

How to bring out the visible entrepreneur of **who you are**

Owning Your True Self Inside Out in
the Social Media Spotlight!

workbook
by Veronica Di Polo

Introduction



You're here because you chose you!

You choose to be unique, you choose to change and evolve for you, to be different and learn to show the best part of you to get anything and everything you deserve for you, for your life and for your business.

But hey! There's one thing I do want to ask you before I continue and is to try to avoid those negative thoughts you'll be hearing throughout the training, negative thoughts that block you from being present here with me, because they'll take you outside and push you to not believe in what you're hearing - like...

- OMG I'm never gonna have time for any of that
- What the hell Veronica what I need is money for my business
- I already know all this, why am I wasting my time

So all I'm saying is to open your mind, and question yourself when you hear those negative sabotaging thoughts -

Who would I be without my stupid thought?

If you breath heavily and allow yourself to hear and discover new aspects of you and discover new and improved ways to bring out your visible entrepreneur, then

please please please

let it be!

Let it flow, try to listen with an open heart and mind.

strategy 1

Questioning your thoughts



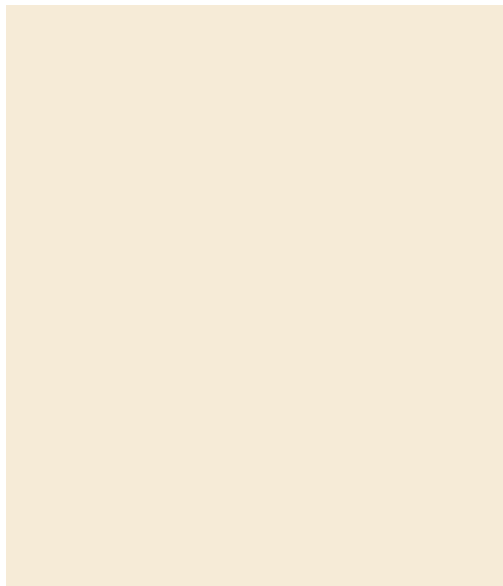
Create a brainstorming of ideas, I want you to think of all those times you said to yourself:

"I can't do this because... "

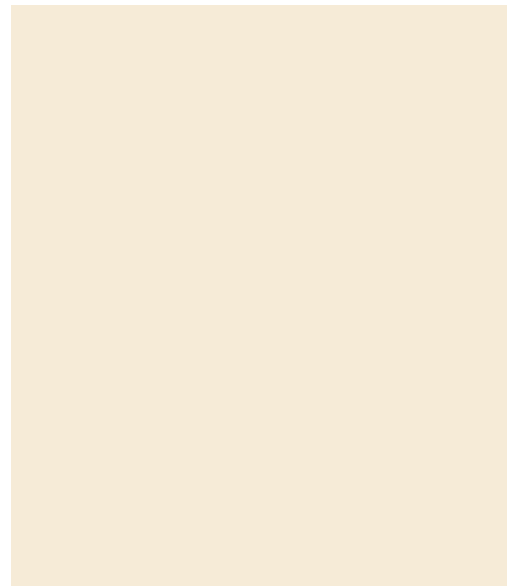
I want you to think of these Cant's ... and ask yourself:

- Is it true I can't do them??
- How does that make me feel when I think I can't do this??
- What images do I see in my head when I think about it? I can't do this??
- Why was I sabotaging myself there?

