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Vision

Have a vision for what you want to create, what's the bigger picture, long term goals for your business?

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How

Start figuring out how you are going to create what you want! The way you can do this is by thinking on paper; ask yourself over and over how could this be possible? And write down all the actions you could take, write at least 20 until you have many options and find the best solutions.

Simplify

You want to simplify so you can solely focus on the actions that are going to move you towards your ultimate vision. Have a look at everything you are doing daily and all the things you are planning to do in the future and decide what's moving you towards what you want and what's not moving you towards your goal. If it's not moving you towards then you can simplify by cutting it out.

5 Daily Rituals

You must have good daily rituals so that you feel good consistently and are performing at your best. Eat healthy nourishing foods, exercise daily, read books that are going to expand your mind or inspire you.

Why

What is your why? What is the intention behind the business you are creating? Who is it going to serve, how is it going to make a positive impact in the world?

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Model

The fastest way to achieve success or get results in your business is to find someone who has already achieved what you want to achieve, and then do what they have done and you will get the same results. Hire them as a coach or go to their events. It's called modelling.

Invest in Yourself

You want to be investing in coaches, programs or events that are going to move you towards what you want. You should be committed to constant and never ending improvement. You get paid in direct proportion to the value that you add to the lives of others so you want to keep adding value to yourself.

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8 Peer Group

Proximity is power! Surround yourself with like-minded people who encourage and support your goals.

Be Visible

People won't know who you are if you're not consistently posting on social media. The more visible you are the more likely you will connect with people and be the preferred choice.

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10 Selling is Serving

When you're heart-centred your intention is to serve and to help someone so you must know that with selling in your business is just serving someone, so by not selling them is to not serve them.

My Top 10 Tips

to get results in your Heart Centred Business



By Bernice Faith Allan

Bernice Faith Allan



Bernice is well-known globally for her work empowering women to TRANSFORM their lives and coaching them to BREAK THROUGH the fears and limiting beliefs that have prevented them from achieving what they truly want.

Bernice has the ability to see the greatness and potential in every person she meets and has a special gift of being able to unlock it in people. She is the coach that really cares and it shines through in the excellent results she gets with her clients and the tribe of raving fans who want to be a part of her community. They believe in Bernice and her mission to make a massive positive impact in this world, inspiring others to know that it is possible to BE, DO, HAVE & CREATE whatever they want for their lives.

“Break through all limitations. Start living your dreams!”

This is Bernice's motto. In the past five years she has followed it to completely

turn her life around. Mastering one area at a time she began her journey with transforming her health by switching to a whole foods lifestyle, changing her habits and improving her mindset. She lost over 40kg using a healthy and sustainable approach.

Through this experience, Bernice then became passionate about helping people quit the processed lifestyle, making the switch to whole foods and to lose weight sustainably.

She won the QLD Entrepreneurs of Tomorrow Grant and had the opportunity



to work with a Business Mentor. She completed Online Business courses with renowned Success Coaches, attended world class Personal Development Programs & NLP Trainings and naturally, over time, her Coaching Skills evolved. Today, Bernice can now solve a variety of problems, get fast results and create lasting change in the areas of life, health, business, performance, mindset and relationships.



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