

# THE 3 REFLECTIONS JOURNAL

with Suzi Dafnis



# THE 3 REFLECTIONS

Because Success is all  
in Your Head

## Welcome to the 3 Reflections.

I'm so excited to share these audio reflections with you.

My observation, after taking my own business journey from zero to 6-figures and then 7-figures and then 8-FIGURES -- and after helping more than 30,000 women breakthrough in their business for the past almost 27 years -- is that there are **3 simple personal reflections** each of us needs to make to transform our thoughts, rewire our minds and create the perfect conditions for success to happen.

This series is an invitation for you to PAUSE.

This is a time to take a break away from your routine. There is great power in pausing.

In his book, *Thank You for Being Late*, Thomas Friedman quotes:

*"When you press the pause button on a machine, it stops. But, when you press the pause button on human beings, they start.*

*You start to reflect, you start to rethink your assumptions, you start to reimagine what is possible and, most importantly, you start to reconnect with your most deeply held beliefs."*

When you put these three reflections in place you unlock the untapped opportunities already waiting for you and you start to bring your ideal business into your world so that you can do what you love every day.



## Get Your Free BONUS Workshop Now

Because you downloaded this audio series, I want to give you a 100% FREE TICKET to a new online business workshop, The Road to a 6 & 7-Figure Business.

**A \$97 Value. Yours 100% FREE when you claim your BONUS gift now at [roadtobiggerbusiness.com](http://roadtobiggerbusiness.com)**

**Suzi**



# What's Inside

## Start Here

Prepare to ignite an abundance of untapped possibilities that make your big dreams possible. Here's what you'll need to get started.

## Reflection 1: Thinking

There is a direct and strong link between what you think and what you do. Get on the path to thoughts that support your goals of reaching 6 and 7 figures quicker.

## Reflection 2: Doing

The surprising but doable steps that let you focus on doing a FEW things that matter, and stop trying to do ALL the things.

## Reflection 3: Having

Developing the mindset, confidence and resilience to fully own your achievements and back yourself through your growth stages.

## Bonus Reflection and Your Next Steps

I created a secret bonus reflection that shows you how to make the big shift — shifting your focus from doing all the things, to doing the few things that matter the most.

Get Your FREE Workshop Now at  
[RoadToBiggerBusiness.com](https://RoadToBiggerBusiness.com)

## Reflection One: **Thinking**

### **Welcome to Reflection One.**

There is a direct and strong link between what you THINK and what you DO. Your thoughts directly influence how you feel and how you act.

Whether you want it or not, thoughts drive actions.

My thoughts drive my actions. **Your thoughts drive your actions.**

And, mental blocks and thoughts that do not serve our goals of reaching 6 and 7 figures can play a big part in how quickly you reach your destination.

Upgrading your thinking opens up all the new possibilities for you.

**Listen to this Audio Reflection and answer the suggested questions.**

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What you do is based on what you think.

**STEVE JOBS**

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**My** THINKING **Reflections**



**My** THINKING **Reflections**





## Reflection Two: **Doing**

To grow a six and seven-figure business, not only do we need to THINK like a 6 and 7-Figure business owner, but we also need to DO what a successful business owner does.

In this reflection, I'll share with you the surprising but doable steps that let you focus on a FEW things that matter, and stop trying to do ALL the things.

Because you want a business that's thriving. It feels easy and light. One that will thrive, where you're not overwhelmed, but you feel full of joy.

One where you're not burned out, but you're in a state of flow. One where you're not squeezed for time, but you have an abundance of time for the right things.

But how do you get **there** from here?

It's about shifting your FOCUS from all the things you can do, to the few things that you should do.

**Listen to this Audio Reflection and answer the suggested questions.**

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What keeps us small is not letting go of the roles we have outgrown.

**MAUREEN MAHONEY**

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**My DOING Reflections**





**My DOING Reflections**



## Reflection Three: **Having**

At this point in the audio series, you may have come to realise that it is possible to achieve financial goals and make headway in your business even when you're not working **HARD** all the time (eg: long hours). Yeah!

In this reflection, we look at how to **HAVE** the confidence, grit, and mindset to grow a six and seven-figure business.

This can be trickier than it seems at first.

Because we may have set a vision, lined up our thoughts, and we're doing all the right things, but emotionally, subconsciously, we may feel like the success we are achieving is now totally ours to own and celebrate.

In this powerful reflection, we look at how to transition to a different way of **BEING** - a way that has you confidently step into being a six and seven-figure business owner.

And we reflect on any limiting beliefs that might keep us repeating patterns that keep us stuck, or keeping a lid on our growth.

**Listen to this Audio Reflection and answer the suggested questions.**

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Often people attempt to live their lives backwards: They try to have more things, or more money, in order to do more of what they want, so that they will be happier.

The way it actually works is the reverse.

You must first **BE** who you really are, then **DO** what you need to do, in order to **HAVE** what you want.

