



# SUCCESS RECIPE FOR MUMPRENEURS WITH 9 SECRET INGREDIENTS

By:

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*Australia's Leading Business Coach*

# TIME, ENERGY, AND MONEY LIFE'S CURRENCIES

What you do NOW in this moment determines who you BECOME. Your energy, time, and money are your life currencies. Whatever you are willing to invest today will determine your future – whether you will be a leader or a follower. Fulfilling life belongs to those who are ready to learn new skills and adapt to the ever-changing world.

The choice is up to you, what type of life do you want to live?

A functional leader does not want to live their life by chance and stumble upon a solution. Instead, they make decisions and take responsibility for the path they are traveling. Leaders do not go in the direction where everyone else goes. Leaders make decisions and choose their path. Leaders know that better results require a different direction, and decisions lead towards a successful path full of growth.

Change is inevitable and your choices determine your direction. Choice means that you are either growing or diminishing. We do not remain at the same level. What we have today will not be the same tomorrow. Tomorrow you will be a day older, but you have the choice to decide where and how you spend your time. It is impossible to get back lost time.

Relying on money is common and is often considered as one of life's primary currencies. Few people hold onto money, unwilling to utilise this resource. To them, their mindset causes them to think this is the only resource, whereas others spend it not realising its importance.



Others leverage money to save time. Your financial freedom is not dependent on the money in your bank account. It depends on what you are willing to give up in exchange for this currency. You can have millions of dollars in your bank account, but if you do not possess the energy to do the things you desire, your money is of no use. While expending energy you seldom notice how, why, or where you are using it. Too often, you may not realise energy's value.

Imagine a day where you planned a picnic with your family. You have time and money, but you woke up low on energy, feeling restless, agitated, and lacking the energy to pack the required components for the picnic. You even lacked the desire to make conversation with your loved ones. Throughout the day, you raised your voice, leading to arguments, then fights, and returning home feeling drained. You cannot help but think, "I spent my time and money to bring happiness to my family, but now I am exhausted, and no one seems to care."

# Does this sound familiar?



You can have money and time, but if you are low on your (currency) energy, you will always fall short of living a happy life. Moreover, you can never live your life to its fullest extent. Now that you understand the importance of these 3 currencies, you might be asking yourself, "What do I need to do to save my currencies - time, energy and money?"

**DISCIPLINE** is what is required. Let me show you how it can help you:

**D:** Daily checks. Assess where you spend your time, energy, and money.

**I:** Interested or committed. Ask yourself, are you committed to the goals you want to achieve, or are you just interested? If you are interested in living a fulfilled life, then you will be waiting for life to work for you, rather than putting in the work to change your old patterns and habits.

**S:** Systematise. Create structure. How are you going to spend, save, or utilise all 3 currencies?

**C:** Certainty. Even if you do not know how to spend these currencies, what to spend them, or how to manage them, being certain will ensure you will secure the resources and support that you require.

**I:** Invest in you. Understand the difference between spending and investing money. Every time you invest your time, money, or energy, it is to be done based on the returns it will generate. That exchange does not always have to be for the same currency. You could invest money and in return, you gain energy. You can invest energy to gain money. You can also invest time to gain energy.

**P:** Persistence. Continue along the new path even if your old habits attempt to stop you. Keep breaking past patterns and strive for success. Tony Robbins, renowned author, coach, and motivational speaker says, "Repetition is the mother of skill." Make this your mantra for life.

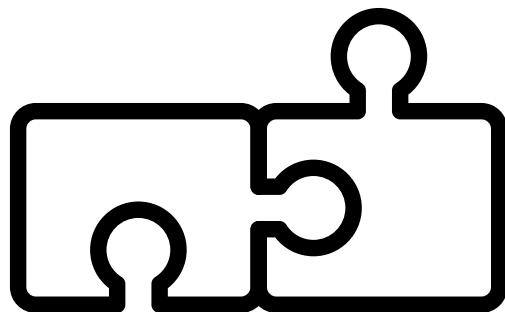
**L:** Learn daily. Like software that demands occasional upgrades, humans do too. A life coach can help you refresh your life approach so you can reach your full potential.

**I:** Implement what you learn. Knowing and implementing are different things. By now, you know which currency desire more of, or which one you want to invest in or save. Implementing this knowledge is where success lies.

**N:** Notice every moment by being more observant. Learn to pause and reflect so you can observe your progress. Acknowledge yourself for utilising the knowledge and making a choice to commit to your growth.

**E:** Enrich your life. Following this DISCIPLINE approach can guarantee you are on a path to success.

When it comes to living a fulfilling life, you will make it a reality, or you will find an excuse. Choose Wisely!



