



# 5 TRANS FORMATION TRUTHS

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**5 STEP WORKBOOK FOR  
ABUNDANCE BUSINESS MINDSET**

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## A bit about me....

Welcome, Awakened Entrepreneur!

I am an intuitive business coach who combines the practical tools and methods to create an abundant business and helping you align with the best version of you! I care deeply about all things abundance and business because the way you work and create will affect the quality of your entire life.

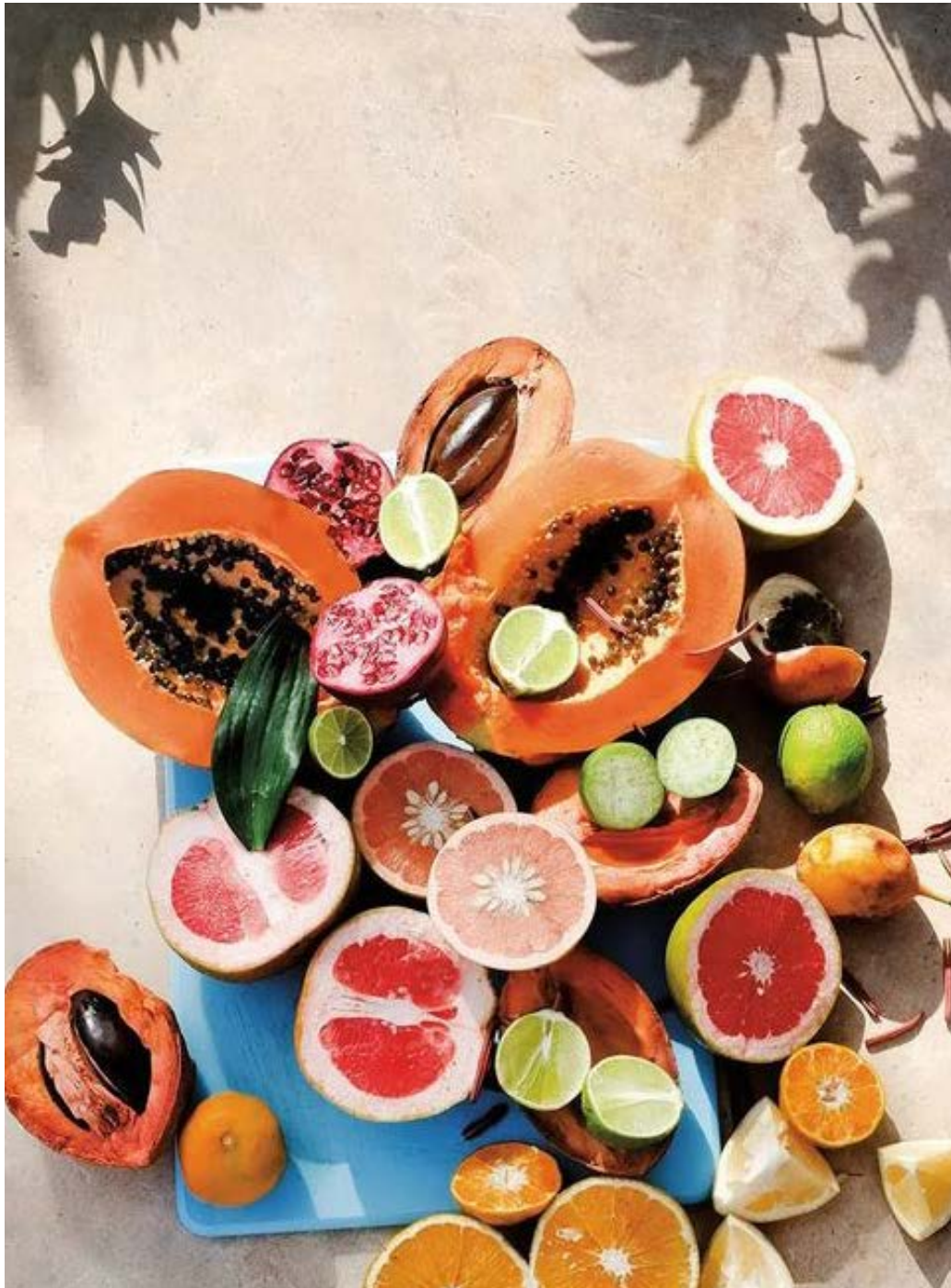
I hope you enjoy use this 5 step Transformation Truths Workbook designed by me. Use it to workshop your transformation. If you would like to book an exploratory coaching session, design consultation and just say hi email me. Would love to connect.

