BUILD ME - BUILD MY BUSINESS

The Warrior Woman's Guide To Creative Reinvention Series

Clarity Before Action

Why Do I want An Online Business?

No. #1 in "The Warrior Woman's Guide To Creative Reinvention" Build My Business Series

Printable Version

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Please note - there are LIVE links in the eBook but you will need to print it off to input your text.

THE QUESTION

WHY DO I WANT AN ONLINE BUSINESS?

Pros & Cons of Starting An Online Business

✅ PROS - WHAT CAN I HAVE?

- Freedom of Time: I can set my own hours instead of living by someone else's clock.
- Location Flexibility: I could work from home, a café, or anywhere — even while traveling.
- Creative Expression: I'd finally use my talents and passions in a way that matters. Purpose & Impact: I'd be doing work that feels meaningful, not just paying the bills.
- Financial Independence: I could create income streams not tied to a boss or a salary cap.
- Growth & Reinvention: I'd prove to myself that it's never too late to start over.
- Role Modeling: I'd show my kids, family, or community that women can reinvent and thrive. That I can do it!
- Scalability: An online business could grow way beyond trading time for money.

❌ CONS - WHAT HOLDS ME BACK?

- Overwhelm: I don't know where to start, and it feels like too much to learn.
- Tech Fear: I'm worried I won't understand the tools or platforms.
- Self-Doubt: What if I'm not good enough, or no one cares what I create?
- Financial Risk: What if I spend money and don't see results?
- Loneliness: I don't personally know anyone who has done this successfully.
- Time Pressure: I already feel stretched thin — how would I add one more thing? ***(Q: how will I feel if I'm stuck in this same situation in a year's time?)***
- Fear of Failure: What if I try and it doesn't work — will I feel worse than before?

If you really believe you want to have your own online business let's put it to the test!

YOUR NEXT STEP - IS TO TEST YOUR IDEA IN THE SIMPLEST WAY POSSIBLE WITH THE WARRIOR WOMAN'S 'EVALUATOR MATRIX.'

(If you don't have an idea yet - no problem - just go here for help)

The Warrior Woman's Guide To Clarity Before Action

This simple matrix is designed to help you gain clarity by scoring potential online business ideas based on what's most important to you - your passions and values. It's a tool to move you from confusion to clarity. Read the statements and rate each one from 1 to 5, where 1 is "Strongly Disagree" and 5 is "Strongly Agree."

Statement	My Score (1-5)	Notes
This business idea aligns with my core passions and interests.		
I can leverage my existing skills and expertise in this business.		
This business model is compatible with the lifestyle I want to create.		
This business idea solves a genuine problem for a specific group of people.		
I feel excited and energized by the thought of building this business.		
I am willing/able to invest the time and effort required.		
This idea has a clear path to monetization and financial success.		
This business could have a positive impact on the world.		

Look at your scores. Do you see a pattern? A higher overall score suggests a strong alignment with your passions and goals. Use this clarity to move forward with confidence (*just keep reading*) and you will choose the path that is right for you!

Your Results:
How To Take Your Next Steps

✅ Step 1: You've added up your score - and your answers will highlight which business path may be the best fit for you right now. *Remember: there are no wrong answers — just the clearest path for you to begin with confidence & clarity.*

✅ Step 2: Match your result to a business model;

- If your highest scores focus on passion, creativity, and impact,your best-fit model may be Coaching/Consulting or Course Creation.➡️ Watch the video*: How to Choose Your Perfect Business Model* (*The Easy Way!)*
- If your highest scores highlight simplicity, lifestyle flexibility, and scalability,✨ your best-fit model may be Affiliate Marketing or Digital Products.➡️ *See the article: How to Start As An Affiliate Marketer in 2025*
- If your highest scores emphasize skills, expertise, and solving specific problems, your best option may be Freelancing/Service-Based Business.➡️ *Read next: Freelancing as a First Step Into Digital Freedom.*

✅ Step 3: Take action today - don't overthink it. Choose the ebook or video that resonates most and dive in because every step builds more clarity and every pro-active choice brings you closer to reinvention & the life you dream about.

