

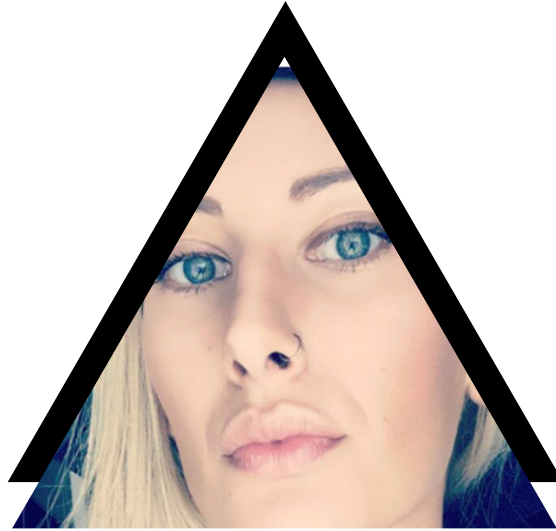
WORKBOOK

HOW TO FIND THE CEO WITHIN

grigoria



ABOUT GRIGORIA



HOW TO FIND THE CEO WITHIN

GRIGORIA KRITSOTELIS

SPIRITUAL ENTREPRENEUR & BUSINESS COACH

Grigoria is a marketing consultant turned spiritual entrepreneur and business coach. She is dedicated to lifting the vibration of the earth by spreading the message of light.

Grigoria is a thought leader, entrepreneur and a creative intellect. With years of experience in both the marketing world and the small business world, Grigoria has built a successful career through numerous entrepreneurial endeavours. Having been the owner of a number of successful small businesses she understands firsthand what is required to build a business and what it takes to be successful.

With multiple degrees and diplomas in Marketing and Management Grigoria has the knowhow and expertise to effectively build and grow a business whilst having the passion to share her knowledge with others and build a community of like-minded successful entrepreneurs. With a strong work ethic, attention to detail and a flourishing creative nature, Grigoria is able to creatively work with clients in a way unlike other business professionals, and think outside the box to provide people with unique and distinct solutions. Grigoria is a skilled and driven individual who approaches every project with passion and creativity.

Grigoria is also the Creative Director & Co-Founder of Creative Bar Marketing Consulting Agency.

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www.grigoriakritsotelis.com

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BEFORE YOU START YOUR WORKBOOK, HAVE YOU:

JOINED THE FACEBOOK GROUP?

JOIN HERE

NOW YOU CAN START WATCHING THE VIDEO
FOUND ON THE HOMEPAGE AND WORK THROUGH
THIS WORKBOOK AS YOU WATCH.

FEEL FREE TO PAUSE THE VIDEO AS YOU WATCH TO
COMPLETE THE ASSIGNED ACTIVITIES.

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PART ONE

CLARITY VS BLOCKS

Figuring out if it's clarity or blocks...

On this page, write down what your goal is. What your big dream is.

If you get stuck writing it down, or if it doesn't sound right to you, then your problem (not really a problem, just a hurdle) is clarity. So you need to work on the clarity exercise.

If you can clearly write down that which you desire, but you aren't living that reality yet, then your problem is self-imposed limitations (or blocks), so you need to work on the blocks exercise.

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PART ONE

CLARITY VS BLOCKS

Start with this morning gratitude prayer:

Thank you for what I have.

Thank you for what I am.

And thank you for what I am becoming.

Thank you for what I have.

Thank you for what I am.

And thank you for what I am becoming.

Let's Get Clear

Where does your mind wander?

What do you find yourself constantly thinking about?

Write down a list of all the things that you find yourself thinking about.

This could be things you want for your career, for love, for humanity, for spiritual awakenings.

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PART ONE

CLARITY VS BLOCKS

Let's Eliminate Blocks

If the life of someone you cared deeply about depended on you making this work, what would get in your way?

Now take your above list and reframe them, just decide that those things will no longer stand in your way.

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PART TWO

UNEARTHING YOUR DESIRES

Write down the top 3 things you think you want.

Then list all the ways in which that desire is already present in your reality.

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PART THREE

SPIRITUAL PRACTICES

Let's Meditate

ONE

Find a place where you will practice your meditation that feels comfortable. Choose if you will sit or lie down.

TWO

Choose your soundtrack or just sit in a quiet place. Set your timer if you choose to set a time. (To start with you can choose a short amount of time, like 2-5 mins)

THREE

Close your eyes and surrender your thoughts.