[Design Consultation.](#)

[Intuitive Business Coaching.](#)

Follow me at [@elsalovesyou.](#)

**ELSA MEHARY,  
THE AWAKENED ENTREPRENEUR**



## Table of Contents

YOU ARE WORTHY

---

ABUNDANCE VISUALIZATION

---

GRATITUDE FUELS TRANSFORMATION

---

FAILURE IS A STEPPING STONE TO SUCCESS

---

YOUR BELIEFS SHAPE YOUR REALITY

---

EMBRACE THE PROCESS

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*one*

## YOU ARE WORTHY

You have the power to transform your business to make it more sustainable for you. Growth happens outside your comfort zone. Embrace discomfort and step outside of your comfort zone to expand into a more aligned version of you. Remember that you are worthy of creating and living the best version of your life.

DEEP BREATH,

YOU GOT THIS!

TRY THIS

## MIRROR EXERCISE

Stand or sit in front of the mirror and really look your face. Make eye contact with yourself. Look directly into your own eyes in the mirror and maintain steady eye contact throughout the exercise. Practice positive affirmations state one positive statement about yourself, your abilities, and your goals, ie. “I am deserving of success, or I love you.

Express gratitude for your journey, reflect on your accomplishments, strengths, and qualities that you appreciate. Show yourself compassion and love.

While looking in the mirror, allow yourself to explore and embrace any emotions that arise. This can involve reflecting on your thoughts, feelings, and aspirations. Consistency is key to reinforcing positive self-perception and cultivating a healthy mindset.

Practice self-acceptance and allow yourself to be vulnerable in this moment of self-reflection.







*Two*

## ABUNDANCE VISUALIZATION

Engage in visualization exercises where you imagine yourself achieving abundance and success in your business. Visualize specific goals, outcomes, and the positive impact they can have. This practice helps rewire your brain to focus on abundance.

I MANIFEST

ABUNDANCE BY BEING

GRATEFUL FOR WHAT I

ALREADY HAVE.

HOW YOU WOULD ENVISION  
YOUR IDEAL WORK LIFE?

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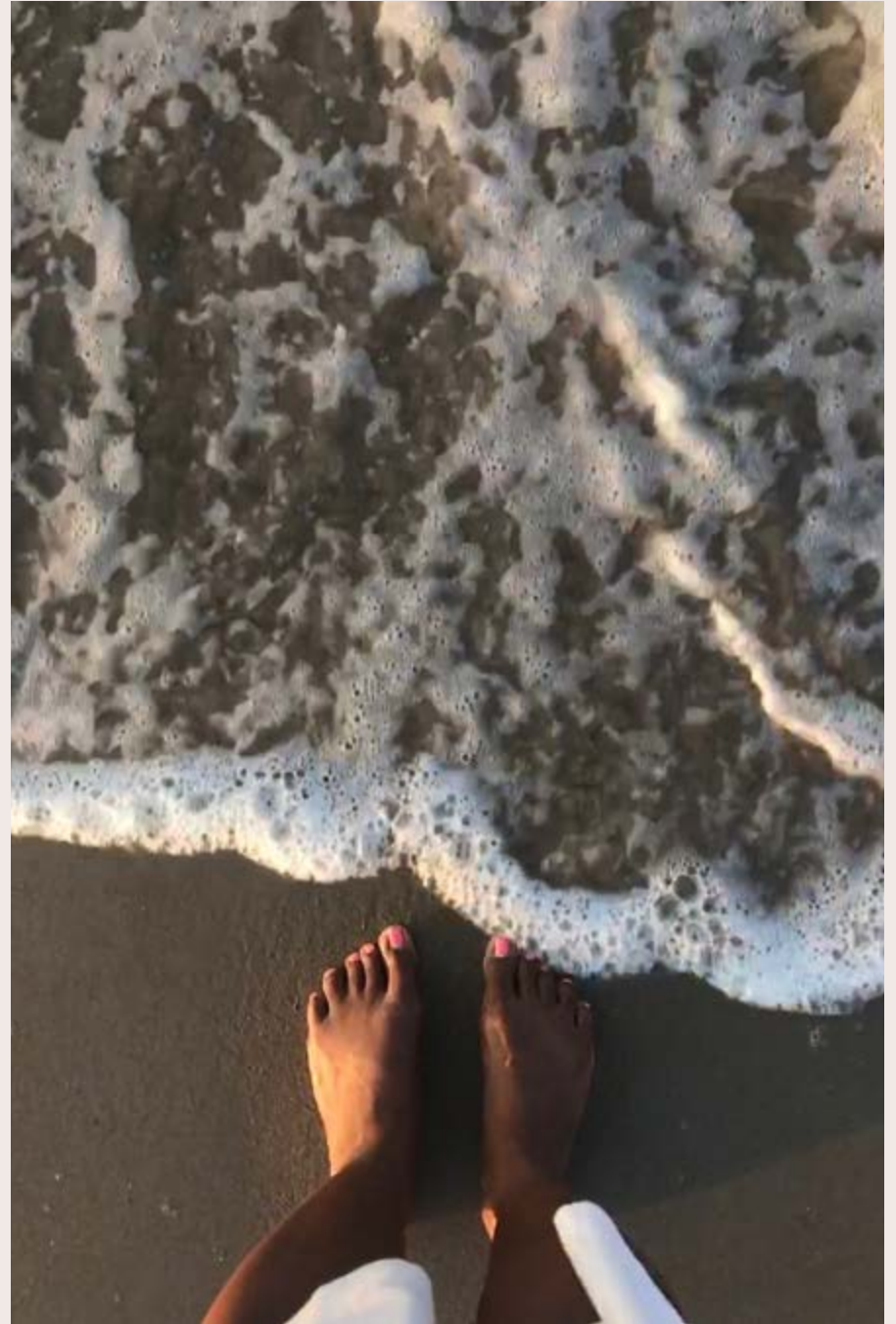
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*three*

