

LIVING DOPE METHOD™

The Entrepreneur's Wealth Blueprint

**5 Steps to Choosing
Yourself for Wealth,
Peace, and Purpose**

Contact info:  416-894-9627

 info@dopelifecoach.com

Welcome

Welcome to The
Entrepreneur's Wealth
Blueprint.

Hi, I'm Coach AJ. I created
the Living Dope Method as
a way to help us pause,
breathe, and reclaim what
burnout tries to steal from
us, our energy, our joy, and
our sense of self.

This toolkit is a simple
starting point. Inside, you'll
find practical exercises,
reflections, and tools to help
you check in with yourself
and take the first steps
toward living dope, every
single day.

This isn't about perfection.
It's about progress. Let's
dive in.

Coach AJ





How to use this guide

Find a cozy and comfortable space to work on this guide. Take a few deep breathes and relax.

This guide's soul purpose is to help practice self-care during the colder months on a regular basis. Use this guide to maintain self-care regularly.

QUESTIONS?

info@dopelifecoach.com
www.dopelifecoach.com

 @dopelifecoach_
 @dopelifecoach

5 Steps to Choosing Yourself for Wealth, Peace, and Purpose

Step 1: Value Your Energy Like Capital

Core Principle: Your energy is your first investment as an entrepreneur. How you spend it determines your long-term return. Protect it, replenish it, and allocate it with intention.

- Every yes costs energy. Make sure it's an investment, not an expense.
- Delegate tasks that drain your focus so you can stay in your zone of genius.
- Burnout isn't a badge of honour, it's a signal that your energy budget needs auditing.

Reflective Question: Where am I spending energy that doesn't give me a return in peace or profit?

Application Tip: Audit your weekly schedule and highlight what drains versus drives you. Remove or delegate at least one draining task.

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Step 2: Invest in Your Growth, Not Just Your Business

Core Principle: Your business will only grow to the level of your mindset and skill set. Investing in your personal development multiplies your business outcomes.

- Books, coaching, and mentorship compound faster than most marketing budgets.
- Don't just hire for help, learn to lead with clarity and vision.
- Your greatest ROI isn't revenue, it's resilience.

Reflective Question: When was the last time I invested in myself as seriously as I invest in my business?

Application Tip: Set aside 10% of your business income for education, mentorship, or wellness that supports your long-term success.

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Step 3: Protect Your Peace Like an Asset

Core Principle: Peace is the foundation of creative and strategic thinking. Chaos costs clarity, and clarity is currency.

- Peace allows better decisions, faster pivots, and sustainable growth.
- Unnecessary conflict drains focus and profits.
- Boundaries aren't barriers, they're blueprints for balance.

Reflective Question: What do I need to say 'no' to in order to protect my peace this quarter?

Application Tip: Schedule non-negotiable time in your calendar each week for reflection and reset, just like you'd schedule a business meeting.

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Step 4: Walk in Alignment, Not Approval

Core Principle: Entrepreneurs who chase approval lose authenticity, and authenticity is what attracts loyalty, clients, and opportunity.

- Every pivot doesn't need validation, trust your conviction.
- Approval-seeking creates hesitation; alignment fuels acceleration.
- People follow clarity, not conformity.

Reflective Question: Am I building what's true to me or what's trending around me?

Application Tip: Revisit your business goals and remove any that exist solely for validation or comparison.

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Step 5: Build from Authenticity

Core Principle: The most successful entrepreneurs don't try to be different, they build from what's real. Authenticity builds longevity.

- Authenticity builds brands that last, not trends that fade.
- You attract what reflects you, so build what's aligned with your identity.
- Success without authenticity feels empty, authenticity sustains purpose.

Reflective Question: What part of my story, experience, or mission am I hiding that could set me apart?

Application Tip: Integrate more of your real story into your brand and leadership messaging. Let people connect to your humanity, not just your highlights.

Are you interested in coaching? Reach out to me today to schedule your complimentary call!



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