future You look like?

We often choose paths because of our alignment with society, our parents, or simply because of older ideals that we once held.

But you can (and should) choose other paths and adjust your steps along the way.



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Look back on your paths to this point and ask where your past choices even came from. Were they your desires or someone else's?

Identify your values as they are now. When was the last time you identified what you want in your life?

Start to explore (just explore!) possible ways to achieve those values.



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D. Checking in on Your Baselines

Let's refer back to the baseline check-in that we did at the beginning of this section.

It's important to have a starting point—it clarifies which areas need improvement but also provides a marker to see how far you've come.

Cultivating a habit of checking in on your baselines will help you determine if your steps are working. If you're not checking in with yourself and your progress, it's easy to think you're not getting anywhere.

Over time, you'll see things that felt difficult are now easy, stuff that used to scare the shit out of you is not so scary anymore, and things that once felt impossible are now actually happening in your life.

Which sections did you have the lowest scores on?

List the reasons why you believe you scored low for each separate section.

Refer to the above list; how many of these things are in your direct control to improve upon? Go ahead and circle them.



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Write down small, easy-to-do steps (think habits, routines, microdecisions, and simple actions) that you can take to start increasing that score.

Now write down some bigger ideas to raise your baselines that might take some planning and implementing.

What is one thing that you can do today to take action on raising your baselines?



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5. DESIGN YOUR DAY

When you think about the life you want to build, what does it look like for you?
What kind of time do you actually have available, and what's the best way to use it?

The idea that you have to work around the clock to get a business off the ground, neglect your family to do so, and pour every spare second into your work just to make sure your business doesn't fail simply isn't true.

But it's very important to get crystal-clear on how you actually want our days to look like. Otherwise, it's easy to slip into the hustle mindset, or thinking your day has to look a certain way to be successful.


YOU are in control of your time when you choose to be.

So, take a moment to think about Future You. You're a thriving, successful entrepreneur who has crafted your business and life to be *incredibly fulfilling*.

What does a typical day look like? Get specific and make sure to include how the elements that make up your day cause you to feel.

Here are some prompts to get you started:

What are your mornings like? How does this routine make you feel?



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Write about your home, habits, and schedule. Do they make you feel empowered, peaceful, satisfied, etc.?

What kind of hobbies do you have? How does it make you feel to spend time doing something you enjoy?

What is work like? How do you feel in relation to the work that you do?

How else do you spend your time doing things that make you feel the most authentically you?



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A. List Your Values

Let's take a minute to reflect on the components of your ideal day.

How many things did you list that weren't directly work-related? Maybe you wrote that you want to take time to exercise or cook nourishing food. Maybe you included having a morning coffee with a loved one or being able to pick your kids up from school. Go ahead and underline each one.

These non-work components in your ideal day that you just underlined are good indicators of what some of your core values are, things that are essential for you to feel fulfilled.

Let's distill them down to a word or short phrase and create a list of these values.


Examples: quality time with family, daily exercise, time in nature, etc.

B. Identify Your North-Star Goals

Go back to your "day in the life" and circle all the emotive words and phrases (especially the emotive words that describe how you want to feel about work), and write them in a list.

Let's pause and take in these two lists you just created.

They're looking an awful lot like a North Star, wouldn't you say? **On your wild journey of entrepreneurship, refer back to these lists often.**



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Of course, we go through times of hustling hard and growth discomfort, but as long as you continue to align your life to your North Star, you can trust yourself to be moving in the direction of your biggest dreams.

C. Action Items

I'm going to ask you to make one last list (for now).

Write a list of ten things that would take you thirty minutes or less to accomplish that will take you one small step closer to having the life you described above.

It can be as simple as watching a YouTube video or reading the next chapter in this book, or as big as buying a domain or having a conversation about your ideas with a supportive friend.



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6. MONEY MINDSET & SETTING YOUR RATES

I couldn't create a workbook on entrepreneurship without talking about your money mindset. Talking about money and setting your rates is an important element of being your own boss, but it can be a very triggering topic for many of us.