Additional help: *If you feel that you want to dive in more deeply into the pros & cons you can read my article "Risk & Reward In The Creator Economy" HERE*

For in-depth stats, proof of the booming 'Creator Economy' for women and how our current systems are failing us.

Video Quick Links

For Affiliate Inspiration & info - watch HERE!

For How To Sell Physical Products (Ecommerce) - take a look at THIS!

For Creative Business Inspirtaion - see how others have done it before you HERE!

You will glimpse the exact same community & help I used to get my business going.

The Problem

Our brains are wired to prioritize immediate rewards over long-term benefits. When you start a new habit, the results *(e.g., increased fitness or learning a new skill)* are often delayed. This lack of immediate reward can make it easy to lose motivation, especially when the habit itself feels difficult or uncomfortable. This is a key reason why many people successfully initiate a new behavior - but fail to maintain it.

You might feel like your small, consistent steps aren't producing visible results fast enough. This can lead to a sense of futility and a temptation to give up on the process entirely. If, like most people, you find it difficult to 'stick' with a new habit, there are some strategies that can help you:

1. Define Your "Why":

Connect your new habit to a deeply personal and meaningful goal. This provides the intrinsic motivation needed to persevere through a lack of immediate results. Start with "Micro-Steps": Make your daily actions so small and easy that it's nearly impossible to say no. Then, you build momentum and reinforce the habit loop.

2. Use "Habit Stacking":

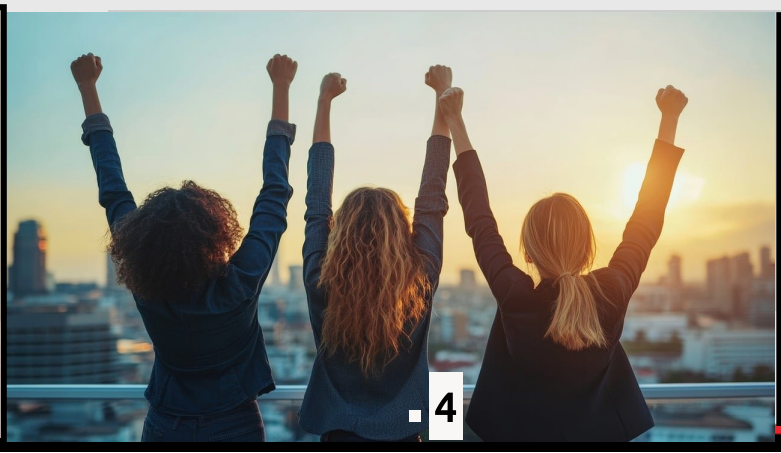
Link your new habit to an existing, established routine. For example, "*After I brush my teeth, I will do 10 squats*" or, my 10-minute '*Stillness Shift*' exercese. This leverages the power of your current habits to create a cue for the new one.

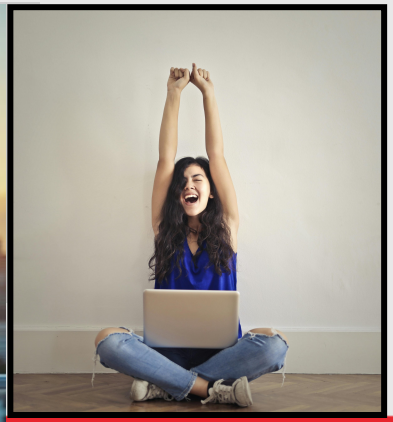
3. Track Your Progress and Celebrate Small Wins:

Use a calendar, app, or journal to track your consistency. This creates a visual record of your success and provides the feeling of accomplishment that the habit itself may not yet provide.

4. Focus on the Process, Not Just the Outcome:

Instead of solely fixating on the end goal, learn to appreciate the process of consistent effort. This builds resilience and self-compassion helping you bounce back from setbacks without giving up; an important skill for any new entrepreneur.





