

YOUR A-GAME BLUEPRINT
MONTHLY INSPIRATION



**BEST
SELLER**

**A YEAR OF
AUDACIOUS
GOALS AND BOLD WINS**

WORKBOOK



From The Author Of The
Bestselling Book,
*Get All A's in the Game of
Life, Insights Along the Way:
Entrepreneur Edition*



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About The Author

01



Every excuse you eliminate creates space for a solution to emerge.

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Known as the Mindset + Achieve™ Coach, and your dedicated **Multiple Income Streams Coach**, I specialize in empowering mompreneurs to unlock the potential of diverse income sources. Whether you're just starting out or looking to scale, I provide tailored strategies to help you build and sustain multiple revenue streams, all while balancing the demands of motherhood. With my guidance, you'll learn how to **maximize your earnings, create passive income, and achieve financial independence**. Together, we'll transform your business vision into a thriving reality, so you can enjoy more freedom and flexibility in your entrepreneurial journey.

I also help you define and achieve your balance and momentum as you experience piecing together your MomLife + BizLife. I help you lose the guilt and comparison, tame (or embrace) the chaos, and stop surviving on autopilot so you can **become a confident woman, conscious mother, and a badass business owner**.

Unlike other mindset and business coaches, I use **my signature, A-Game formula and approach** that provides a transformative foundational mindset and creates tangible action-steps. I created this formula throughout my **18 years of experience igniting women's lives while running a national online magazine, building a 6-figure speaking career, publishing three books, launching Your A-Game Podcast, and coaching and course programs**. I'm known for my contagious energy, high-touch support, and persistent motivation.

Step Into Your A-Game Year



Your A-Game and Acronyms

Welcome to your ultimate resource for living an audacious, empowered, and purposeful year.

This e-book is designed to help you bring your A-Game to every month by embracing four powerful principles: self-Acceptance, Awareness, Appreciation, and Acknowledging your Achievements.

The Get All A's Formula is the foundation of the A-Game Approach and a daily practice rooted in these principles:

- **Self-Acceptance:** Accepting “what is as is” and embracing your authentic self, acknowledging both strengths and areas for growth without judgment.
- **Awareness:** Cultivating a deeper understanding of your thoughts, actions, and values to stay aligned with your purpose.
- **Appreciation:** Celebrating your wins, big and small, and finding gratitude in the journey.
- **Acknowledging Achievements:** Recognizing milestones and progress along the way to build confidence and momentum.

At the intersection of these principles lies your A-Game Sweet Spot—a place of clarity, confidence, and consistent achievements.

As you move through this e-book, you'll see how each month's theme ties directly to these core concepts, helping you integrate them into your daily life.



Understanding *Your Unique Value Proposition*

Your value proposition isn't just about what you do—it's about **who you are** and the unique impact you bring to the world. To truly understand your value, you've got to start by embracing the principles of the **A-Game Approach: Self-Acceptance, Awareness, Appreciation, and Acknowledging your Achievements**. These principles help you release resistance and guide you to uncover your authentic self, the WHO that defines your voice, purpose, and power.



The WHO Emerges When...

01

Audacious Self-Acceptance

Accept yourself fully.
Acknowledging your strengths and areas of growth without (or with less) judgment.

02

Audacious Purpose

Stay aware of your purpose.
Aligning your actions and decisions with your deeper "why."

03

Audacious Appreciation

Appreciate your journey.
Celebrating wins big and small, and understanding how your experiences shape your unique perspective.

04

Audacious Achievements

Acknowledge your achievements. Reinforcing confidence and building momentum to grow and inspire yourself and others.

How to Use This Workbook



This workbook is your companion for creating intentional growth throughout the year. **Here are a few ways you can use it:**



01 **Monthly Reflection and Planning:**

- At the start of each month, review the acronym and action steps to inspire your goals and focus.

02 **Personal Development Tool:**

- Use the actions provided as a guide to cultivate self-awareness, practice self-acceptance, embrace appreciation, acknowledge achievements, and align with your purpose.

03 **Team or Community Sharing:**

- Share the monthly themes with your team, clients, or community to spark discussions and motivate others.

04 **Content for Your People:**

- Feel free to use and adapt the acronyms to inspire your audience! Share them in your newsletters, social media posts, or meetings—and don't forget to tag me and use the hashtags [#AudacityToAchieve](#) and [#YourAGamePodcast](#) so I can celebrate your success with you.

This workbook is not just for inspiration—it's a practical tool to help you take action, spark conversations, and empower those around you.

**Let's dive in and start making this your best
A-Game year, yet!**

Writing down your intentions and goals is a practice supported by scientific research, significantly enhancing your likelihood of success. Here are some reasons why:

Increases Goal Achievement by Creating Clarity: A study by Dr. Gail Matthews at the Dominican University in California found that individuals who wrote down their goals were 42% more likely to achieve them than those who only thought about their goals.

[CPA Academy](#)

Activates the Brain's Reticular Activating System (RAS): Writing down goals activates the Reticular Activating System (RAS), a part of the brain that filters information and focuses on what's important. This process helps you notice opportunities and resources aligned with your objectives.

[Frontiers](#)

Strengthens Neural Pathways: Handwriting engages the brain differently than typing or thinking, stimulating regions responsible for memory and cognition. This reinforcement of neural pathways aids in retaining and acting on your intentions.

[Penvibe](#)

Enhances Accountability and Motivation: Writing goals creates a sense of accountability, transforming vague ideas into actionable plans. Sharing these goals with others and having regular progress check-ins can further increase the likelihood of achievement.

[Frontiers](#)

Encourages Emotional Investment: The process of writing helps you visualize and internalize success, building confidence and increasing motivation and persistence.

[Wikipedia](#)

Reduces Overwhelm and Increases Focus: Writing down tasks and goals organizes your thoughts, providing a clear roadmap that reduces overwhelm and allows you to focus on one step at a time.