This section is a good space to practice getting curious if you get triggered.

Instead of immediately rejecting something because you start to experience big, scary emotions, *try to figure out what those emotions are trying to tell you.*

Challenge yourself to be open to reexamining your ideas around money.

At the end of this exercise, you have every right to wholeheartedly decide you'd like to keep your old beliefs around money.


What's most important is that you take the time to challenge yourself, because it's the best way to learn new things about your beliefs.

A. Write a Letter to Money

Are you ready to get honest? Try writing a letter to money as if it were a person. Here's my old letter to money:

Honestly, I'm so sick of thinking about you. I find you incredibly confusing, frustrating, and terrifying. I feel like you're always trying to fuck with me. Most days, I feel like I constantly have to check on you—to make sure there's enough of you. You're not reliable, and you can't be trusted. Sometimes we have fun, but I usually end up regretting those days. I am overwhelmed with guilt when I hang out with you. It's like you give me a hangover. Quite frankly, I'm sick of it. I don't want to have to worry about whether you'll be reliable. Ultimately, I'd like to not think of you much at all.

Sarah




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This may seem silly at first, but it's a common exercise that is great for finding conflicting beliefs and often helps people identify how they really feel about something. We've kept those feelings quiet long enough—it's your turn. Write money a letter. Don't hold back.



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B. Identifying & Shifting Your Negative Money Beliefs

Now, go through each line of your letter to money and look for the negative words that clue you into old beliefs you'd like to heal. Make a list, and then write down positive alternatives. Searching "antonyms to [your words]" can be helpful.

Here are some to get you started:

- Unreliable – Abundant
- Stressful – Comforting
- Disappointing – Joyful
- Guilt – Dignity
- Manipulative – Clarity
- Abuse – Healing
- Afraid – Curious
- Confusing – Simplicity
- Regret – Confident
- Overwhelming – Inspiring
- Powerless – Empowering
- Dependent – Independent
- Awkward – Confident
- Undeserving – Worthy
- Stressed – Calm
- Greedy – Generous

Now, make your own list:



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Let's take it a step deeper. Try turning some of those words into new beliefs.

Here are a few examples:


- I am worthy of making more money.
- Money comes more easily to me when I'm relaxed about it.
- I know money is an infinite resource.
- I can make good money and still be honorable.
- Money is abundant and I am open-minded about new ways to bring it into my life.
- I make money by working smarter, not harder.

Now, make your own list:

C. Calculating Your Rates

As an entrepreneur, you set your own rates and how many projects you work on.

This is a double-edged sword because it means uncapped earning potential – but many new entrepreneurs are afraid to charge what their work is worth (or feel lost on how to figure out how to calculate those numbers in the first place).



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This section takes you through how to continue to shift your beliefs around money – **and how to start pricing your work accordingly.**

First, take another moment to journal about money. Your answers can include lessons you learned through things people have said or done to you (direct) or observations that you've made (indirect).

What are a few direct and indirect things you learned about money from your dad (or caregiver or role model)?

What are a few direct and indirect things you learned about money from your mom?

Were any of these things you learned about money contradictory?



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What do the people in your day-to-day life say about money?

What emotions would you experience if someone asked you how much you earn?

What emotions do you most often associate with money?

What are some of the words you associate with money?

Did your parents or role models teach you about money more directly or indirectly? Maybe you picked up on the stress and anxiety of never having enough, and so you worry about money even when there is enough.



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Did you learn that there isn't enough money to go around?

Did the people you interact with most often judge wealthy people? Would it be scary to earn more if you knew the people you love most think rich people are bad?

What was your earliest experience with money?

How did you observe people dealing with money?

How did you have to earn money?



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How did you have to earn money?

Did you get paid for babysitting or mowing the lawn?

Did you volunteer your time consensually, or was it demanded of you?

What did it look like if you wanted to purchase something out of the ordinary?

Were you encouraged to get your first job?