Micro-commitments #1:
Think Beyond Your Circumstance

Coming Home To Inner Possibility

Here are three high-impact micro-commitments for "The Warrior Woman's Guide To Creative Reinvention" that gently dissolves limiting beliefs so that you can give more energy to mental clarity and empowered action — ***ideal for those unsure where to begin in building a business but deeply desiring change:***

🟢 Micro-Commitment #1: The 10-Minute "Stillness Shift"

Being able to think beyond your circumstances is an essential practice that will serve you well in both your business and personal life. Our imaginations are one of our greatest gifts and it's how we will reshape our lives with new results.

Why it matters: Most limiting beliefs are reactions to our current visible reality. Stillness interrupts the loop and opens the space for higher awareness and possibility. *Your lower brainwave state encourages new insights into old problems.*

What to do:

Commit to 10 minutes each day—first thing in the morning or before bed—for silent sitting. No phone. No distractions. Just you, your breath, and the intention to listen inwardly. It helps to ask yourself one guiding question before entering silence: e.g. *"If I believed everything were possible for me, what would I allow myself to imagine?"* This becomes a daily act of self-leadership and reconnects you to the intuitive voice that's often drowned out by fear and the busyness of life.

Relax - You Don't Need To Be In The Himalayas...

...only a quiet space where you can surrender and disconnect for just a few minutes each day - even use your car in a lunch break! Comfortable and undisturbed are the important things; your garden (if it's quiet) or a secluded bench in the park are perfect, as being in Nature can help you to relax - and it's only 10 minutes!

Micro-commitments #2: Overcome Limiting Beliefs

🟡 Micro-Commitment #2: The “Truth Over Trigger”

The Problem

Limiting beliefs are often the invisible walls keeping you stuck and you may find yourself thinking, “*I’m too old to learn something new,*” or “*I’m just not good with technology.*” These thoughts can feel so true that they stop you before you even begin. Instead of taking action, you second-guess yourself, procrastinate, or stay busy with everything except the thing you really want to do. The result is frustration and a growing fear that maybe reinvention isn’t possible for you — even though deep down, you long for it...but HELP is at hand...

What to do:

One of the most powerful ways to overcome limiting beliefs is through micro-commitments — tiny, manageable actions that prove to yourself, step by step, that change is possible. Instead of trying to “fix everything” at once, you choose one small action, for example:

- writing for five minutes
- clearing a single drawer
- signing up for one free tool

Each micro-commitment chips away at the untrue belief that you are NOT capable, by replacing fear with evidence of progress.

The beauty of micro-commitments is that they feel safe; they don't overwhelm you or demand perfection - they simply build momentum.

With every completed action, no matter how small, you are re-wiring your self-talk:

I CAN DO THIS! I'M MOVING FORWARD

Over time, these small 'wins' compound, dissolving limiting beliefs and creating a new identity rooted squarely in confidence and possibility. *Exciting times!*

Micro-commitments #3:
The 'One Brave Idea' Sketchpad

🔵 Micro-Commitment #3: The “One Brave Idea”

Why it matters:

Feeling stuck is often a result of creative stagnation, so by playing with ideas (without pressure), you begin embodying a new identity—someone who takes inspired action.

What to do:

Once a week, (*add a reminder on your phone or calendar*) & sit with a pen and paper (or tablet) and sketch, doodle, map or list one idea for a future possibility—even if it seems outrageous or unclear.

Examples:

- A business idea
- A problem I want to solve
- A product I want to create
- A mission I'd be proud to lead.

Important Rule:

No judgment, no editing, no overthinking. Just explore. This practice taps into imagination as strategy and moves you from survival thinking to visionary thinking.

