



Solopreneurs - Initial Exploration Handout

What's your intention for this course? What would you like to get from these 21 Days of Tapping?

What's your business?

What stage are you at? (eg. thinking about it; just beginning; 6 months-a year in; more established.)

Now use the following questions to journal and to get really clear on your emotions, feelings, limiting beliefs and triggers around your business and you as a solopreneur.

Part 1: SCARY FEELINGS

Close your eyes and picture yourself working on your business.

First of all, what positive emotions come up for you?

(Feeling excited, dynamic, creative, in the zone, blessed, joyful, satisfied, free, connected, etc.)

What negative emotions come up for you?

(Worry, fear, self-doubt, lack of self-confidence, anger, disappointment, guilt, shame, anxiety, sadness, self-loathing, despair, etc.)

Where do you feel those negative emotions in your body?

Rate them on a scale of 1-10.



Solopreneurs - Initial Exploration (cont.)

More investigating:

5. And what thoughts do you have?

Part 2: LIMITING BELIEFS

**How true are these right now as you think about your business?
(Scale of 1-10)**

I have things on my 'to do' list which I'm avoiding.

People will criticize me and my services/products.

I'm wasting my time.

I'm scared to put myself out there in a bigger way.

It'll take too long.

I don't know the steps to take.

I don't know how to/I'm afraid I won't get clients or customers.

I'm not organized or efficient enough.

I don't have the time.

I'm afraid of failing.

I'm afraid of success.

I'm not business-like or strategic enough.

I feel like a fraud.



Solopreneurs - Initial Exploration (cont.)

Part 3: SPECIFIC BUSINESS RESISTANCE

How much resistance do you have to the following? (Scale of 1-10)

Note your thoughts and feelings and any memories about each one.

Setting up or developing your website.

Making a business plan.

Deciding on prices and packaging.

All the technology involved in running a solo-business.

Marketing yourself and your business.

The financial side of running a business.

And finally...

What does success mean for you?

What does failure mean for you?

It's time to get tapping!!!

