

Personal Inventory Check

A quick guide to see how stuck you really are.

By Remi Ray



Welcome

NICE TO MEET YOU

I'm Remi. I help women just like you rediscover their value so they can raise their rates.

I have over 10 years of business experience and I have been helping women transform their mindsets for even longer.

My passion is business and my purpose is to help women live the lives they truly desire.



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INTRODUCTION

From the very first day that i started my job at a top London business school i knew instantly that this style of working was not for me. I was dyslexic the only black woman and bullied by senior management who would use the 360 reviews model to have fun at my expense.

Within 12 months of starting that job i decided to explore business and created a brand called Trapped in a Skinny World which was an online plus-size boutique, even though it was tough to start and the business failed my heart was racing i was always ready for another business challenge, the more they picked on me the more i leaned into business.

I've had side hustle's for around ten years, some that have been highly successful and others not so much; I often wondered if I had better career experiences, would things have been different?! The truth is sometimes we spent years trying to force the shoe to fit when deep down in our hearts, we know exactly where we would rather be and what we would rather be doing.

Ive created this quick guide to help you discover if you are indeed operating from your place or passion and purpose?

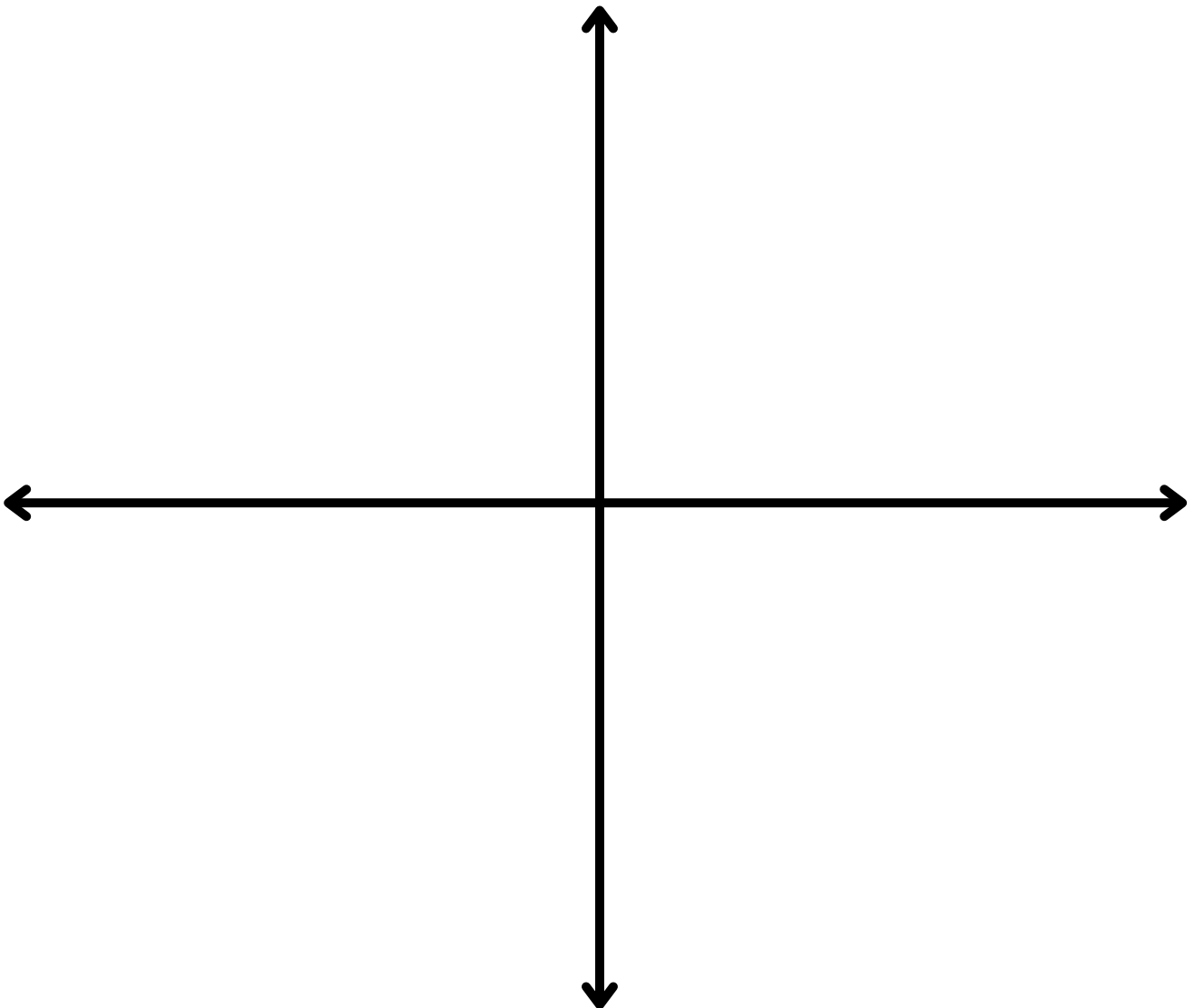


Chaos to clairy

Before we begin I want to ask you to plot a dot on the below diagram of where you currently sit in regards to your current position in business and career. You will need three different colour pens to do this activity.

Step 1. The plot where you currently see yourself in regards to your career, next, do the same for your business and well being.

Step 2: Pop back here once you go through each of the activities in this work Book.



Not working



1: What's not working for you

Sounds like such a simple question and I hate to tell you this but it is.

Sometimes we can make life more complicated than it needs to be. This task is about being able to see what's currently on our plates so we know what needs to be strengthened, removed or considered.