[Frontiers](#)

Increases Long-Term Recall: Handwritten notes enhance retention better than simply reading or thinking about them, creating visual and physical cues that your brain associates with your objectives.

[Penvibe](#)

Write It Down, Make It Happen: The evidence is clear: Writing down your goals is a proven strategy that improves focus, enhances commitment, and boosts your likelihood of success. Grab your notebook and start crafting your intentions to activate the brainpower needed to achieve them.

The A-Game Formula and Approach



Years ago, someone asked me how I was overcoming so many obstacles and actually achieving the things I envisioned. That question stopped me in my tracks. My first instinct was to brush it off—I didn't want to spend the time dissecting it. But something nudged me to dig deeper, to figure out **what was really driving those bold moves**. Taking the time to reflect on that question turned out to be one of the best decisions I've ever made. It changed the trajectory of my career and elevated my entrepreneurial game to a whole new level.

This approach to life—my A-Game—rewired my brain, reshaped the rules, and opened doors to opportunities I hadn't even imagined. It's what's helped me lose weight and keep it off, overcome depression, climb out of draining debt, leave an unfulfilling job, and escape a verbally and mentally abusive relationship. It gave me the clarity and strength to find the love of my life and heal from devastating losses, like the death of loved ones and a heartbreaking miscarriage.

The Get All A's™ Approach



The *Get All A's™* formula is a daily approach to enhance your awareness. It's a practice to enhance your mindset so *that* you can hit the "A-Game" sweet spot and lean into achieving consistently.

My A-Game has been my guide as I've become an author, built a thriving speaking career, and earned millions as an entrepreneur.

Throughout this journey, I've always craved more audacity—because it takes audacity to start a business, pitch your services, or share your ideas boldly. And here's the kicker: I've done all of this without an MBA.

I've done it with my Fine Arts degree, my grit, and what I call “the good audacity.” As I write this, I'm still living through my breakthroughs, and I'm here to let you in on the secret: the key to your success is owning your own audacity, finding solutions when things don't go as planned, and embracing one breakthrough at a time. Another secret: **accept your life as it is. Accept the emotions, the obstacles, the struggles, the wins, and the opportunities as they unfold.** Engage with it fully. Meet your life halfway. When you stop living in a reactive state and lean into the flow and the chaos, the game of life shifts—BIG TIME.



Something nudged me to dig deeper, to figure out what was really driving those bold moves.

January

Jumpstart with Purpose

J

Jump In Fully: Begin the year with bold, decisive action. Commit to your goals with confidence.

A

Align with Purpose: Revisit your "why" to ensure your goals reflect what truly matters to you.

N

Nurture Consistency: Focus on building small, sustainable habits that lead to success over time.

U

Unlearn What Holds You Back: Let go of outdated beliefs or habits that no longer serve you.

A

Adapt with Grace: Stay flexible when plans shift, and trust the process.

R

Reignite Your Drive: Tap into your passion to renew your energy and focus.

Y

Yearn for Growth: Keep your hunger for self-improvement alive throughout the year

Clarity begins with awareness, and confidence builds when you acknowledge every step forward.

Focus on Awareness: January is the time to take stock of where you are and where you want to go. Awareness is the foundation of purposeful action.

Focus on Acknowledging Achievements: Celebrate every small win as you build momentum.

Action for January: Write down three areas where you want greater self-awareness. For each, list one action you can take to create alignment.

January - Journal

Jumpstart with Purpose

Focus on Awareness: January is the time to take stock of where you are and where you want to go. Awareness is the foundation of purposeful action. **Focus on Acknowledging Achievements:** Celebrate every small win as you build momentum.

Action for January: Write down three areas where you want greater self-awareness. For each, list one action you can take to create alignment.

February

Fearlessly Expand Your Reach

F

Focus Intentionally: Narrow your efforts to what truly matters.

E

Expand Your Comfort Zone: Say yes to bold opportunities, even if they feel intimidating.

B

Build Relationships: Strengthen your network and invest in meaningful connections.

R

Recharge Your Momentum: Reflect on January's wins and refresh your energy for the next steps.

U

Unleash Creativity: Approach challenges with innovative, fresh ideas.

A

Advance Strategically: Take deliberate, calculated steps that move you closer to your goals.

R

Refuse to Quit: Resilience is your superpower. Keep going, no matter what.

Y

Yield Results: Celebrate your progress and the outcomes of your bold actions.

Courage grows when you celebrate the messy steps, and confidence blooms with every bold move.

Focus on Appreciation: Gratitude fuels courage.

Celebrate each bold step outside your comfort zone.

Focus on Acknowledging Achievements: Recognize every step you take as part of your larger journey.

Action for February: At the end of each week, write down three bold actions you took, big or small, and reflect on how they helped you grow.

March

Move Audaciously Through Challenges

M

Make Bold Moves: Step into action, even when it feels uncomfortable.

A

Align Your Actions: Keep your daily tasks aligned with your bigger goals.

R

Resilience Over Resistance: Embrace challenges as opportunities for growth.

C

Create Opportunities: Be proactive in seeking out chances to thrive.

H

Honor Your Progress: Celebrate how far you've come, even if there's more to go.

Focus on Self-Acceptance: Embrace every part of the journey—even the messy, challenging parts.

Focus on Acknowledging

Achievements: Recognize your resilience in overcoming obstacles.

Action for March:

Identify one challenge you've been avoiding. Write down three small steps to tackle it and celebrate each action you take.

Resilience starts with self-acceptance, and progress happens when you honor the journey over the outcome.

March Journal

Move Audaciously Through Challenges

Focus on Self-Acceptance: Embrace every part of the journey—even the messy, challenging parts. **Focus on Acknowledging Achievements:** Recognize your resilience in overcoming obstacles.

Action for March: Identify one challenge you've been avoiding. Write down three small steps to tackle it and celebrate each action you take.