FOUR

Begin with a long deep breath in. Hold your breath and then release slowly. Feel your blood flowing through your body to all your extremities.

FIVE

Focus your thought on the action of your breath.

Yoga

Find a local gym or yoga studio that you can sign up to, to participate in weekly yoga. Alternatively, find some guided yoga routines on YouTube that you could follow and complete at home.

You will need a yoga mat.

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PART THREE

SPIRITUAL PRACTICES

Food

Keep a 24 hour food diary here (include drinks), and tonight evaluate where you could cut out sugar and fats. Try and find alternatives for pre-packaged goods and make sure you are consuming lots of fresh produce.

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

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PART THREE

SPIRITUAL PRACTICES

Gratitude Prayer

Write a list of all the things you are grateful for in this present moment.
Don't overthink it, just let it flow.

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PART FOUR

APPLICATION

Time to Schedule

Get out your diary and add the following activities into your planner:

Daily meditation (3-30 mins)

Twice daily gratitude prayers (2 mins)

Weekly food prep (1 hour)

Weekly yoga (1 hour)

Activities in this Workbook

Make sure you allocate time today to complete the activities in this workbook. Use the video as an aid to help you.

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BONUS

HOW TO SPEED READ

HOW TO FIND THE CEO WITHIN

Start applying all the skills mentioned in the video when you read books from now on.

To test out these skills, time yourself reading two pages of a book as you would normally read it.

Then apply the finger technique and the skipping the first and last word of each sentence technique, and reread the pages, and see how long it takes.

Write a list of 10 books you want to read and create a 10 week deadline to have them all read:

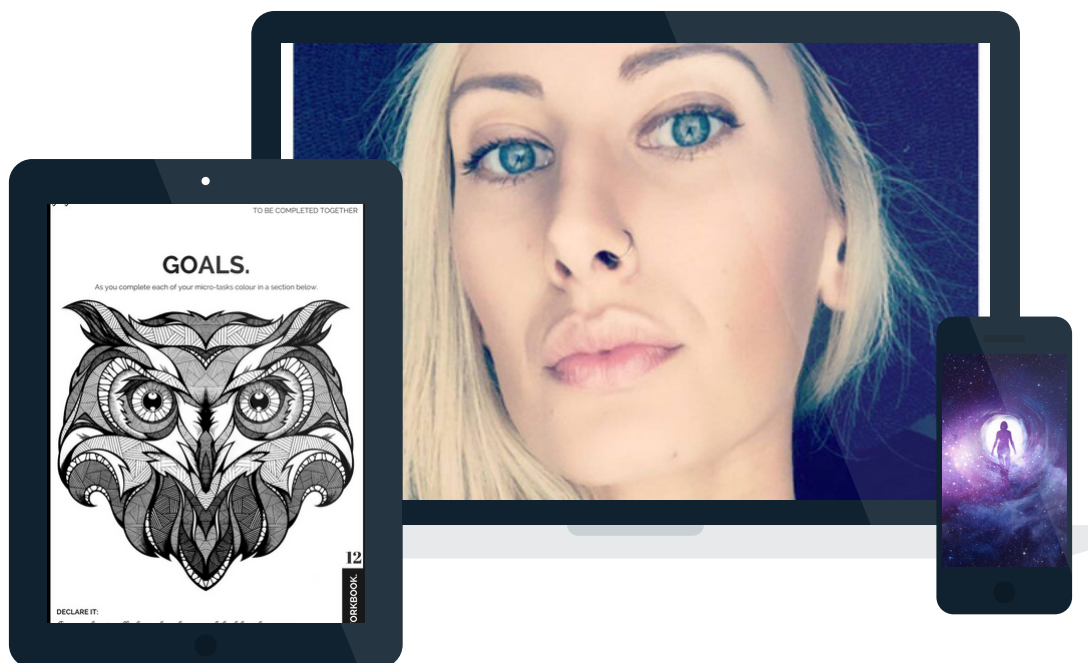
TIM FERRIS' ARTICLE ON SPEED READING

READ HERE

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DIVINE INTERVENTION

Out of your head and into your heart. Business with soul.

6 WEEK GROUP COACHING PROGRAM

TOPICS WE WILL COVER

PRAYER AND PROTECTING YOUR ENERGY

THE LAWS OF THE UNIVERSE

SELF-AWARENESS AND MEDITATION

TURINING GOALS INTO FEELINGS

SOUL CENTERED BUSINESS FOUNDATIONS

JOIN NOW

Only those committed to a transformational experience should apply