

THE
UP LEVEL
PROJECT
W O R K B O O K

Your Three-Week Workbook With
Exercises, Journal Prompts, and
Mantras to Create More Freedom
and Higher Profits

Hanneke Antonelli

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INTRODUCTION:

This workbook takes a deeper dive into the principles I share in my book, “The Up Level Project: Your Guide to Unlocking Higher Profits While Creating More Freedom.” The principles in this workbook will help you shift your perspective and become a more resilient entrepreneur.

The journaling prompts will uplevel your mindset and clarify the factors that matter to increase your profits. The exercises are geared to uncover all the blocks, fears, and limiting beliefs that keep you stuck. The mantras will rewire your brain for lasting change so you can show up as an impactful leader.

Bonus: The last chapter will help you pull all your discoveries and newfound awareness together in an easy daily practice that will allow you to continue to break through to every next level with more ease and less fear.

To get the most out of this workbook, commit to spending 10 minutes a day doing a few prompts or exercises.

The tools and tips will work only if you do. Are you ready? Let's dive in!

Gaining
Clarity

DAY 1:

Stepping Into Full Commitment and Going All In

“Your commitment is the thing that will drive you to get back up over, and over, and over again.”

~The Up Level Project, Chapter 1

To create that sustainable and successful business that will give you the ease and freedom you crave, you have to do the deep work. And part of that work is to commit fully to the reality that you're going to do whatever it takes for as long as it takes. Let's up your commitment to yourself and your business.

7. *Use your insights to formulate a mantra that will help you to integrate this new knowledge into your life. Use the provided “Make This Your Mantra” section as inspiration. Put that mantra on a sticky note and put it somewhere where you can see and repeat it often.*

MAKE THIS YOUR MANTRA:

My commitment to myself and my goal is the instigator that makes dreams happen.

There is always a solution.

When I commit myself to my goal, I expand into my highest creative potential.

When I devote myself to my goals, my business will grow beyond others' limiting opinions.

When I focus on what I want, the path forward immediately becomes clear.

The more committed I am, the more my awareness grows and the easier it is to build a sustainable business.

My commitment inspires me to show up and be a better version of myself every day.

Keep Reading...

The Up Level Project Workbook
By Hanneke Antonelli

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THE UP LEVEL PROJECT WORKBOOK