On a separate piece of paper take moment to write down the top five things not working in your business and then write down the top five things not working in regards to your career? Try not to make it complicated take NO more than 90 seconds to complete this.

After this exercise, you should be able to see in front of you the areas causing you the most friction.

Habits



2: What habits are keeping you from where you want to be?

Below we need to get to the root of what habits have become so comfortable in your life, they now have a draw in your bedroom.

Take a moment to consider all the habits that may be stopping you from being where you want to be. Once you've had a moment, let's list a few of those habits you would like to shift down on a piece of paper. This could be you always say no to opportunities, your wake up late, you can't be bothered to learn new skills, you spend all your money and never have anything left to invest in yourself.

While it's easy to make a list and forget about it, I want you to take these two steps further. Go ahead and ask One friend, One colleague and someone you see or speak to as a mentor what habits they think you have. If they are close to the habits you listed this should give you a clear indicator of what you may need to work on.

Denying you



3: What's denying you the life you want to live?

I don't think we have enough conversations about the mental or physical barriers we may be struggling with to be able to take action. I want you to know I hear you. For example over the course of my career, I decided that my friends would always out-earn me because I am dyslexic, I told myself that spelling and reading fast are the only skills someone may need in a job and because these weren't my greatest skills I would always earn less. While there is still a stigma for those of us with learning disabilities the truth is, that was a story I told myself and the space I decided to operate and believed until less than 24 months ago.

In this exercise I'm going to ask you to take a moment and list the 10 most derailing stories, you may have told yourself over the years and continued to believe until this day. Once you are finished writing them out, I'm going to ask you to put a T (true) or an F (false) beside each of the stories. This task should highlight the stories you have told yourself but also what stories you need to rewrite take a moment to correct the fake stories by writing new some new ones.

Energy



4: Where is your energy being Zapped?

Everywhere you turn these days people seem to be busy, are you one of those people? I used to be, I've decided to be very intentional with my time since the lockdown began back in March 2020, the truth is you only get one shot at life and I want to live the moments doing what I love. First things first I plan my weeks out on Sundays so it leaves no room for guessing and I put screentime limits on my phone/social media so they shut off around 6 pm each day. At the start of the year, I took stock of all the things that took a lot of my energy especially the things I did that I was not paid for, when I calculated this it was over 200 hours in eight months unpaid and you guessed it I was tired, burnt out and super stressed. In 2021 I choose me, I decided to allocate 50 hours for the year to unpaid community work and I now track everything. Over the next week, I would like to ask you to track all your actives every hour so you can see where your time is being zapped. Nothing fancy needed just an excel with dates, the activity and the time it took. At the end of this task, you should be able to see what's taking up all your time and good energy.

Last 5 years



5: What have your last five years been like in your business or career.

Let's call a spade a spade are you tired, burnt out and or even unvalued in your current position of life? Do you want more? Is your job jarring? Should you be somewhere else, doing something else?

In this task I want you to take a blank piece of paper and close your eyes for a few moments and think about your life in the last 5 years in regards to your business or career. Once you open your eyes I want you to write down exactly what comes to mind when you think of the following words: Freedom, My job, My organisation, My Money, My business is, My life is, My relationship with myself is, My mindset is... and my support council (people in your life that encourage you) consists of.

At the end of this task, you should be able to see what is underserved, the the question you need to ask yourself after is what steps do i need to take to change this.

Questions?

Below are a few questions you should be asking yourself after completing the above exercises.

The exercises above are to highlight how full your plate is and to help you identify if it is one serving you personally?

We often spend a great deal of time helping and supporting others including our employees, significant other, children etc we often end up at the end of our own list.

How many years have you spent in spaces that do not make you feel seen, heard or safe?

Where ever you spend a great deal of your time, I believe there must be an exchange of peace, happiness or compensation so you can decide.

How many more years are you willing to continue to operate like this?

The lockdown has shown us that people have been existing but not happy or content with how things where, we have seen major shifts in the job market and people take audacious steps to change their lifestyle, what have you decided to do differently?

What do you need help with truthfully?

I know people that inspire me that will say they are fine who are crying on the inside, don't be that women it not necessary when help is accessible.

CHECKLIST

Don't skip this steps, you need to know where you are so we can figure out what steps you need to take to take you to the next level.

- You finally know the top five things not working in your business or career.
- Your able to see clearly where you good energy is being zapped and you know what you need to do to move past this.
- You have corrected the stories that have been denying you the opportunity to move forward with the life you want to be living.
- Your peers have helped you identity whats habits are stopping your growth.
- You have taken a moment to complete the questions at the back, with a clear focus on your future.
- Your sure of the habits that are stopping you from showing up fully.
- The last five years have not rewarded you in the way you would have hoped, you can see clearly the areas that need action and you plan to take action immediately.
- At the start of the workbook, you should have plotted yourself on the diagram, you should not return to the diagram and plot another dot to show your progression.





What next?

Join me for my group coaching programme | The Shift: From Choas to clairy

I have a coaching Programme called The Shift for women that need to increase their income and rediscover their value with a service-based business offer.
DM SHIFT for more info

I also run throughout the year limited VIP Business strategy day. It's a 5-hour business session looking at 3-5 key areas of your business and doing the work in real-time with me to help guide you. DM VIP for more info

“ It was an AMAZING day, covered so much. Yes, it brought up so many more questions in my head but isn't that what good coaches do. The best thing about it was not allowing me to shy away from things, making sure I answered the tough questions and allowing me to see where the benefits are, where improvements can be made and new ways of thinking. If you are in business but not spending your money on this type of self-development you're not serious.

Jenni Patrice | Celebrant

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