

YOUR ENERGY IS YOUR
STRATEGY™
WORKBOOK

The Energy Alignment Reflection



—» *Rajika Mahan* «—



Welcome!

First, thank you!!

Thank you for taking a few moments to invest in the most valuable asset in your business...

YOU!!

As entrepreneurs, we spend countless hours improving our strategy, marketing, systems, and goals.

Yet very few of us pause long enough to evaluate the one thing influencing every decision we make...

Our energy.

This reflection isn't about fixing yourself.

It isn't about finding what's wrong.

It's about creating awareness.

Because awareness is the first step toward meaningful change.

As you move through these pages...

Don't overthink your answers.

Simply notice what you notice.

You may discover that what you believed was a strategy problem is actually something much deeper.

Let's begin

Love, Rajika



What You'll Discover

By the end of this reflection, you'll
have greater awareness of:

- ✓ Where your energy is supporting your business
- ✓ Where it may quietly be working against you
- ✓ What's creating mental noise
- ✓ Where you're spending energy that isn't serving you
- ✓ The one area asking for your attention

There are no scores.

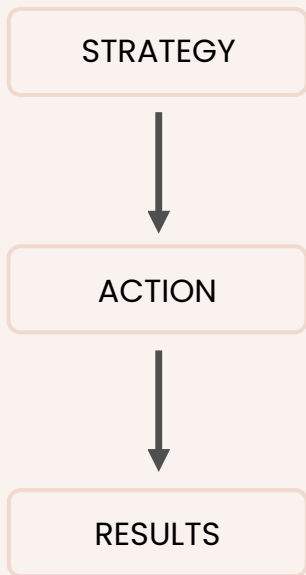
No right answers.

Only honest reflection.



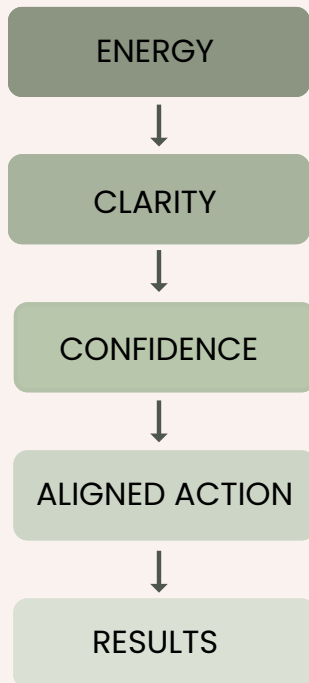
The Energy First Framework™

Most entrepreneurs
think success looks
like this:



VS

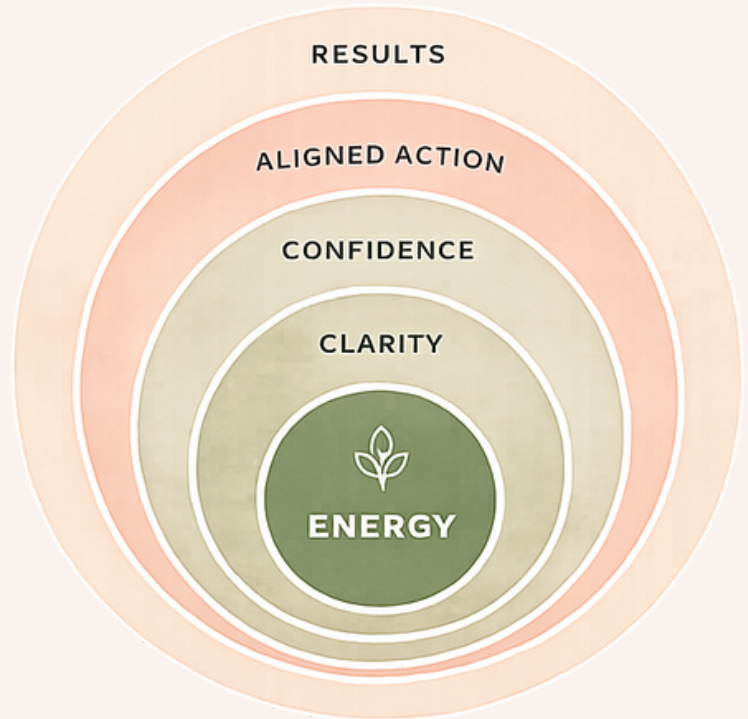
But sustainable
success is built
differently



The quality of your *energy*
determines the quality of your decisions

The Energy First Model™

EVERYTHING RADIATES FROM THE ENERGY OF
THE PERSON LEADING IT



When your energy is aligned,
everything changes



Before You Begin

Pause.