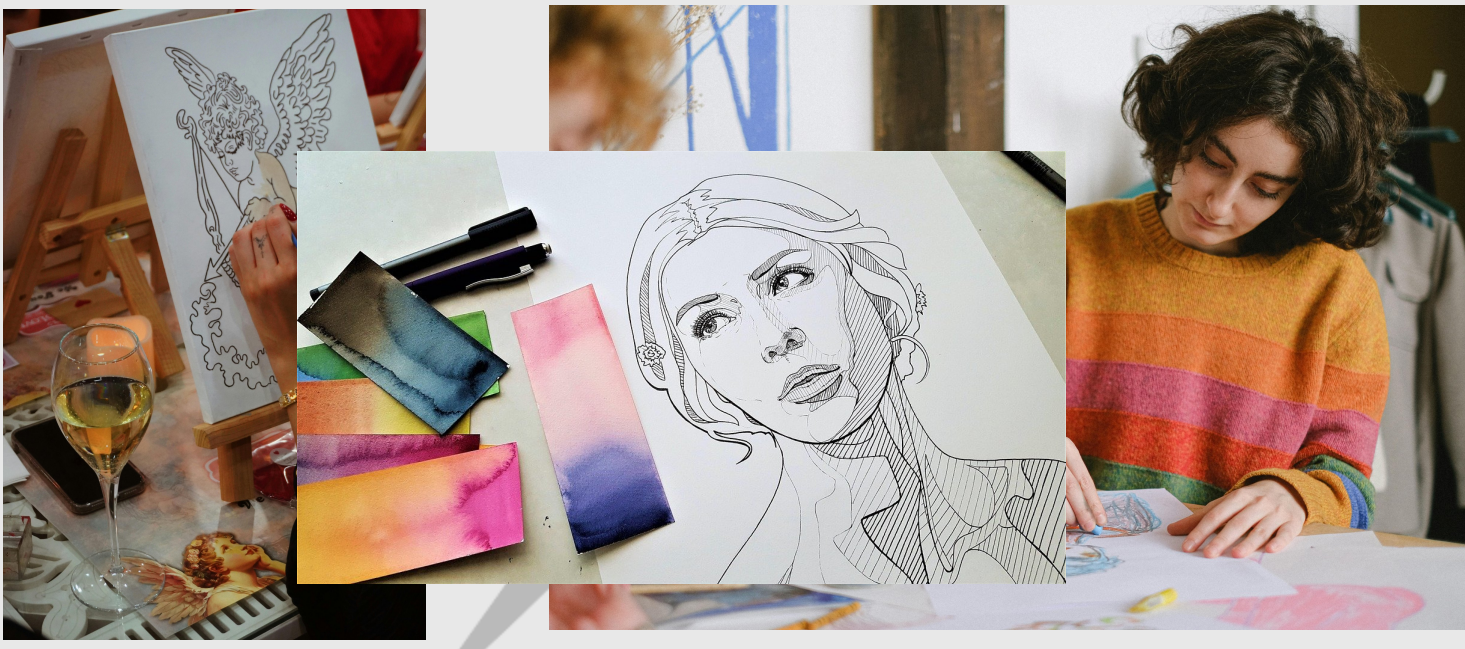


Chart Your Progress

Celebrate Your 'Wins'

DATE	What I have achieved...so far...

Further Help:
Articles & Tutorials

If you've enjoyed this ebook and would like to have access to much more help and advice from someone who is a little farther along the road you want to travel. just sign up with your main email and join a community of women who are living their best lives - now - not next year or in 5 year's time - and let's face it, time just marches on regardless of how many plans we might have or talk about.

"The Warrior Woman's Guide To Creative Reinvention" is a series of ebooks and audio formats that are designed to help you get to a point where you are SURE that building a business you love is right for you - and that NOW is the time fo do it.

It's a pleasure to welcome you to this amazing community... you're clearly serious about taking the next step...so I'm excited that you're building a successful online businesses and I aim to help you do just that. When I began my business (not that long ago), I spent a lot of time researching online businesses and since then, I have learned valuable, transferable skills - including how to produce this very ebook, my authority website and so much more.

As a 'thank you' for signing up, I have a gift for you: a 12' meditation audio that will help you to practice the 'stillness' in those insightful, lower brainwave states that are where the magic happens in relation to your creativity.

The business is only as healthy as the woman building it and this meditation will help take care of YOU, the human being .There will be some gentle percussion at the end just to make sure you're fully present - to get on with your day. Enjoy!

Download My Audio

thank you