April

Advance and Reignite

A

Amplify Your Voice: Speak your truth unapologetically and confidently.

P

Prioritize Growth: Focus on actions that lead to personal and professional growth.

R

Reflect and Refine: Take time to evaluate your current strategies and adjust as needed.

I

Invest in Yourself: Dedicate time and resources to self-care, learning, and growth.

L

Light Up the Room: Show up with energy, enthusiasm, and authenticity.

Focus on Awareness: April is the time to reignite your passion and realign with your goals. Use self-awareness to evaluate what's working and what isn't.

Focus on Acknowledging Achievements: Celebrate progress made so far this year, even if it's small.

Action for April: Reflect on your goals and identify one area that needs a pivot or adjustment. Write down three ways to reignite your passion and move forward with intention.

Refinement begins with awareness, and celebrating small wins fuels the fire to keep going.

April Journal

Advance and Reignite

Focus on Awareness: April is the time to reignite your passion and realign with your goals. Use self-awareness to evaluate what's working and what isn't.

Focus on Acknowledging Achievements: Celebrate progress made so far this year, even if it's small.

Action for April: Reflect on your goals and identify one area that needs a pivot or adjustment. Write down three ways to reignite your passion and move forward with intention.

May Manifest and Align

M

Manifest Your Vision: Clarify your goals and take aligned actions to bring them to life.

A

Adapt with Confidence: Stay flexible and trust yourself to pivot when needed.

Y

Yield to Possibilities: Embrace unexpected opportunities and remain open to new ideas.

Gratitude creates abundance, and acknowledging your wins keeps you aligned with your purpose.

Focus on Appreciation:

Cultivate gratitude for what you've achieved as you manifest your next steps.

Focus on Acknowledging Achievements:

Take stock of the wins you've created this year and how they align with your vision.

Action for May:

Write down your top three goals for the month. For each, note one small, tangible step you can take right now to align with your vision.

May

Manifest and Align

Focus on Appreciation: Cultivate gratitude for what you've achieved as you manifest your next steps. **Focus on Acknowledging Achievements:** Take stock of the wins you've created this year and how they align with your vision.

Action for May: Write down your top three goals for the month. For each, note one small, tangible step you can take right now to align with your vision.

June

Jumpstart New Energy

J

Jumpstart Your Goals: Reignite momentum and get back on track with bold action.

U

Unleash Creativity: Find innovative ways to approach challenges or opportunities.

N

Nurture Momentum: Focus on building consistent habits that support your goals.

E

Energize Your Purpose: Reconnect with your “why” to fuel your enthusiasm and commitment.

Focus on Awareness:

Use this mid-year point to check in with your alignment. Awareness helps you recognize whether your actions are still serving your goals.

Focus on Acknowledging Achievements:

Celebrate how far you’ve come since January.

Action for June:

Spend 10 minutes reflecting on your “why” and write down how your actions this year have supported it. Identify one goal to focus on for the rest of the month.

**Awareness realigns
your focus, and
celebrating progress
ignites new
momentum.**

June Journal

Jumpstart New Energy

Focus on Awareness: Use this mid-year point to check in with your alignment. Awareness helps you recognize whether your actions are still serving your goals.

Focus on Acknowledging Achievements: Celebrate how far you've come since January.

Action for June: Spend 10 minutes reflecting on your "why" and write down how your actions this year have supported it. Identify one goal to focus on for the rest of the month.

July

Unleash Your Limitless Potential

J

Joyfully Show Up: Approach your goals and life with enthusiasm and energy.

U

Unapologetically Be You: Own your unique voice and talents without hesitation.

L

Lead with Audacity: Take bold actions that push you closer to your vision.

Y

Yearn for Impact: Focus on making meaningful contributions in your life and business.

Focus on Self-Acceptance:

Fully embrace who you are and what you bring to the table.

Focus on Acknowledging Achievements:

Recognize the impact of your actions and the value you've created.

Action for July:

List one limiting belief you've been holding onto. Write a bold affirmation to replace it and reflect on how releasing it can help you grow.

**Boldness thrives on
self-acceptance,
and celebrating
wins reveals the
limitless potential
within you.**

July Journal

Unleash Your Limitless Potential

Focus on Self-Acceptance: Fully embrace who you are and what you bring to the table. **Focus on Acknowledging Achievements:** Recognize the impact of your actions and the value you've created.

Action for July: List one limiting belief you've been holding onto. Write a bold affirmation to replace it and reflect on how releasing it can help you grow.

August

Build with Strength and Tenacity

A

Audaciously Set Goals: Dream big and make bold plans.

U

Uncover Hidden Potential: Push yourself to reach new heights.

G

Grow Strategically: Focus on actions that lead to long-term success.

U

Utilize Your Network: Seek support and collaboration from those around you.

S

Strengthen Your Mindset: Reinforce positivity and resilience.

T

Take Tenacious Action: Stay consistent and determined in your efforts.

Focus on Appreciation:

Acknowledge the strength it takes to keep moving forward, even when the road gets tough.

Focus on Acknowledging Achievements:

Recognize the progress you've made and how it's building the foundation for future success.

Action for August:

Set one audacious goal for the month. Break it into smaller steps and take action daily to move closer to achieving it.

Appreciation strengthens resilience, and acknowledging achievements lays the foundation for lasting success.

August Journal

Build with Strength and Tenacity

Focus on Appreciation: Acknowledge the strength it takes to keep moving forward, even when the road gets tough. **Focus on Acknowledging**

Achievements: Recognize the progress you've made and how it's building the foundation for future success.

Action for August: Set one audacious goal for the month. Break it into smaller steps and take action daily to move closer to achieving it.

September



16

Step Into Extraordinary Results

S

Step Into Your Power: Own your brilliance and trust your abilities.

E

Empower Others: Lift up those around you as you grow.

P

Plan for Greatness: Set clear goals and make a strategic plan to achieve them.