Take one slow breath.

Now ask yourself...

How am I arriving today?

One word.



SECTION ONE

Your Energy

Your energy shapes how you think, lead, communicate, and make decisions.

Simply reflect.

What part of your business gives you energy?

What part consistently drains you?

When was the last time you felt fully energized by your work?

Where are you pushing instead of flowing?

Notice what you notice.

SECTION TWO

Your Mind

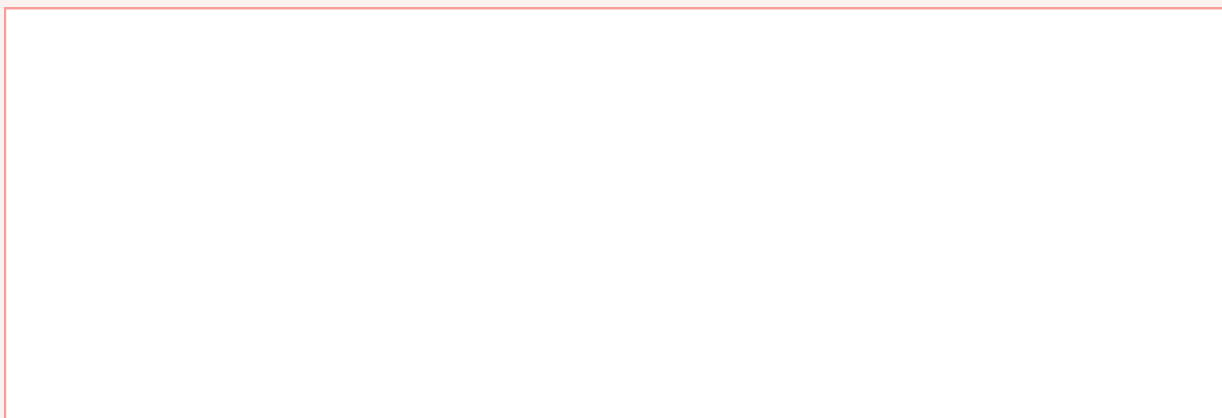
Your mind follows your energy.

What thought has occupied the most mental space this week?

What decision have you been postponing?

Where are you overthinking instead of trusting yourself?

What are you trying to control that you cannot?

A large, empty rectangular box with a thin red border, intended for a user to write their response to the question above.

SECTION THREE

Your Leadership

How you're being matters more than what you're doing.

Where do you feel most confident?

Where do you second-guess yourself?

What conversation have you been avoiding?

If fear wasn't part of the equation...

A large, empty rectangular box with a thin red border, intended for a user to write their response to the question above.

What would you do differently?

A large, empty rectangular box with a thin red border, intended for a user to write their response to the question above.

SECTION FOUR

Alignment

This is where many entrepreneurs discover the gap.

What no longer feels aligned?

If someone looked at your calendar...

Would they know what matters most to you?

Where are you saying yes...

When your heart is saying no?