**DISCIPLINE**

## TAKEAWAYS

# **TOUGH CONVERSATIONS: IT TAKES TWO TO TANGO**

Have you ever found yourself avoiding a conversation that you know won't be easy? Why do we do that? Whether the conversation is with a boss, a partner, a friend, a staff, or a colleague, it is undoubtedly uncomfortable, and it is also necessary. Maybe you have been thinking about a situation and are scared to proceed because you are unsure where it will lead to or how will it end? It's likely that based on experience, you are predicting that the worst-case scenario could happen or has happened in the past. Let's break down these common fears step by step.

## **Understand that a conversation is two-ways:**

When we think about having a tough conversation, often we desire an outcome which we have already conceived of in our mind. We don't want it in any other way. And that's the problem. When those thoughts prevent you from even giving it a try.

Let's break down what it means to have a conversation in the simplest of terms. A conversation means – asking for something, proposing something, sharing your opinion, exchanging ideas with others, summarizing your thoughts, and reflecting what you understood from what someone else told you, a back-and-forth play. So, when we say 'conversation,' that means someone else is involved. Then why is it that we want it to end in a way that we envision, and not any other way?

Once you experience this shift in how you view conversations, you will never view tough conversations the same way again.



A conversation does not have a distinct order. And it is not a statement nor a command that others need to follow or listen to. Understanding this distinction will change your approach. As a result, you will be more open to listening to other perspectives, including different sides of the story and interpretations of a situation. Letting the other party speak and contribute towards the dialogue allows you to look at the other side of the coin, and if you are creative, many new possibilities could take form.

### Drop your assumptions and go with an open mind:

The desire to have a predictable outcome based on experience holds you back from having a two-way conversation. In other words, it is important to avoid predetermining a negative outcome. Haven't you heard this before, "There's no point talking to that person because I know he or she will not understand"? This example shows that an outcome has been determined. Perhaps it was a prior experience that led to disappointment, an argument, or something else.

When approaching a conversation, have a positive outcome in mind – what you would like to achieve, getting your point across, gaining clarity or understanding. With that in approach, the conversation will not sound or feel like a tough conversation. Instead, you will proceed to the conversation with an open mind, encouraging the discussion to flow in whatever direction it needs to move towards, allowing you to be flexible and create space for the other party to share their ideas or perspectives, opening the door for new possibilities.

# **ARE YOU CHOOSING SHORT-TERM GAIN OR LONG-TERM PAIN?**



Avoiding tough conversations encourages trading short-term discomfort or pain for long-term discomfort or pain. This occurs when instead of going for the pain, which might be worse, you decide to stay with a pain that you are currently experiencing. The uncertainty of the unknown causes humans to prefer long-term pain. So, we think we are saving ourselves from long-term pain and opt for the short-term gain by avoiding a tough conversation.

Now, think of a time where you had a tough conversation that resulted in your promotion, an improved relationship, monetary benefit, or had your voice heard. We all have experienced that in some way, shape, or form. That is what happens when you chose the long-term gain over the short-term pain. No one said it was easy. What matters most is that we must choose. Which do you prefer – long term or short term?

## TAKEAWAYS

# YOUR NEW LIFE DEMANDS A NEW YOU

## Every Day is a Choice: What's Your Strategy to Achieve Success?

Each day presents a choice. Living life in a certain manner is just one of the many daily decisions. Everyone has their way of thinking and making decisions. These behaviours impact life positively or negatively. Should you grow or remain the same? What is your life strategy?

We each have a strategy, whether you're aware of this or not. When we think about strategy, this can be simplified as what gets you from where you are now to where you want to be. The steps to progress and close the gap — that's strategy. But the real question is, do you have the right strategy? Do you have the right strategy to help you understand what should be the next important move to achieve results faster?

Do you have the desire to accomplish more? Do you see other high achievers and think they are blessed to have it all — wealth, growth, and success? Do you think to yourself that those high achievers are different, and growth is not for everybody?



Well, here are 3 reasons why you're stuck and are unable to elevate to the next level of success:

1. Break the routine: Many people come to me because they want to grow and reach new heights. They want to achieve new heights, but they are held back by their past.

What do I mean by that? They are unwilling to leave their old place and want to go to the new place. Think about it. Is it possible to visit a new place while remaining at home? No, it's not!