T

Trust the Process: Be patient with yourself and the journey.

E

Expand Your Vision: Push yourself to dream bigger.

M

Master Your A-Game: Refocus on the habits and principles that fuel your success.

B

Break Through Barriers: Overcome challenges with confidence.

E

Elevate Your Standards: Raise the bar for what you expect of yourself and others.

R

Reflect and Recommit: Use this time to adjust and double down on your goals.

Awareness expands your vision, and acknowledging achievements reminds you of the extraordinary possibilities ahead.

Focus on Awareness: This is a month to check in with yourself and expand your vision for the future. **Focus on Acknowledging Achievements:** Celebrate the extraordinary results you've achieved so far. **Action for September:** Write down one bold goal you want to achieve before the year ends. Create a simple action plan and take one step today.

September

Step Into Extraordinary Results

Focus on Awareness: This is a month to check in with yourself and expand your vision for the future. **Focus on Acknowledging Achievements:** Celebrate the extraordinary results you've achieved so far.

Action for September: Write down one bold goal you want to achieve before the year ends. Create a simple action plan and take one step today.

October

Thrive Through Audacious Actions

O

Own Your Journey: Take full responsibility for your path, choices, and actions.

C

Cultivate Confidence: Build confidence through bold, consistent actions.

T

Trust the Process: Stay patient and persistent as you work toward your goals.

O

Overcome Obstacles: Tackle challenges with a solution-focused mindset.

B

Break Through Boundaries: Push past limiting beliefs and external barriers.

E

Embrace Audacity: Pursue your dreams fearlessly and unapologetically.

R

Rise with Resilience: Bounce back stronger from setbacks.

Thriving begins with boldness, and celebrating each step builds unstoppable momentum.

Focus on Self-Acceptance:

Accept that thriving requires courage and resilience.

Focus on Acknowledging Achievements:

Celebrate every action that moves you closer to thriving.

Action for October:

Identify one bold action you've been avoiding. Commit to taking it this month and reflect on how it transforms your journey.

October Journal

Thrive Through Audacious Actions

Focus on Self-Acceptance: Accept that thriving requires courage and resilience.

Focus on Acknowledging Achievements: Celebrate every action that moves you closer to thriving.

Action for October: Identify one bold action you've been avoiding. Commit to taking it this month and reflect on how it transforms your journey.

November



18

Nurture Resilience and Bold Growth

N

Nurture Self-Awareness: Reflect on your journey and stay aligned with your purpose.

O

Own Your Power: Step fully into your role as the creator of your success.

V

Visualize Success: Imagine the life and results you want to create.

E

Embrace Change: Stay flexible and open to new opportunities.

M

Make Intentional Moves: Take focused, deliberate actions toward your goals.

B

Believe in Your Audacity: Trust in your ability to achieve big things.

E

Engage Fully: Show up authentically and give your all.

R

Reflect and Recalibrate: Celebrate your wins and adjust for the future.

Gratitude nurtures resilience, and acknowledging milestones paves the way for audacious growth.

Focus on Appreciation: Reflect on your journey and appreciate how far you've come.

Focus on Acknowledging Achievements: Recognize both small wins and major milestones.

Action for November:

Write down three lessons you've learned this year and how they've contributed to your growth.

November Journal

Nurture Resilience and Bold Growth

Focus on Appreciation: Reflect on your journey and appreciate how far you've come. **Focus on Acknowledging Achievements:** Recognize both small wins and major milestones.

Action for November: Write down three lessons you've learned this year and how they've contributed to your growth.

December

Dream, Decide, and Deliver



D

Decide What You Want: Get crystal clear on what you truly want in life and business.

E

Execute Boldly: Take courageous, decisive action to close out the year with impact.

C

Celebrate Your Wins: Reflect on everything you've accomplished this year, big or small.

E

Embrace Your Power: Step into the next chapter with confidence and ownership.

M

Make Room for Growth: Let go of what no longer serves you to create space for new opportunities.

B

Build with Intention: Lay the groundwork for success by focusing on intentional, aligned actions.

E

Engage Fully: Show up with authenticity and purpose in every moment.

R

Recharge for the Road Ahead: Use this time to rest, reflect, and refuel for the coming year.

Reflection sparks awareness, and celebrating your journey prepares you for the road ahead.

Focus on Awareness: December is the perfect month to reflect on what you've learned and align with your vision for the year ahead.

Focus on Acknowledging Achievements: Take time to celebrate every step you've taken, no matter how small, and honor your growth.

Action for December:

Write down three lessons you've learned this year and one way you will carry them into the new year. Then list five wins—big or small—that made you proud.

December Journal

Dream, Decide, and Deliver

Focus on Awareness: December is the perfect month to reflect on what you've learned and align with your vision for the year ahead. **Focus on Acknowledging Achievements:** Take time to celebrate every step you've taken, no matter how small, and honor your growth.

Action for December: Write down three lessons you've learned this year and one way you will carry them into the new year. Then list five wins—big or small—that made you proud.

Extra Journal

Because sometimes you just need a little extra space to dream, reflect, and write your next big idea.

A series of horizontal pink lines for writing, spaced evenly down the page.

Your A-Game Year Review

A-Game Approach with Acronyms



Congratulations on completing your A-Game Year! By embracing **self-acceptance, awareness, appreciation, and acknowledging achievements**, you've built a foundation for audacious growth and empowered living.

As you reflect on the past year, remember: progress isn't about perfection—it's about showing up, taking aligned action, and celebrating every step along the way. Growth is built on the consistency of your efforts and the courage to keep moving forward.

Here's how to make the most of your A-Game momentum:

Revisit

01

- Revisit this e-book regularly: Use it as a guide to realign and inspire your actions each month

Reflect

02

- Reflect on your progress: At the end of each month, take a moment to acknowledge what you've achieved and learned.

