

# Heart, Mind, & Gut Instincts Mapping for Balance

When passion  
creates income,  
everyone wins.

THIS GUIDE HELPS YOU SORT YOUR THOUGHTS  
SO YOU CAN MAKE MONEY QUICKLY WHICH  
ALLOWS YOU TO FOCUS ON YOUR PASSION.



1

Print & carry this  
with you for 1 week.

2

List areas of your  
business. Use symbols  
when your gut  
instincts are telling  
you something about  
your current work.

3

At the end of  
the week, you  
can visually see  
what you  
should focus on  
first.

Clear your mind and your soul will speak.

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# Heart & Gut Instincts

Your gut instincts will clearly tell you what you should be doing to make more money. It's our busy brains that get in the way.

This will help you remove the clutter and listen to your heart and gut instincts. Do not spend a lot of time deliberating. Simply draw the symbol or SHORT thought that enters your mind.

Place symbols and very short thoughts into each box throughout the week. In the end, you will visually see where your heart lies AND what can make the most money for you. You want to create a plan that will move you further faster so you can focus on what brings you joy.



**Draw a heart each time you feel happiness & joy when thinking about this area of your business.**



**Draw a dollar sign each time your gut tells you that THIS will make money for you.**



**Draw a smiley face when the thought of this makes you happy. Sad for what makes you frustrated.**



**Write an idea about a task that will make this work better, easier, or will make you happier.**

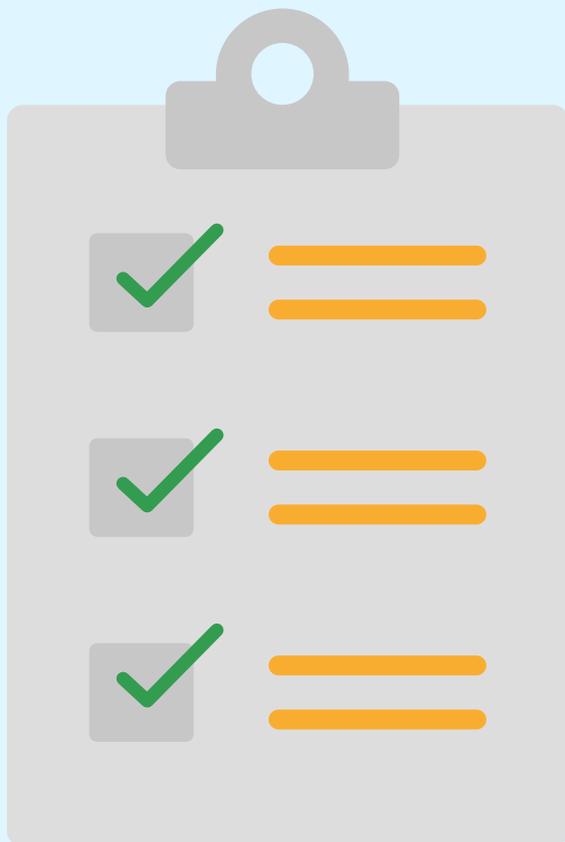
Business Aspect #1

Business Aspect #2

Business Aspect #3

Business Aspect #4

Now you should visibly see what areas of your business make your heart happy and which ones will bring in the most money.



**1) Remove or fix what makes you sad.**

**2) Create the action plan and strategy for what makes you happy AND has the most dollar signs.**

Need help? We've got you.

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