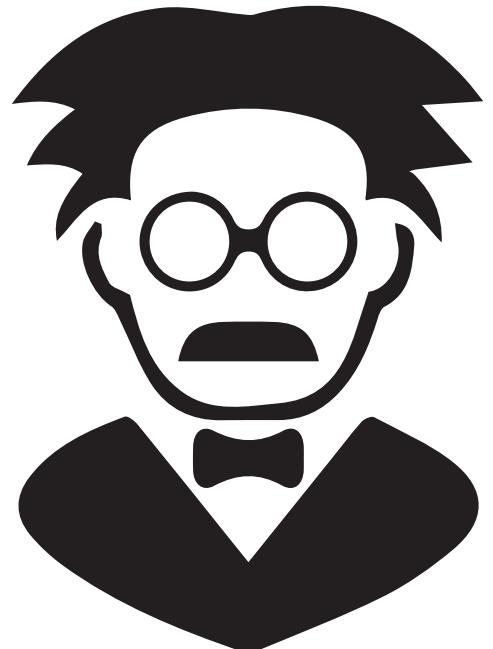


To reach new heights, we need to leave our current mindset to achieve more success. This requires departing from our old thinking style to achieve different results. The important thing to understand is that your new dream demands a new you.

Your new life demands a new you. To bring a different level of success, you need to bring different levels of change. Bigger dreams demand bigger risks, fast growth demands fast action, and different results demand different thinking.

Albert Einstein once said, “doing the same thing over and over again and expecting different results is a form of insanity”. Running the same pattern and the same strategy means you are operating your business with the same style, thinking, and decision-making strategies. A different approach, perspective, and mindset are required.

There is no secret recipe for growth. Your better life demands a better version of you. So, to achieve the next level of success, you must work on yourself.



2. Leave the comfort zone: Operating in your old style is comfortable, convenient, and familiar. After overcoming challenges, we're ready to reap the rewards. And no doubt you are reaping the rewards. But deep down inside you want more, you desire bigger rewards, but are not ready to leave your comfort zone. Because you have already accomplished a lot in the past, and it is common to equate future success with the amount of energy exerted in the past. Successful people work smarter — they value time, understand the importance of support, and specifically the right support which contributes to achieving results faster.

The things that brought you here are not the things that will take you to new heights. Your decision to work alone until now was good enough to achieve the rewards thus far and now it's important to understand that new levels demand a new you, a new strategy, a new mindset, which is possible through the right support because two minds are better than one.



People hire a coach for the exact same reason. It's important to understand and recognize what needs to be changed or shifted. When we think about change, our minds think about bigger results equal bigger changes. That's why working with a coach creates results because many times that shift is not a major one, as small shifts can bring major changes that a coach is aware of and can support.

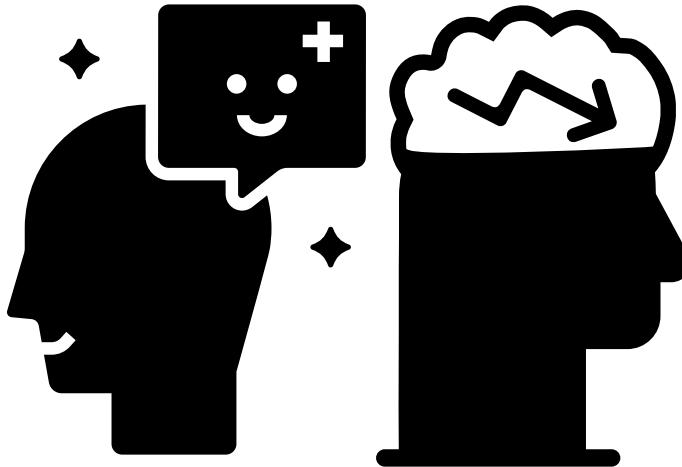
3. Your perception is your reality: Success has a different meaning to different people and sometimes that could be intimidating. Many times, people equate success to loss of comfort, loss of a relationship, loss of neighbours, or something else. And this perception makes a huge difference. They start to create a pattern unconsciously, which eventually hinders their growth.

# TAKEAWAYS

**Now, it's your turn to reflect:**

- Have you been doing the same thing for years and are operating your business in the same manner and secretly expect success?
  - Have you ever equated your success to a loss of some kind?

# LEARN TO LEVERAGE THE BEST OF BOTH WORLDS

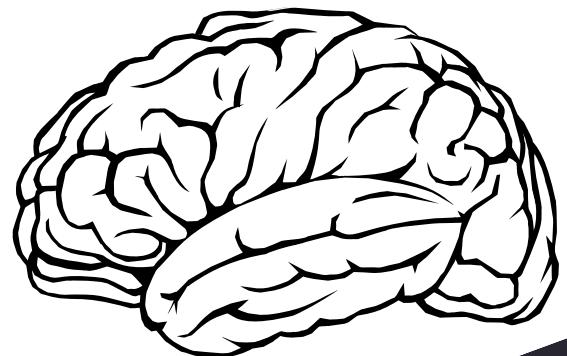


Our world consists of optimists and pessimists. People exhibit behaviours that are likely towards one extreme or the other. What do you think is the reason for anyone to fall on one side of the pendulum? What influences a person to be an optimist or a pessimist? Is it by choice? Can you change it? Is it possible to make a shift? Is it possible to adapt to an alternative view? Why does one person highlight the negative side while ignoring the positive, and others emphasize the positive while overlooking the negative? Is the glass half full or half empty is determined by how a person views the world?