Share

03

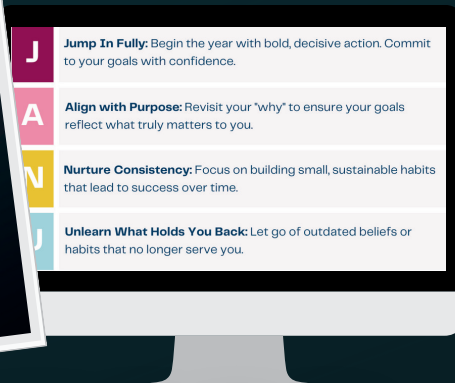
- Share the A-Game mindset: Encourage others to embrace self-acceptance, awareness, appreciation, and the audacity to celebrate their achievements.

Join the Mindset + Achieve™ Group Program

04

- Enroll today for the full course and coaching with Susan. The most all-inclusive, one-of-a-kind course + coaching program. Mindset + Achieve is a high-touch, all-inclusive coaching program that brings simplicity and consistency to your MomLife + BizLife. This proven framework and approach helps you discover your own customized formula for self-care, family time, and a profitable business so you become a confident woman, conscious mother, and badass business owner.

Share your reflections using **#AudacityToAchieve** and **#YourAGamePodcast** to connect with others who are on their A-Game journey—and tag me if **@susanvernicek**. Here's to your continued growth, boldness, and brilliance. Keep bringing your A-Game—because the world needs more of what only you can offer.



BONUSES

Freebies, Resources, and Downloads

Steal the Marketing Copy

This eBook isn't just for inspiration—it's a toolkit you can repurpose, edit, and make your own. Take the quotes, the insights, and the acronyms and use them as a jumpstart for your own impact. Share them with your community, infuse them into your messaging, or tweak them to fit your unique voice. **Together, we can amplify this message, pay it forward, and create a ripple effect of audacity and empowerment.** The more we share, the more lives we can inspire, so don't hold back—steal away and start making your mark!

January: Jumpstart with Purpose: Quote: "Clarity begins with awareness, and confidence builds when you acknowledge every step forward."

February: Fearlessly Expand Your Reach: Quote: "Courage grows when you celebrate the messy steps, and confidence blooms with every bold move."

March: Move Audaciously Through Challenges: Quote: "Resilience starts with self-acceptance, and progress happens when you honor the journey over the outcome."

April: Advance and Reignite: Quote: "Refinement begins with awareness, and celebrating small wins fuels the fire to keep going."

May: Manifest and Align: Quote: "Gratitude creates abundance, and acknowledging your wins keeps you aligned with your purpose."

June: Jumpstart New Energy: Quote: "Awareness realigns your focus, and celebrating progress ignites new momentum."

July: Unleash Your Limitless Potential: Quote: "Boldness thrives on self-acceptance, and celebrating wins reveals the limitless potential within you."

August: Build with Strength and Tenacity: Quote: "Appreciation strengthens resilience, and acknowledging achievements lays the foundation for lasting success."

September: Step Into Extraordinary Results: Quote: "Awareness expands your vision, and acknowledging achievements reminds you of the extraordinary possibilities ahead."

October: Thrive Through Audacious Actions: Quote: "Thriving begins with boldness, and celebrating each step builds unstoppable momentum."

November: Nurture Resilience and Bold Growth: Quote: "Gratitude nurtures resilience, and acknowledging milestones paves the way for audacious growth."

December: Dream, Decide, and Deliver: Quote: "Reflection sparks awareness, and celebrating your journey prepares you for the road ahead."

Steal the Prompts

Here are engaging prompts you can use to create personalized content inspired by the 12 acronyms in this eBook:

Self-Reflection and Growth Prompts

1. "How can I apply the principles of [acronym for a specific month] to improve my mindset or overcome a challenge I'm currently facing?"
2. (Example: How can I use M.A.R.C.H. to move audaciously through a tough time at work?)
3. "What journaling prompts can I use to reflect on [specific letter in an acronym] this month?"
4. (Example: What does 'Unlearn What Holds You Back' from J.A.N.U.A.R.Y. mean for my personal growth?)
5. "Can you create a daily affirmation based on the focus of [specific month's acronym]?"
6. (Example: An affirmation for 'Yearn for Growth' in J.A.N.U.A.R.Y.)

Content Creation Prompts

1. "Can you create a motivational quote or caption based on [specific acronym or letter]?"
2. (Example: A quote for 'Recharge Your Momentum' from F.E.B.R.U.A.R.Y.)
3. "What social media post ideas can I create around [acronym for a specific month] to engage my audience?"
4. (Example: Content ideas for 'Manifest and Align' in M.A.Y.)
5. "How can I use [specific acronym] to inspire a blog post or newsletter for my business?"
6. (Example: A blog post idea inspired by 'Step Into Your Power' from S.E.P.T.E.M.B.E.R.)

Team and Community Prompts

1. "Can you create an activity or discussion topic for my team using [specific month's acronym]?"
2. (Example: A team-building activity based on 'Break Through Barriers' in O.C.T.O.B.E.R.)
3. "How can I turn [specific acronym] into a workshop or webinar theme?"
4. (Example: A webinar idea inspired by 'Dream, Decide, and Deliver' in D.E.C.E.M.B.E.R.)

Paying It Forward Prompts

1. "What inspirational challenge can I share with my audience using [specific month's acronym]?"
2. (Example: A 5-day challenge inspired by 'Unleash Your Creativity' in J.U.N.E.)
3. "Can you create a 'call to action' to encourage my audience to embrace [specific letter or acronym] in their daily lives?"
4. (Example: A CTA for 'Honor Your Progress' in M.A.R.C.H.)

Just a Few of my Favorite Things

Calendly

Think of it as your personal assistant for scheduling meetings. No more back-and-forth "What time works for you?" emails—it handles the chaos so you can handle the kiddos.

