

Let's Get Sh*t Done Coaching Series for...

Mompreneur Success!



Evolve With Empowerment + Results

SusanVernicek.com

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Let's Get Sh*t Done

Week 1



Let's kick things off. Would you rather...

- ☐ Live life on autopilot and in reaction to everything and everyone?
- ☐ Lead with awareness, more energy, and feel fulfilled during the day?

Opening Notes:

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The 3 Steps to a Successful Mompreneur Life are transforming through:

1.

2.

3.

The Supporting A's in the A-Game Formula are:

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What do you consider self-care? (List at least 3 things)

1.

2.

3.

What self-care practice do you WANT to implement daily? (specifically this week)

1.

2.

3.

You can create a _____ and _____

Mompreneur Life that includes _____, _____,
and _____.

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In order to evolve on your journey, you must evaluate often. There are 3 simple questions you can ask each time you try something new and practice it for about 6 months. This timeframe allows for effective measurement and research.

What's working with your self-care?

What's not working?

What do you think needs to change?

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It's time to choose the ONE self-care practice that you want to implement for the few days until the next training. You have the LIVE coaching session to bring questions, obstacles or anything you need coaching on.

What will be the ONE self-care practice you will implement EACH day and why?

How will this self-care practice impact your life and those around you?

What are some potential obstacles? THEN write what your solutions will be to those potential obstacles?

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How do you see your life after?
What would be the ultimate win?

Use this section to ENVISION more...

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Did I Do My Best:

Self-Care Tracker: Day 1

Self-Care Tracker: Day 2

Self-Care Tracker: Day 3

Self-Care Tracker: Day 4

Self-Care Tracker: Day 5

Self-Care Tracker: Day 6

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Week 2: Tug-of-War Release Week

What is your definition of balance between your MomLife + BizLife?

How do you want to structure your days? (specifically this week)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

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In order to evolve on your journey, you must evaluate often. There are 3 simple questions you can ask each time you try something new and practice it for about 6 months. This timeframe allows for effective measurement and research.

What's working with your routine, structure, schedule—balance?

What's not working?

What do you think needs to change?

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It's time to choose the ONE self-care practice that you want to implement for the few days until the next training. You have the LIVE coaching session to bring questions, obstacles or anything you need coaching on.

What will be the ONE routine/structure/boundary practice to implement EACH day and why?

How will this practice impact your life and those around you?

What are some potential "tug-of-war" obstacles? THEN write what your solutions will be to those potential obstacles?

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What was your top takeaway?

Notes:

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Did I Do My Best:

Tug-of-War Release: Tracker: Day 1

Tug-of-War Release: Tracker: Day 2

Tug-of-War Release: Tracker: Day 3

Tug-of-War Release: Tracker: Day 4

Tug-of-War Release: Tracker: Day 5

Tug-of-War Release: Tracker: Day 6

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Week 2: Tug-of-War Release Week

What are your numbers? What is the number/amount you need to earn to be profitable?

What is ONE package/offer that you can PRICE with confidence and show up being WHO you have to BE to sell it?

What could you offer?

What are all the benefits?

What are the results you offer?

What pain point to you solve?

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Week 3: Offers, Sales, Profit Week



It's time to choose the ONE OFFER that you want to share, story-tell, teach, and make a clear CTA? You have the LIVE coaching session to bring questions, obstacles or anything you need coaching on.

What will be the ONE Offer/Package to teach/story-tell, and invite on?

How will this OFFER and PRICE impact your life and those around you?

What are some potential obstacles? THEN write what your solutions will be to those potential obstacles?

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What was your top takeaway?

Notes:

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Did I Do My Best:

Offer, Sales, and Profit: Tracker: Day 1

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Offer, Sales, and Profit: Tracker: Day 2

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Offer, Sales, and Profit: Tracker: Day 3

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Offer, Sales, and Profit: Tracker: Day 4

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Offer, Sales, and Profit: Tracker: Day 5

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Offer, Sales, and Profit: Tracker: Day 6

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Working with Susan has given me the ability to **achieve my desired results in a very short period of time.** Before, I did not have a clear vision of how my different business ventures could give me an adequate ROI. I also did not have the confidence or structure to form a solid action plan on attaining these goals. **I suffered from a personal/ business life balance.**

As a single mom, **I held a lot of guilt** on focusing too much on my entrepreneurial hats and not enough on my quality time with my boys. **It showed up in my work and I didn't even know.** We have been working together for a little over a month and the **newfound clarity, structure, and self-nurturing.** I have learned to receive has given me the ability to almost **double my client acquisition**, establish a better relationship with my children and also focus on my newest venture in writing my first book.

Working with Susan has added so many layers to the solid foundation of personal growth I've been severing for years. Digging into her program has opened up action steps to having a positive mindset, through not only believing and thinking but acting and achieving to build new habits.

The results so far have proven that **when you invest in yourself monetarily, thoughtfully, and proactively, the ROI will blossom tenfold.**

Kristyn Koegel
Author, Coach, and Mom of 2, Kristyn Koegel, LLC
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Yudy Veras Bueno

If you find yourself putting your desires, business, or your next project on hold, then Susan is your girl. She will ignite the spark needed to make it happen. She will not stop until you reach your goal.



Hadi Diallo

Working with Susan has given me the balance I have been looking for and missing for far too long in my life. I have taken control of my life and emotions instead of going through the motions. I now spend quality time with my family, connect better with my husband, and significantly improved our communication (which we have been struggling with for the past year and a half).

Susan's level of engagement and how much she cares about me and her clients wanting them to succeed. She pushes us, cheers us on, and celebrates with us all



I came into this program feeling like I was drowning in responsibilities and unable to get ahead of it all. I was like that for 2 years! Sitting here now, I feel at peace, able to breathe and relax. I put my energy into moving my business along, instead of staying paralyzed. This resulted in income, but also almost like permission to get back to my family!

Love all the positivity! It's clear that you've been through a similar journey and continue to work at it.

I've been able to see this as a journey, where I don't need the whole plan for my business and family life upfront (*which was a paralyzing thought*). I'm making little changes that are sustainable. Things are clearing themselves up as a result. It's like a huge, tangled mess finally coming undone because I started following one path, which led to another path, which led to another... I had to START.

Cristina Phaneuf

Fashion Bag Designer, [Bumbleroot Design](#)



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