

COLETTE BARON-REID'S

THE *Spirit* OF YOUR
BUSINESS
BOOTCAMP

Part 1



Meeting the Spirit of Your Business



*“If you have an inspiration for a
business... you were given that by
Spirit... in-spirat-ion means ‘of
the Spirit’.”*

Colette Baron-Reid

Meeting the Spirit of Your Business Worksheet

Take a few moments to reflect on your experience of meeting the Spirit of your business in the first video of the Spirit of Your Business Bootcamp. Use the following prompts to guide your reflections and write or type your responses in the spaces provided.

1. The Boardroom

Describe the boardroom you entered before meeting the Spirit of your business. What did it look like? How did it make you feel?

2. Meeting the Spirit of Your Business

Describe the Spirit of your business. What did it look like? Was it a person, animal, or something else? What were they wearing? How did it make you feel to meet them?

3. Receiving the Gift

What gift did the Spirit of your business bring you? How did it make you feel to receive it? What do you think the gift symbolizes, or what are you making it mean?

4. Partnering with the Spirit of your business

Think about your business as a partnership between you and the Spirit of your business. As a steward, your role is to take care of and manage this partnership to help it thrive. Reflect on how you see yourself partnering with the Spirit of your business to bring it to life. How can you work together to achieve success?

5. Trusting the Spirit of your business

Reflect on the guidance and wisdom you received from the Spirit of your business. How can you trust in the process and journey ahead?

A note from Colette: Remember that the Spirit of your business is not something you made up, but rather an emissary of the Divine and your partner in this business. Trust in the guidance and support you receive and connect with the Spirit of your business whenever you need to.