Zapier

Zapier is like your magical mom-helper that connects your apps to "talk" to each other. Need new emails from clients to automatically pop into a spreadsheet? Zap—it's done.

If This Then That (IFTTT)

Imagine having a "Mommy If/Then Rulebook" for your apps: "If I post a picture on Instagram, then save it to Dropbox." It automates life like you're the queen of delegation.

GetResponse

Your secret weapon for email marketing. Build beautiful newsletters and stay in touch with your customers—all while sipping your coffee and supervising homework.

WordPress/Divi Themes

This duo is your DIY website-building buddy. WordPress gives you the house, and Divi Themes lets you decorate it with chic, professional vibes.

Dreamhost

DreamHost is like your reliable landlord for websites. It keeps your business home (aka your website) running smoothly without any "plumbing" issues.

Fiverr

Need a logo, a voiceover, or a quick fix for your website? Fiverr is like hiring a crafty mom from PTA to get it done affordably and fast.

ChatGPT

This is your on-call brainstorming buddy—ask it anything, from crafting captions to planning your next big pitch. Bonus: It never complains about late-night requests.

Canva

The arts-and-crafts corner of your business life. Design stunning graphics and social posts in minutes—even if you're "glitter glue challenged."

Etsy (for logos or templates)

Etsy is your online treasure trove where talented creatives sell pre-made logos and templates. It's like a digital farmer's market for pretty business goodies.

Zoom

Zoom is your virtual coffee shop for meetings. Catch up with clients or team members—business mullet style (business on top, comfy sweats on the bottom).

Libsyn

If you're running a podcast, Libsyn is your microphone's best friend. It helps you upload and distribute episodes, so your voice can reach moms everywhere.

Taboola

The sneaky storyteller of the internet. Taboola places your content in front of readers on popular websites like, "Oh, hey! That looks interesting!"

AdSpy

This is your digital detective for marketing. Peek into competitor ads and steal ideas—not lunch money.

AdPeeps

Think of AdPeeps as your ad babysitter. It tracks, rotates, and reports on all your ads so you can focus on running your business, not chasing numbers.

Answer the Public

This tool is your idea generator on steroids! Type in a topic, and it gives you all the burning questions people are asking about it online. Perfect for blog posts, social media, and understanding your audience.

LogoNerds

Got a nerdy love for logos? These guys will whip up professional branding that makes your biz shine brighter than a toddler with a new glitter pen.

Amazon Influencers + Associates

Amazon, but make it profitable. Share your favorite products, earn a cut of sales, and feel like the influencer mom you were born to be.

Bodi

Fitness meets accountability—and pays you back! Think of it as your personal trainer in an app, cheering you on between school runs and snack times, while you earn a little extra.

Intuit QuickBooks

It's the budget-savvy mom of accounting software. Keeps your finances on track so you can spend more time doing what you love (or at least enjoy).

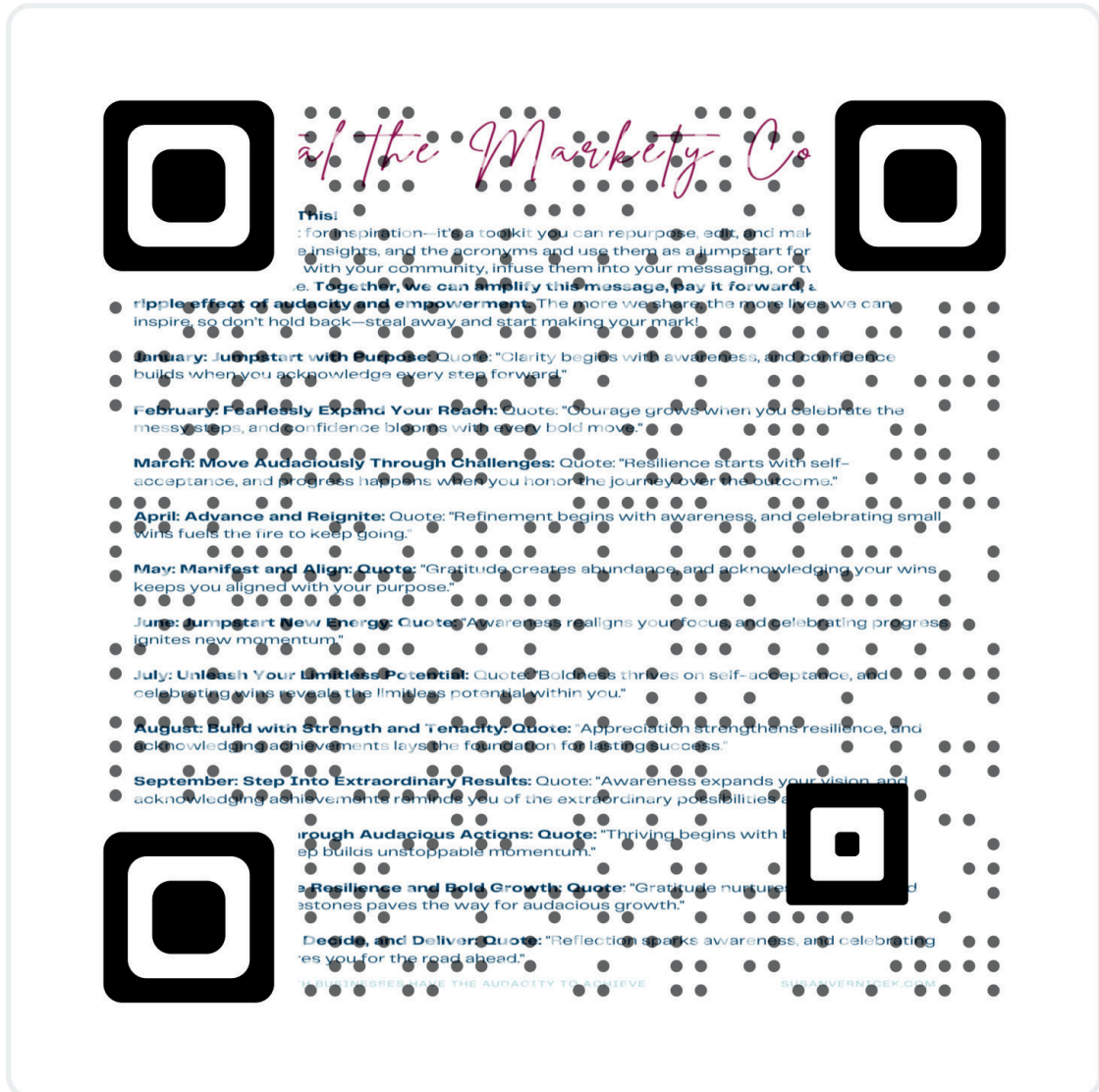
BONUS: If You're Working with Me!