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Now take a moment to think about your core values.

What are the most important things to you in this world?

Spending time with your family?

Being able to travel often?

Creating art that you love?

Would money help you achieve any of the dreams you just mentioned more easily?

What would your life look like if you could see past your limiting beliefs?

How would you feel? What would you do or stop doing? What would be different?

Last, let's take a quick moment to translate your own goals, availability, and values into some early goals for money.



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Ready? Here's how it goes:


How much would you need to make in order to live in alignment with the values you just named and the dreams you've been identifying throughout this workbook?

Maybe you want to travel the world. Maybe you want to replace your income and work from home. Maybe you want to replace your partner's income. Maybe you want to pay for a kid's extracurricular activity.

Whatever it is, get it into number form: how much does that version of you need to make in a month?

How much would you need to make in order to live in alignment with the values you just named and the dreams you've been identifying throughout this book?

Now, break that number down.



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Let's assume you're going to work five days a week—roughly twenty working days in a month—unless part of your dream is to work less.

A common number I hear at this step is \$200–\$300 a day, but yours may be more or less. Write yours here:

Last, connect that number to the industry you're in or thinking about building a business in.


Think about what you'd need to do in your business to hit that daily number.

If you make gorgeous, handmade ceramic mugs, how many mugs would you need to sell? If you write blog posts, how many would that need to be? If you're a virtual assistant, how many clients do you need to have?

You may want to do some industry research at this step, because your first idea of what your service or product is worth may be lower than reality—it usually is.

More often than not, people are surprised to discover that it's much easier to create a sustainable income with their passion than they realized.

To check your math, start calculating the time it would take you to serve those clients or make that product. A gorgeous, handmade, hand-painted mug doesn't need to be and shouldn't be priced as cheaply as possible. They are art and take actual blood, sweat, and tears to produce, so be sure to account for that.



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The most important thing here is you've got some real targets to work with. All too often we have ideas around starting a side hustle or a business, and we don't sit down to crunch the numbers and figure out exactly what it's going to take to untie our time from money.

When you break it down into daily and monthly goals, you give yourself a goal that *also leaves room for flexibility*.

You might have some days you earn more or less, and it won't happen overnight, but as long as you're taking baby steps in generally the right direction, you're getting closer and closer every day.



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7. GET COMFORTABLE WITH MARKETING

You're here because there's something calling you to be your own boss. And if you want to be your own boss, the marketing conversation is one we have to have. How you approach this one aspect will make or break your business growth.

If you feel uncomfortable with the idea of marketing, I get it. I used to feel that way too.

But marketing just gets the word out about what you do. "What you do" is the way you make a living, can elevate your life, and can start to give back in meaningful ways.

And when you get to bring real people into that very real experience, the whole process of growth through marketing can feel aligned with your larger values and goals.


To get comfortable with this concept, think about a real-life person who has loved what you have to offer, who you've helped, or who you've impacted in some way:

You might also use that story to create some new affirmations:

I am more than my work; I am inherently valuable.

What I have to offer matters.

(Add yours.)



BET ON YOURSELF

THE WORKBOOK

BY SARAH TURNER

Now, imagine telling that person you're never going to provide that product or service again.

What would they say to you?

How would they try to convince you to keep going?

Write all of this down and put it in a place that's visible while you're working on marketing tasks. That person, as well as Past You, is who you're marketing to.

That's who you're connecting with. That's who will see your name come up over and over again until they click *and they'll be so grateful that they did*.

Whenever you're feeling weird about being visible or feeling scared about all of the "what ifs" that might happen, look at that list and remember two things:

- There are other Past Yous who still want or need what you have to offer.
- Future You can take care of any "what if" that might happen.

Everything else to do with marketing is just the practice of putting yourself in front of the right people over and over again, and **it'll feel a little bit better every time you do.**



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8. CULTIVATE HABITS FOR GROWTH

A. Create Your Morning Routine

You've acknowledged entrepreneurship is for you, faced a ton of fears, started shifting your beliefs, and decided to take things one step at a time.