can't



won't

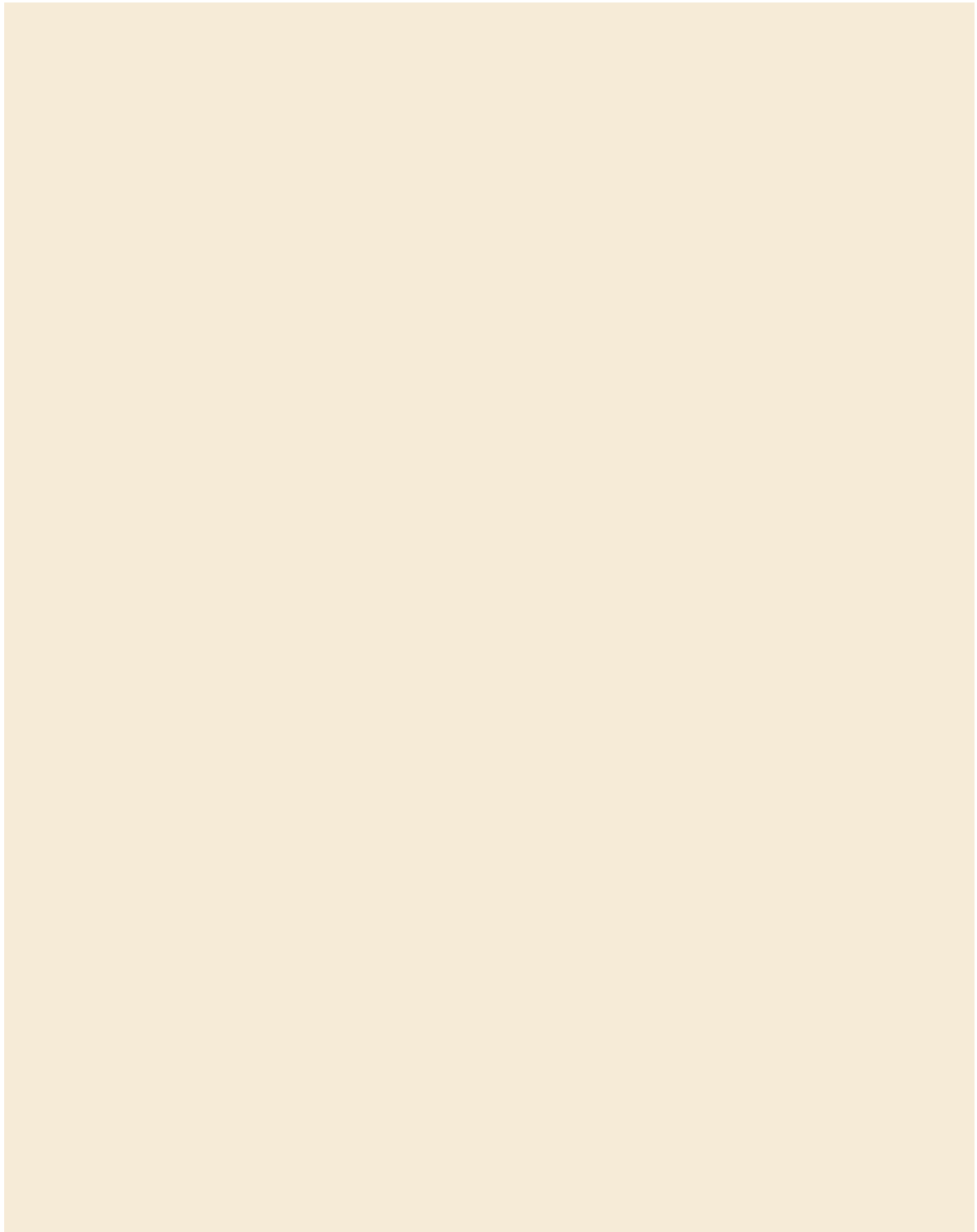


Once you have your Can't list
now, I want to replace the
word **CAN'T** with the words
WON'T



Create your list of CAN!

can



Now here I want to be very honest with you.

Close your eyes, breathe and visualize - every single statement as a CAN and as a WONT... visualize your answers, if you have a glimpse of a CAN and you believe that you CAN do it, because your gut tells you can, then do it!

If you visualize that you simply WON'T because it's not you, and that every fiber of your body is telling you WON'T then live it as WONT.

This exercise will help you to be true to you, how to identify when you really want to do something, and you really WON'T do something...it's all about the mindset, and how you need to question your thoughts to get your honest answer.



another way to do this..

I CAN'T

[Blank space for writing]

Is it true I can't do them?

[Blank space for writing]

How does that make me feel when I think I can't do this?

[Blank space for writing]

What images do I see in my head when I think, I can't do this?

[Blank space for writing]

I WON'T

[Blank space for writing]

Is it true I can't do them?

[Blank space for writing]

How does that make me feel when I think I can't do this?

[Blank space for writing]

What images do I see in my head when I think, I can't do this?

[Blank space for writing]

I CAN

[Blank space for writing]

Is it true I can't do them?

[Blank space for writing]

How does that make me feel when I think I can't do this?

[Blank space for writing]

What images do I see in my head when I think, I can't do this?

[Blank space for writing]

strategy 2

How visible you want to be



I really want to

Don't overthink it... just write what comes from within.

Just below WHAT YOU LIKE I want you to write -
(next page)

- Why do you want it?
- Why do you want to change how you show up?
- Why is it important to make this happen?
- Who do you have to be to make this happen?
- How are you going to feel?
- Ask yourself will this change impact your surroundings? - (Hey no negative thoughts here... only positive thinking)

The purpose of this exercise is for you to understand why you want to change how visible you're, what's the deeper purpose. The more you know the reason behind your choices the more committed you will feel to make that change.

The surer you are, the better prepared you'll be when others give you that unsolicited advice, the more in control you'll feel, you'll have your answers right there to share, and because that is the choice you've made for you and for your business, with how visible you want to be.



I REALLY WANT

Blank space for writing.

Why do you want it?

Blank space for writing.

Why do you want to change how you show up?

Blank space for writing.

Why is it important to make this happen?

Blank space for writing.

Who do you have to be to make this happen?

Blank space for writing.

How are you going to feel?

Blank space for writing.

Will this change impact your surroundings?

Blank space for writing.

strategy 3

Don't compare yourself to others



Create a list of 20 things that you're unique at and that you love about yourself!! I want you to list those 20 things you're the best at, and what makes you unique., something like

- I'm great at entertaining friends
- I'm good at tennis
- I make the meanest apple pie
- I give the best facials

And so on...

When you reinforce in your brain your good qualities, you begin to believe them, which is exactly what I said before when questioning your thoughts. The more you tell yourself something the more you believe.

What's important in this exercise is that you need to focus on you, believe you have amazing qualities, which I'm pretty sure you already know that, otherwise you would not be here.



The more you believe in your accomplishments, the more focus on you. You'll be less worried about other people's social media, or how many likes you got on social media or that you got more views or less views because a competitor shared something similar to you...

It's actually not about them, it is 100% about you!

20 things you're the best at

20 things that make you unique

**Thank you so much
for joining me
today!**



I'm so honored we're connected and I truly hope I can continue to serve you as you bring out the visible entrepreneur of who you are.

Now, if you'd like to keep going and you want to know more about my other training programs, come and visit me at veronicadipolo.com and if you happen to get this training from a friend or a family member be sure to subscribe to my V's Insider email list over there too.

Because once you're subscribed, you'll become one of my V's Insiders, which means you'll get first access to private subscriber Q & A, the freebie templates and digital products, giveaways, and first access to new services and beta programs.

Finally, I would loooove to hear from you, tell me, how have you used this training to create change in your life?? You can find me on Instagram [@veronicadipolo](https://www.instagram.com/veronicadipolo) and send me a DM.

Stay on your game, and keep going for your dreams because the world needs that special gift that only you have.

I'll talk to you soon!

Love,