## GRATITUDE FUELS TRANSFORMATION

Cultivate a mindset of gratitude by regularly acknowledging and appreciating the positive aspects of your business and life. Focus on the feeling of gratitude when appreciating. This will connect you quicker to manifesting your success in the present.

GRATITUDE IS

THE MOST

POWERFUL FORM

OF MAGIC

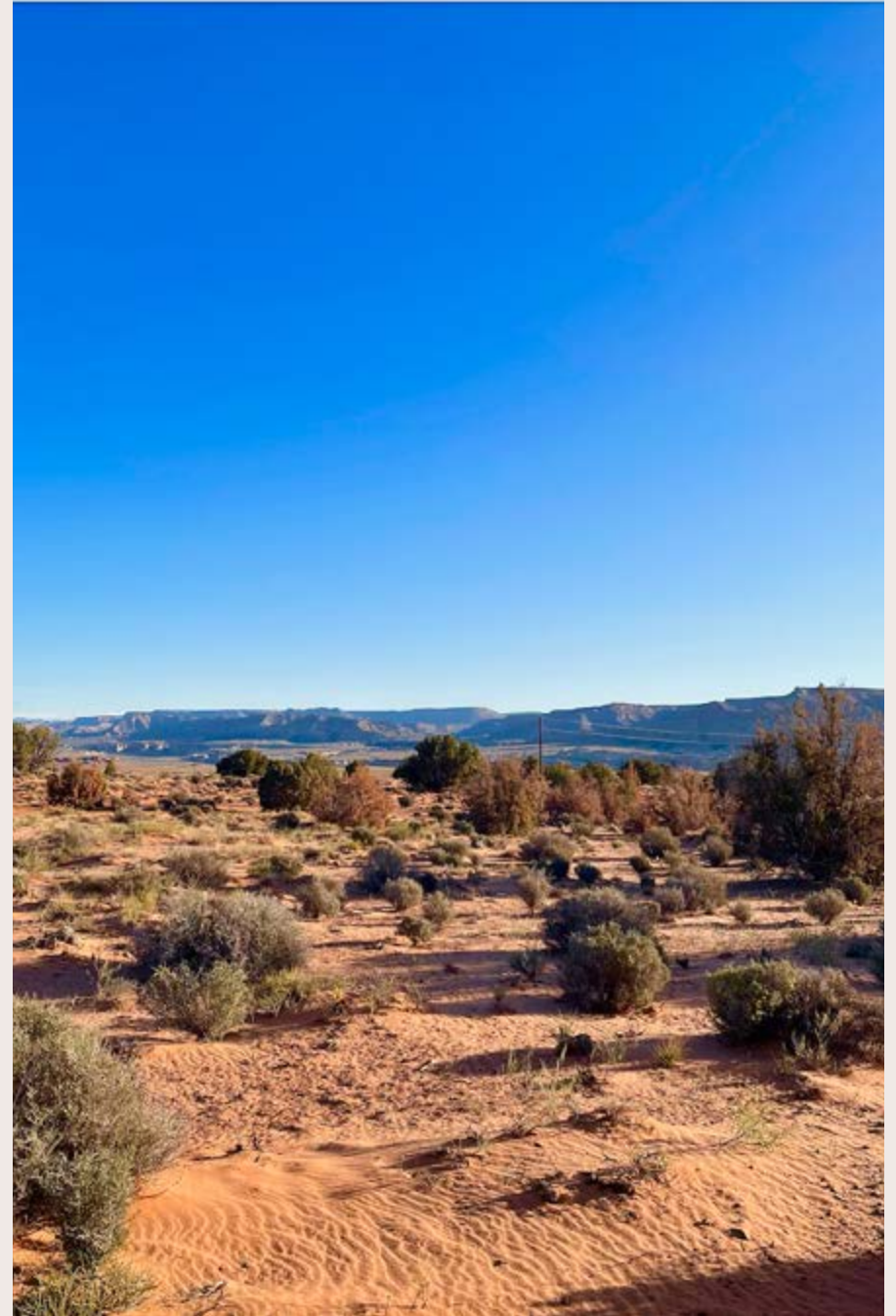


TRY THIS

### GRATITUDE WALK

The Japanese tradition of forest bathing as a meditation and spiritual practice is an ancient one but with many benefits. Walking thru nature on a hike where you observe the trees, birds, animals and feel the elements with a sense of complete presence and gratitude. Slow down, take in your surroundings in a way that will ground and reconnect you to yourself. For maximum benefit limit digital accessories that will distract from a quiet space of observation. Observe your breathing, try to slow it down and notice new things.

*Have fun with this exercise.*





*four*

# FAILURE IS THE STEPPING STONE TO SUCCESS

See failures as opportunities for growth and learning. Each setback can be a valuable lesson that propels you forward on your transformative journey. Imperfect action is a mantra that gets one closer to forward movement and on the path to success.

I NEVER LOSE.

I EITHER WIN OR LEARN

-NELSON MANDELA



DO YOU FEEL WORTHY OF LIVING  
THE LIFE OF YOUR DREAMS?

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*five*

# YOUR BELIEFS SHAPE YOUR REALITY

Understand that your beliefs create the lens through which you perceive the world. Shift limiting beliefs and adopt empowering ones to create a transformative reality. Embrace vulnerability as it allows for authentic connections, personal growth, and deep transformation. The world will adjust to the view you hold of it and yourself. Create the best view possible.

YOUR INNER VOICE

SHOULD BE WORKING

IN YOUR FAVOR



WHAT ARE SOME OF YOUR  
LIMITING BELIEFS?

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*Six*

## EMBRACE THE PROCESS

The road may not be clear or paved but it will be the journey that will get you to the next steps. The process of how you do one thing is how you do everything. If you want to improve the experience then allow for change in all its messy glory and be gentle and patient with yourself in its development. A new path will open up ahead of you and you will trust the next steps.

**SHE REMEMBERED WHO**

**SHE WAS**

**AND THE GAME CHANGED.**

**- LALAH DELIAH**



IN WHAT WAYS CAN YOU  
ACKNOWLEDGE HOW FAR YOU  
HAVE COME?