You've already done a lot of the hard work. But in order to solidify it all, it's important to remind yourself of your values and goals daily.


Recap it all with a simple morning routine. You don't have to start your day at 4:00 a.m. or go to the gym at the crack of dawn or anything else like that. Just make sure you're keeping this top of mind by revisiting it daily.

Build the day you want to have, but make sure your morning routine includes these steps:

Write down your gratitudes, and really feel the energy behind them.

Write or rewrite your value-aligned goals (with emotional language, in present tense) for the day, the near future, and the far future.

Write a few affirmations that directly counterbalance any fears, negative self-talk, relationship issues with money, and procrastination.



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This can all seem so simple that it's easy to skip.

Just like movie montages, these actions will barely make the final cut, but this is where you become the champion you were always meant to be.

B. Cultivate Whole-Person Hobbies

As you start to experiment with ways to make your dream life happen, don't forget that your literal environment—who and what you're surrounded by and how you interact with it—is just as important as your work successes (or more).

Hobbies, friends, and real-life interactions are all part of that environment.


Ask yourself: where else can I permit myself to be fully ME and fully enjoy my life?

Write yours here:

I'm allowed to...
I'm allowed to...
I'm allowed to...
I'm allowed to...
I'm allowed to...

Now write down a few hobbies that you want to try—it's okay if this is the first time you're actually admitting some of them! Think small (like making homemade sushi or hiking with your kids), and think big (like learning martial arts or how to play an instrument).

Write them here:



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Which one is lighting you up the most? Circle it! What is one small thing that you can do today to begin making room for implementing it in your life?

After all, showing up and not giving up so that you can have these moments of living your best life is what makes it all worth it.

C. Declare Your Intentions

The best thing I can leave you with is: make it a habit to keep an eye out for opportunity and possibility each day. I encourage you to declare your intentions for your life.

Try this exercise, simply saying an intention out loud with your hand on your heart. Yes, I mean right now. Maybe it's one of the following:

- "I'm open to the possibility of a career that gives me more freedom and purpose."
- "I'm open to the idea that life can be easier than I've let it be so far."
- "I'm a forever student and open to new ways of earning money and living life."
- "I would love to know what my next right step is."
- "I am open to earning money in new and unexpected ways."

Write Yours:

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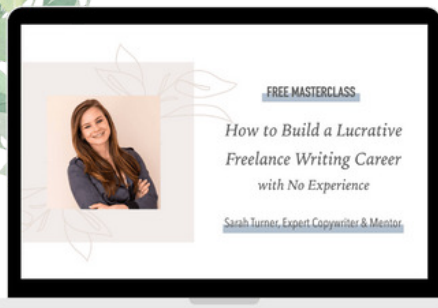
BY SARAH TURNER

YOUR NEXT STEPS

If you found this workbook before reading Bet on Yourself I'd encourage you to start there. Bet on Yourself shows you how to define entrepreneurship on your own terms – and shares the confidence, steps, and mindset shifts to make it happen. It enforces and expands on many of the concepts we talked about throughout this workbook.

If you've already read Bet on Yourself or if you're looking for more tangible steps towards your path of entrepreneurship – here's how I can help you:

*For the **new or rising copywriter** who's ready to break into entrepreneurship with a highly profitable skill.*



Learn how to go from zero to consistent 5-figure months with copywriting – starting with no experience or portfolio.

Free Copywriting Masterclass

*For the **aspiring or expert course creator** who's ready to reach the next level with an online program.*



Learn how to turn your experience, expertise, or passion into life-changing profit and impact.

Free Online Course Masterclass

I empower you with the **mindset, support, strategy, and profitable skills** to create a career you love. Whether you're ready to break into the world of entrepreneurship or reach the next level – we have free, valuable resources for each stage of your journey.

Together, we'll confidently and ethically build an online business you love.

You're amazing, my friend.

– **Sarah Turner**

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