**SHAKTI GAWAIN**

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**My** HAVING **Reflections**



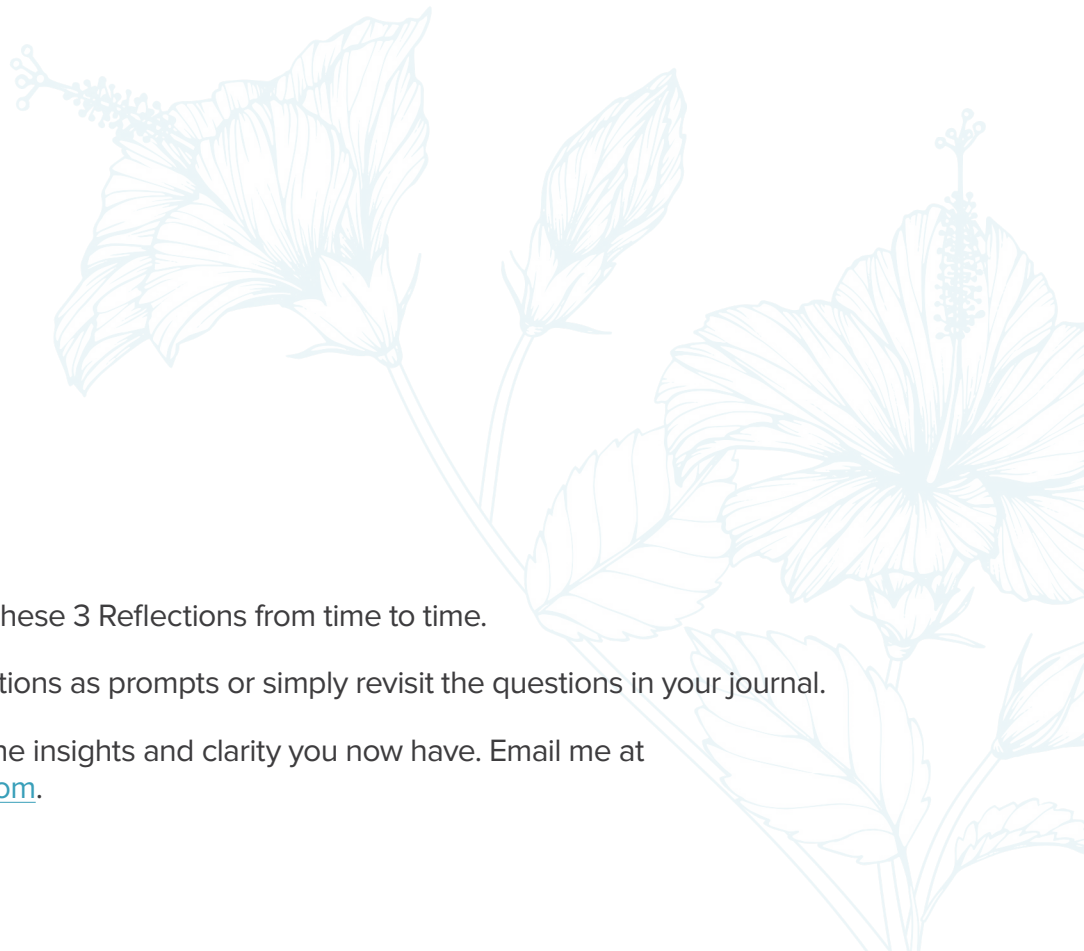
**My** HAVING **Reflections**



## Your **BONUS Reflection** and Next Steps

**Congratulations. You're on your way.**

Use this part of your journal to make a note of actions you will take based on your Reflections. Set the action and an intended date when you will complete that action. Remember to design your DOing so that you are serving vision and goals with the actions you take.



I encourage you to revisit these 3 Reflections from time to time.

Either use the audio reflections as prompts or simply revisit the questions in your journal.

I can't wait to hear about the insights and clarity you now have. Email me at [suzi.dafnis@herbusiness.com](mailto:suzi.dafnis@herbusiness.com).

**Suzi Dafnis**

# Register for Your Bonus **FREE** Workshop

How I've personally grown MULTIPLE BUSINESS from ZERO to 6 and 7 Figures and helped THOUSANDS of other Women Business Owners to Grow Their Businesses.

**90**  
Minute  
**LIVE**  
**TRAINING**  
with Suzi Dafnis



A \$97 Value. Yours 100% FREE when you claim your BONUS Gift now.

Discover the step-by-step roadmap for finally having **Breakthrough Growth in Your Business**, without burnout or stress.

*(Know EXACTLY which direction to take, even if right now you're overwhelmed and unsure what to do next.)*

This is a must-attend online training for you if you want to:

- Grow a business that's thriving, and feels easy and light and where you're not burned out, but you're in a state of flow.
- Stop being squeezed for time, have an abundance of time for the right things and stop constantly juggling all the balls.
- Move from having a rollercoaster of income to having reliable revenue.
- Take your business from a hobby business to a profitable business and finally hit the financial goals you have been aiming for (but missing) for years.
- Shift your focus from ALL things you can do to the FEW things that matter most.

**FREE ONLINE TRAINING — Tuesday, 16 November**  
**A \$97 value - Yours FREE**

**CLAIM MY FREE TICKET**

Limited time

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Because Success is all  
in Your Head

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Rosebery NSW 1445 Australia  
1300 720 120  
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