If you're in one of my programs, like the Mindset + Achieve™ Course and Coaching Program, I can personally guide you through all of this. Whether it's tech setup, strategy, or boosting your confidence, I've got your back!

The "O" Word—Outsource!

Outsourcing isn't a bad word. It's a smart strategy if you have the resources and a clear path to profitability. Delegate tasks so you can stay focused on what truly drives your business forward.

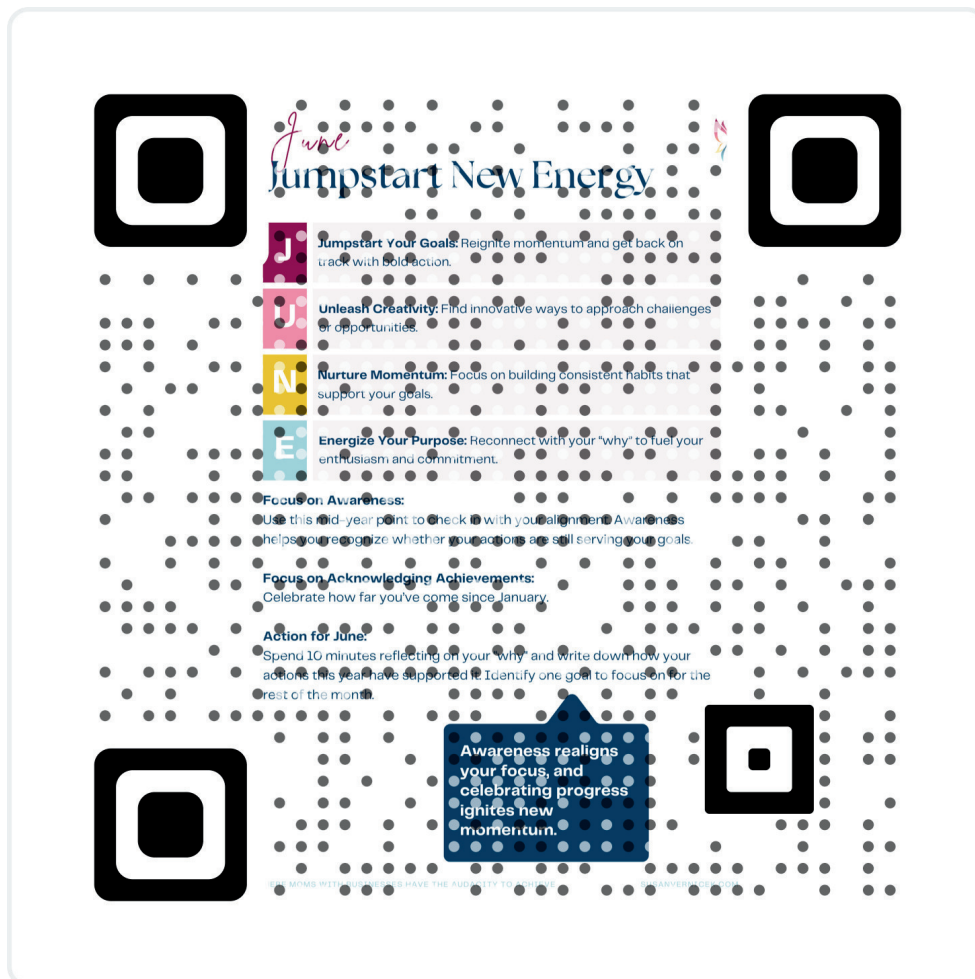
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The **Audacious Truth** Every Mompreneur

Needs to Hear

>>> *Susan Vernicek*



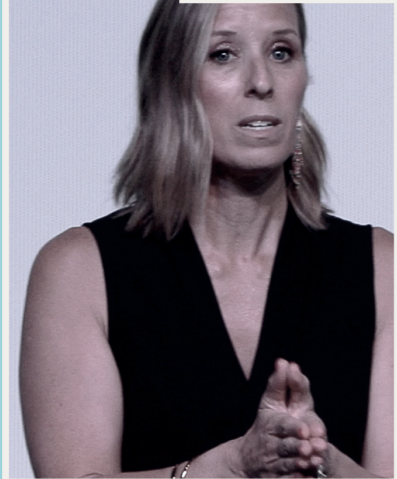
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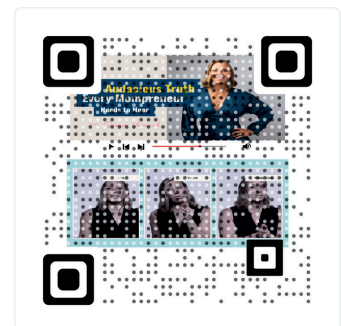
YOUR



TIME, TOO.



