

BIG BRAIN DUMP

Hi, I'm *Lisa*

My superpower is showing people how to make more money and have more fun.



I believe we all need to get crystal clear about what we want in this life and to take the consistent, deliberate action to make it happen.

I believe that we get as we give.

Use this sheet as a support tool to make your change happen. Is it easy? Heck no. But nothing worth having ever is.

I am sending you a virtual high-five for putting your hand up for change.

I started Bloom Business Development in 2009 to support real change at the micro-business level and be a part of their legacy as they turn passion into purpose + profit.

I am open-minded, tenacious, generous and encouraging with a quirky sense of humour and a love of the outdoors, Indian Cuisine, natural living and neuroscience.

As a certified coach, educator, speaker and workshop leader, I specialize in business development coaching for service based business owners. I bring an unshakeable faith to my work, delivered with a zesty dash of intuitive motivation and a double shot of growth mindset.

Your time is now!



For daily inspiration, tips and empire building motivation, follow me on Instagram @BloomLisa



Are you ready for a Big Brain Dump?

Keep reading!

WARNING: Completing this exercise results in feeling a sense of euphoria and clarity that parallels true bliss.

INSTRUCTIONS

1. Get quiet & cozy in a place with no distractions
2. Set a timer for 20 minutes
3. Write down everything that pops into your mind
4. Review your list & prioritize

Nothing is too big or too small. From signing a new distribution deal or pulling weeds out of the garden to shaggin' your fabulous other half to making a hair appointment, they all count here as worthy to write down.

Just to be clear, write down EVERYTHING.

If you hit a wall before the timer goes off, be still with your thoughts and continue. More tasks WILL come to you, trust me.

This is a world-famous technique put forth by Stephen Covey in his best selling book, Seven Habits of Highly Effective People.

HERE'S THE DEAL

- › **Category 1** things are a part of life and these tasks will always take up time.
- › The goal is to get you spending most of your time on the tasks that fall in **Category 2**. This is where the magic happens.
- › The tasks in **Category 3** are for later in the day, a good mindset for these is to earn them by working on your big picture goals first.
- › As for **Category 4**, what can you delegate or simply not do?

Utilize your staff as best you can and when that isn't an option kids, family, your network and bartering are all awesome helping hands.

LIVE, WORK AND PLAY IN *full bloom*

URGENT // IMPORTANT

1

crisis / emergencies
major responsibilities
deadline driven projects

NOT URGENT // IMPORTANT

2

education + planning
relationship building
exercise + health + wellness

Life is better after a **BIG BRAIN DUMP**

INSPIRED BY STEPHEN COVEY

URGENT // NOT IMPORTANT

3

some calls + emails + sm
needless interruptions
most meetings

NOT URGENT // NOT IMPORTANT

4

checking social media
procrastination tactics
busy work