

A MINDFULNESS WORKBOOK DESIGNED FOR ENTREPRENEURS!



**INNOVATING  
THE NEW  
IN 2022!**

**Kickstart  
Your Year!**

**SB**  
*Sonia Byrne*

## INNOVATE THE NEW

As you step into the new year, enjoy a mindful moment for just you and your business! The world has been a strange place for businesses. You are called to innovate like never before. Take a moment to reflect on the past, honour the present and embrace the new that 2022 brings. Create a comfortable space for this opportunity to consider your business. Grab a coffee. Settle in. This time is just for you!

## REFLECT ON THE PAST

Gently close your eyes for 30 seconds to contemplate the good that has happened within your business in the past year. When you open your eyes, take note of the following:

*The gift of 2021 for my business was*

*My greatest success in 2021 was*

*My biggest learning in 2021 was*

## HONOUR THE PRESENT

*Gently close your eyes for up to 60 seconds to honour the present moment. When you open your eyes, take note of the following:*

*In this moment, I am most grateful for*

*The best thing that is happening right now is*

*The thing that needs my attention at this time is*

## EMBRACE THE NEW

Gently close your eyes for up to 90 seconds to embrace the new that is unfolding for you in 2022. When you open your eyes, take note of the following:

*I am looking forward to*

*I am focusing on*

*I am releasing*

Take note here of anything else that came up in your experience of contemplation:



*“Creativity is intelligence having fun.”*

*Albert Einstein*

## INNOVATING YOUR BUSINESS IN 2022

The practice of mindfulness invites us to both live fully present and to be joyfully open to all that comes our way. It is a collaboration of active and contemplative living. As you consider what is important for your business in the coming year, let's create a picture of the current state by indicating your level of satisfaction in each area. Select the appropriate number between 1 (low) and 10 (high) by circling that number.

Workspace Environment	1	2	3	4	5	6	7	8	9	10
Customer Satisfaction	1	2	3	4	5	6	7	8	9	10
Product/Service Offering	1	2	3	4	5	6	7	8	9	10
Employee Engagement	1	2	3	4	5	6	7	8	9	10
Administrative Processes	1	2	3	4	5	6	7	8	9	10
Policies & Procedures	1	2	3	4	5	6	7	8	9	10
Branding	1	2	3	4	5	6	7	8	9	10
Marketing Activity	1	2	3	4	5	6	7	8	9	10

Once completed, go back over the exercise and underline the number that represents your desired level of satisfaction. When you have finished, take a moment to make note:

*What surprised you about your own indications of satisfaction in this activity?*

*What area(s) do you want to focus on in your business in 2022?*

## MOVING INTO ACTION IN 2022

In reviewing your answers, notice the area of your business that you feel most called to focus on in 2022. Close your eyes gently and consider the past, present and future experiences of this area.

Area of Focus	
Reflecting on the Past	What am I ready to release in this area of my business?
Honouring the Present	What has been the gift of my experience in this area?
Embracing the New	What am I ready to experience in my business?

*What is my first step towards creating my desired experience in this area of my business?*

Each new year brings with it the bright possibility of transformative innovation in your business. We wish you an abundant and prosperous year in your business. Know that we are here to support you in 2022 with business coaching, entrepreneur success circles, 21-day experiences of mindfulness and gratitude along with carefully curated event experiences for entrepreneurs to help your business thrive!

Please let us know what interests you at [www.MindfulLeadershipForSuccess.com](http://www.MindfulLeadershipForSuccess.com). We look forward to connecting with you! Happy New Year!