SusanVernicek.com





Your A-Game Podcast

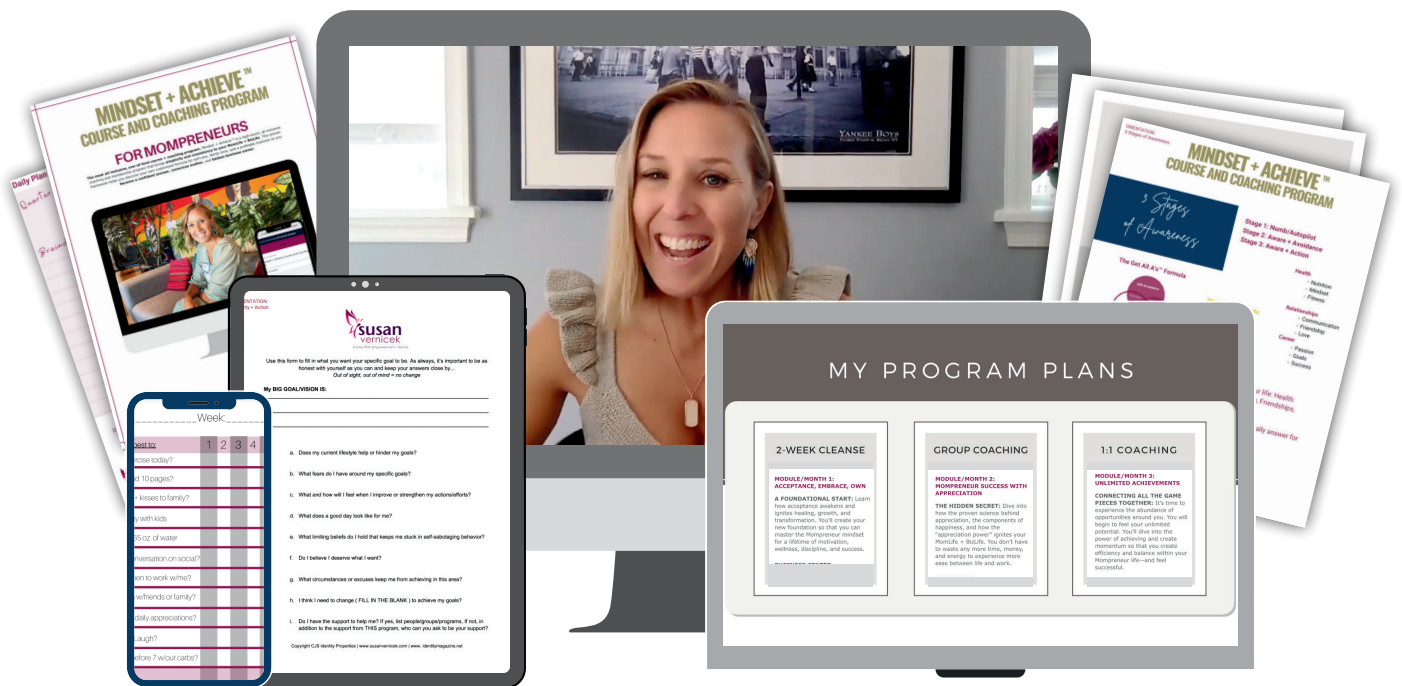
Susan Vernicke

Do you feel like you're working so hard in your MomLife + BizLife? Do you struggle with balancing it all and seek ways to survive and thrive? Your A-Game Podcast provides weekly inspiration, encouragement and contagious energy for mompreneurs looking to be ignited. Your host, Susan Vernicke, is a certified coach, mindset igniter, and achievement expert who helps women discover balance between MomLife and BizLife without guilt or comparison. Through her own experience and years of igniting women's lives, Susan created her "Get All A's" formula, which empowers women to transform through Self-Acceptance, Appreciation, and Achievement. Each week, Susan will authentically and enthusiastically share what it takes to discover your confidence as a woman, conscious mother, and badass business owner. If you are ready to get out of your own way and find the harmony you desire between MomLife and BizLife, you are in the right place! To find out more, visit www.susanvernicek.com.

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TO YOUR MOMLIFE + BIZLIFE

ENROLL TODAY

MINDSET + ACHIEVE™ COURSE AND COACHING PROGRAM

for Mompreneurs



FROM CLARITY TO ACTION

*it's all about
the plan!*

Daily Plan Today's Date: _____

Month _____ Week _____

Quarter Goals: 3 Specific things you're appreciative for _____

Braindump: _____

Biz _____

Personal _____

Water: Drink 1/2 your body weight in ounces
Total: _____

Dinner: Protein: _____ Veggie: _____

Achieve: I'm most proud of Accomplishing... _____

Did I do my best to: 1 2

Exercise today? _____

Read 10 pages? _____

Give hugs + kisses to family? _____

Play with kids _____

Drink 65 oz. of water _____

Engage in conversation on social? _____

Invite women to work w/me? _____

Stay in touch w/friends or family? _____

Express my 3 daily appreciations? _____

Laugh? _____

Eat dinner before 7 w/out carbs? _____

Total _____

Today's Date: _____

Priorities/Eat Your Frogs _____

Connect/Engage: Who/what/how _____

Daily Framework

5:30-7:30 AM: _____

7:30-9:00 AM: _____

9:00: _____ 9:30: _____

10:00: _____ 10:30: _____

11:00: _____ 11:30: _____

12:00: _____ 12:30: _____

1:00: _____ 1:30: _____

2:00: _____ 2:30: _____

3:00: _____ 3:30: _____

THIS IS HOW YOU GET OUT OF AUTOPILOT. TRACKING GIVES YOU DATA ON YOUR LEVEL OF TRYING... HELPING YOU TO REVEAL PATTERNS TO MAKE BEHAVIORAL CHANGES TO GET YOU THE RESULTS YOU WANT.

ENROLL TODAY

Permission to Use:

This workbook is designed to inspire your A-Game, and I encourage you to fully engage with the content. Feel free to write, mark it up, and share insights from your journey with others—just be sure to give proper credit when referencing any specific content, ideas, or exercises. Let's support each other's bold wins and audacious goals!

Your A-Game Blueprint: Monthly Inspiration
A Year of Audacious Goals and Bold Wins

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