

# The Art of Making It Happen

## WORKBOOK

A few tips to make the most out of this event:

**1-** Print this workbook (or use it to take digital notes) and have it with you as you listen to the interviews so you can take note of what you want to implement, and also, answer the questions from the Recap video!

There is a section dedicated to each interview and conversation in this workbook.

**2-** Look at this event as an opportunity to learn and be honest with yourself. You will be asked questions meant to help you challenge your perspective and gain clarity. Take advantage of this opportunity to open up and bring all parts of you to this conversation!

# The Art of Making It Happen

## Day 1 – Set Your Mindset For Success

### **Dr. Andrea Pennington**

Move beyond self-doubt.

*"I am not good enough."*



**If you look at your life, what are the things that you've wanted to do but didn't?  
What was the cost of inaction for you?**

### **Mia Hewett**

Break through fear

*"What if I fail? "*



**Which mindset are you operating from?**

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## Day 1 – Set Your Mindset For Success

**Karen Kenney**

Stop delaying and make it happen now!

*"When I..., then I...."*



**I love myself enough to...**

**Make It Happen Recap with Geneviève Pépin**



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## Day 2 – Manage Your Resources

### **Yvette Bowlin**

How to create productive time.

*"I have no time!"*



**How are you using your time? Make an assessment!**

### **Sara Chevere**

Make money work for you!

*"I don't have the money."*



**What do you believe about money?**

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## Day 2 – Manage Your Resources

### **Reshma Thakkar**

How to create a positive impact, with a full-time job.

*"I have a job, I can't follow my dreams."*



**What impact could you create if you decided to make it work?**

### **Make It Happen Recap with Geneviève Pépin**



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## Day 3 – Catch Yourself in the Moment!

### **Dr. Neeta Bhushan**

Get out of overwhelm and get into fun!

*"Too much to do!!!"*



**What is your own medicine?**

### **Coach Jennie**

How to be an *im*perfectionist.

*"It needs to be perfect!"*



**If you dropped perfectionism - if things didn't have to be perfect – what could become possible for you?**

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## Day 3 – Catch Yourself in the Moment!

### **Valerie D'Ambrosio**

How to rescript your present and future

*"I had bad experiences in the past."*



**What would it take for you to, right now, focus on what you really want?**

### **Make It Happen Recap with Geneviève Pépin**



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## Day 4 – Make the Strategy Work For You!

### **Apryl Zarate Schlueter**

Get things done with more fun!

*"It's not for me, it's too hard."*



**How much do you honor your personal values in your life?**

### **Hope Zvara**

Make consistency work for you, at last!

*"I start but I can't keep up."*



**Where are you not as consistent as you would like to be?**



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## Day 4 – Make the Strategy Work For You!

### **Tracy Repchuk**

How to stay focused and get predictable results.

*"I don't know where to start!"*



**Which external distractions are holding you back the most, and what are you willing to do to eliminate them?**

### **Make It Happen Recap with Geneviève Pépin**



## **Additional notes**