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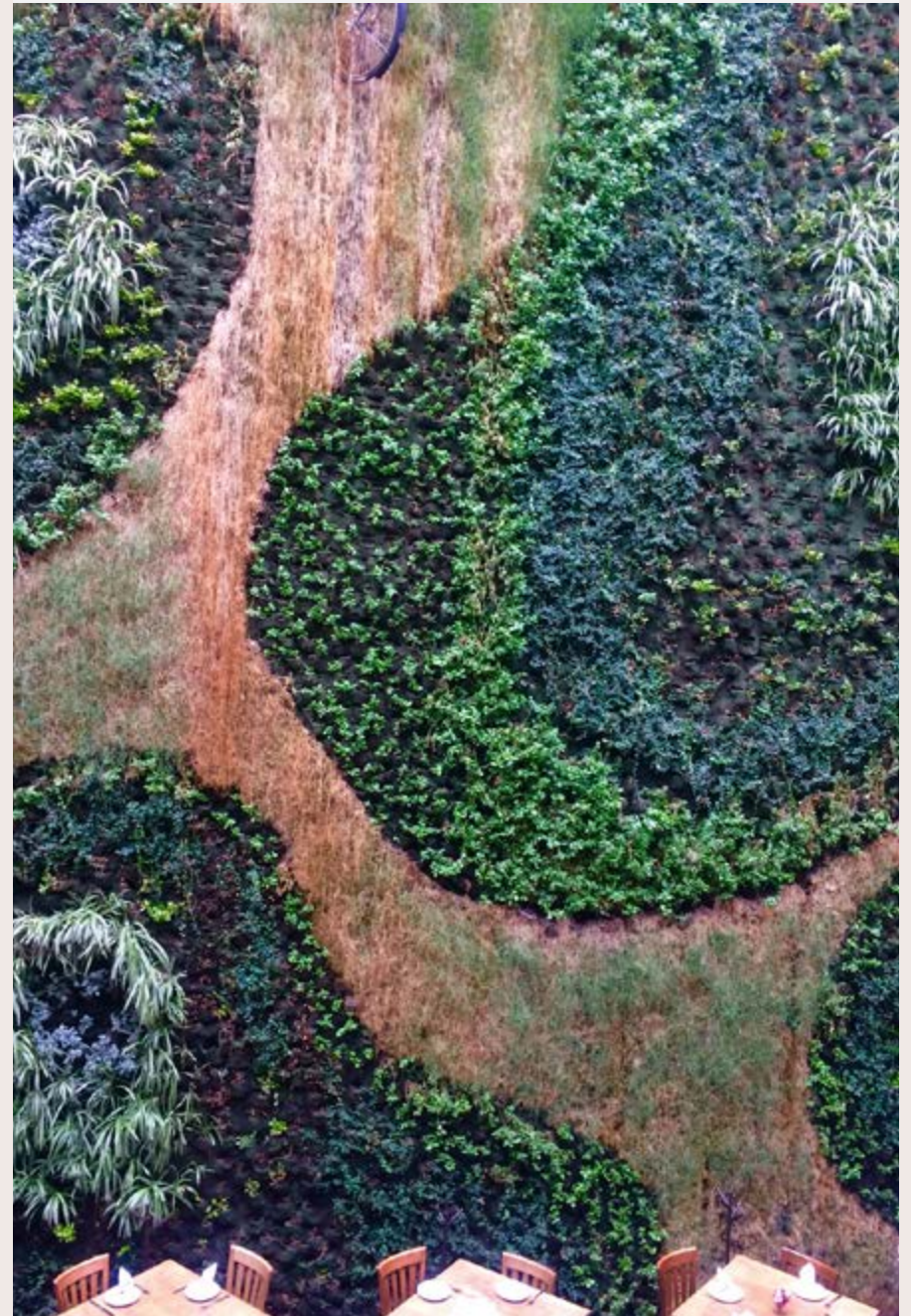
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# THANK YOU

I AM MY OWN EXPERIMENT.

I AM MY OWN

WORK OF ART.

-MADONNA

[BOOK A COACHING CALL](#)

READING LIST

## Leveling Up & Mind Shift Books!

**THE BIG LEAP**

*Gay Hendricks*

**THE HAPPINESS ADVANTAGE: HOW A POSITIVE  
BRAIN FUELS SUCCESS IN WORK AND LIFE**

*Shawn Achor*

**THE ENERGY CODES**

*Dr. Su Morter*

**BECOMING SUPERNATURAL: HOW COMMON  
PEOPLE ARE DOING THE UNCOMMON**

*Dr. Joe Dispenza*

**MINDSET: THE NEW PSYCHOLOGY OF SUCCESS**

*Carol S. Dweck*

BE EMPOWERED

## Yes you are worthy!

Are you a successful entrepreneur struggling to figure every thing out on your own? Do you struggle with imposter syndrome of self doubt even though all roads lead to success? We all do but we do it anyway and most of the time its with support! How can you settle into a space of feeling, knowing, trusting that things are working out and you are exactly where you should be even when there is no roadmap. Do you need AI, a guru, a workout partner or a biz coach to move forward? Something you may need everything all at once. I can be that guide for the practical and spiritual framework in times of great transformation and personal expansion. Your version of success is calling you. Step into your power.

[\*\*BOOK A COACHING CALL\*\*](#)