



THE “SPARKS ARE FLYING” CHALLENGE

For Daily Motivation and Goal-Setting

*This worksheet was created to complement the **She Makes It Beautiful** professional development series interview with **Suzan Bradford-Kounta, Co-Founder and Creative Director for Thiossane West African Dance Institute.***

Suzan shared a lot of great tips and advice with The Collective; the area of focus for this worksheet is what sparked her interest to start the Institute, as well as the 16 tips she offered to assist you in manifesting your business dreams. Are you ready? Let's go!

Answer the following questions as completely and honestly as you can:

SMIB Bonus – **Exercise #1: Daily Motivation**

The desire to take an idea to the next level is usually sparked from inspiration; Suzan's was the joy of providing “opportunities that allow people to grow through their creativity.” Can you identify what sparked your entrepreneurial desire? List those “sparks” here:

Daily Motivation Tip: After you've listed your “sparks”, take colorful sticky notes and post them to a corkboard to create a personal inspiration board! Your notes will be perfect motivators for moving forward with your ideas and remembering your vision!

SMIB Bonus – Exercise #2: Goal-Setting

Suzan shared a very empowering list of 16 tips for fulfilling your entrepreneurial plans; pick the top five from her list – choose those that really resonate with you. After selecting your top five, jot down how each tip chosen will bring you one step closer to what you want.

My Top Five Tips:	How will this help me?	This month's goal to support my tip:
Ex. Protect your passion and ideas.	Protecting my passion and ideas will keep me balanced and aware of who really supports what I'm doing; it will also help me follow my intuition instead of the opinions of others.	This month I will write my ideas and express my passion for them in my business journal/planner; I will carefully select one accountability partner to share some of my ideas with when I need additional support.

Goal-Setting Tip: Setting monthly short-term goals are the key to bringing your business to fruition. Set a monthly goal (use the 'top five' you've listed above) and then create and execute weekly tasks to achieve it. Breaking down your business plan of action into a smaller to-do list helps to eliminate overwhelm and provides much needed light at the end of the tunnel!

Hey, Phoenix! What Do You Think?

We want to hear about your experience goal-setting and planning in the comment section of SMIB. You can also share a snapshot of how you used the SMIB bonus materials on Facebook and Instagram with the hashtag: **#SMIB** phoenixrisingcollective.org