SECTION FIVE

The Hidden Cost

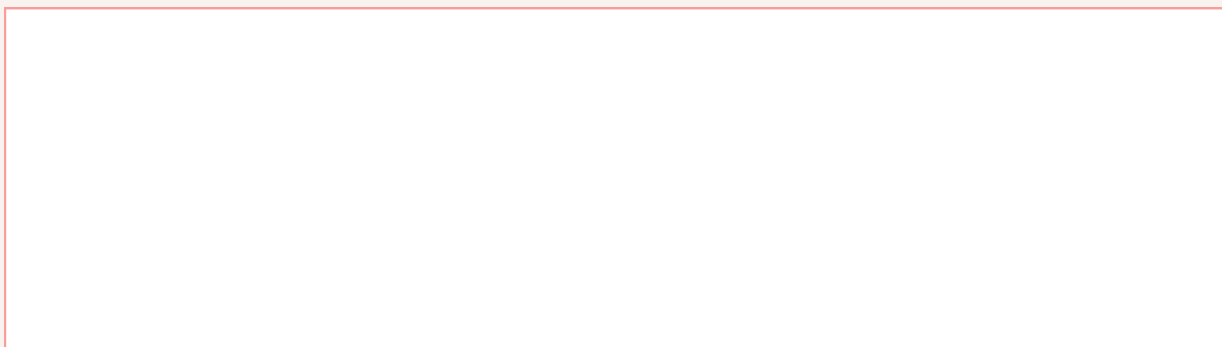
Without judgment...
Simply notice.

What has your current way of operating cost you?

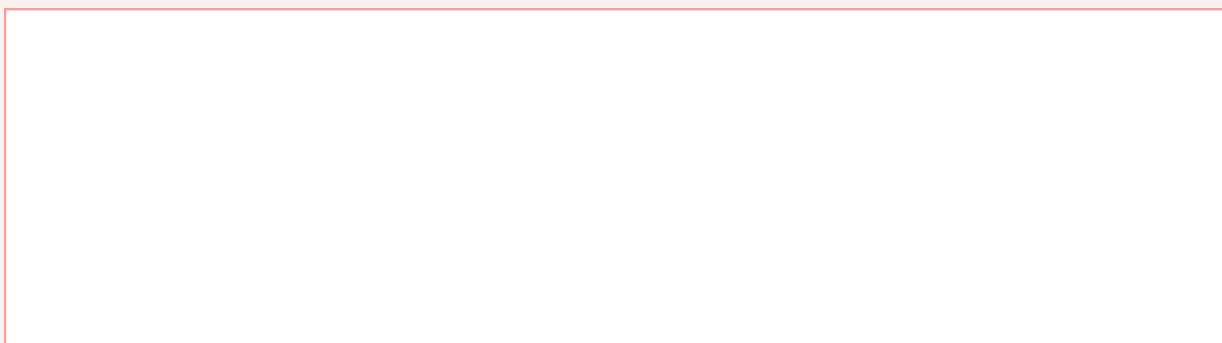
- ☐ Peace
- ☐ Joy
- ☐ Presence
- ☐ Health
- ☐ Relationships
- ☐ Confidence
- ☐ Creativity
- ☐ Revenue
- ☐ Time

Complete these.
I'm tired of...

I'm ready for...



If nothing changed over the next twelve months...
What would be the impact on your business and income?



SECTION SIX

Imagine

Imagine yourself one year from today.
You're leading from peace instead of pressure.
You're making decisions with clarity.
You trust yourself.
Your business feels aligned.
Describe that version of you.

A large, empty rectangular box with a thin red border, intended for the user to describe their vision of themselves one year from today.

What's standing between who you are today...
And who you're becoming?

A large, empty rectangular box with a thin red border, intended for the user to describe what is standing between their current state and their future vision.

FINAL PAGE

Continue the Conversation

Congratulations!

You've done something many entrepreneurs never take the time to do.

You've paused long enough to notice. Awareness is powerful.
But awareness alone doesn't create transformation.
Sometimes the greatest breakthrough comes from having someone help you connect the dots you can't yet see.

If this reflection uncovered areas where your energy may be influencing your clarity, confidence, or business in ways you hadn't realized...

I'd love to continue the conversation.

During your complimentary Energy Alignment Strategy Session we'll explore:

- ✓ The hidden patterns influencing your leadership.
- ✓ Where your energy is leaking.
- ✓ What's creating unnecessary mental noise.
- ✓ The one shift that could create the greatest impact in your business.

Because your business deserves more than another strategy.
It deserves a leader whose energy fully supports the vision they're creating.

SCHEDULE A DISCOVERY SESSION