The lens they use to view the world is different, and it is not just their perspective. Let's look at their style of thinking, how they perceive their external and internal world, and how that impact their lives in various ways.

**Future Expectations:** Optimists and pessimists use different strategies to navigate life. In general, optimists expect good things to come their way, are hopeful about their future possibilities, the world is full of opportunities, and they generally feel very confident. An optimist expects positive results, feels different energy within them and collects references of success from their environment to perform a task that helps them perform at their best, making them high achievers.

For instance, they will apply for a job interview for which they don't have much of the knowledge, as they see it as an opportunity to learn and envision its possibilities.





*I want to show you proven action steps that every Leader needs to take to **SKYROCKET** their business growth.*

At Empower Your Destiny we show you how you can lead at the front end of your business to create the dream life that you deserve.

There is a LOT of uncertainty right now when it comes to growing your Business... Right?

It's natural to feel uneasy about what steps you should be taking...

And the best part...

We've seen this work for a HUGE variety of niches and businesses.

- For the accounting industry
- For the beauty and hair industry
- For the interior designing industry
- For yoga teachers
- and many more

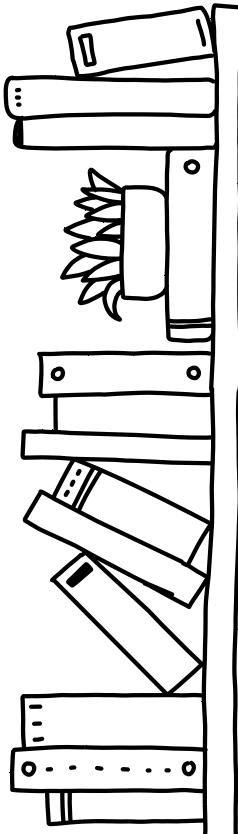
Because I firmly believe, now more than ever, it's time to Take Action, Lean in, Play Bigger & Serve More!

*It's time for you to step up and start creating the life and business you truly desire.*



## **DESIGNING BUSINESS STATIONERY (BUSINESS CARDS, NOTEPADS, OFFICE STATIONERY)**

-  IT ACCENTUATES THE CHARACTER AND CULTURE OF YOUR COMPANY.
-  IT HELPS BUILD YOUR COMPANY IMAGE AND CLIENTELE.
-  IT GIVES A GOOD FIRST IMPRESSION.
-  IT IS SOMETIMES A FIRST EXPOSURE TO THE OVERALL IMAGE OF THE BUSINESS.
-  A RANGE OF PRODUCTS IS AVAILABLE ONLINE SUCH AS VISTAPRINT.COM.AU, CUSTOMGEAR.COM.AU, PROMOTIONSWAREHOUSE.COM.AU, SHOPIFYCOM.AU, ETC.





## THE TAGLINE FOR THE BUSINESS

- ✓ IT'S USUALLY JUST A SHORT PHRASE TO RELAY A BRAND'S VALUE.
- ✓ IT LETS YOU SUM UP WHAT YOUR BUSINESS IS ALL ABOUT.
- ✓ IT HELPS YOU SET YOURSELF APART FROM OTHER SIMILAR BUSINESSES.
- ✓ IT MUST BE SPECIFIC TO YOUR BUSINESS AND SHOULD DEPICT THE BENEFIT YOUR CUSTOMER WILL ACTUALLY RECEIVE.
- ✓ IT RAISES AWARENESS ABOUT THE OVERALL BRAND.
- ✓ IT HELPS SOLIDIFY THE BRAND'S POSITION IN THE MARKETPLACE.
- ✓ IT SUPPORTS BRANDING ACTIVITIES.

JUST DO IT



## THE SLOGAN FOR THE BUSINESS

- SLOGAN SUPPORTS THE MARKETING ACTIVITIES.
- THE SLOGAN IS DEVELOPED AS A MEANS TO COMMUNICATE THE DIFFERENCE IN THE IDEA OF THE SPECIFIC MARKETING CAMPAIGN AND THAT COULD BE AROUND THE OVERALL BRANDING MESSAGE, THE PRODUCT, OR THE SERVICES THAT THE BRAND OFFERS.
- A SLOGAN CAN BE USED TO REPRESENT THE BRAND OR THE BRAND'S PRODUCTS OR SERVICES.
- YOU CAN HAVE A DIFFERENT SLOGAN FOR DIFFERENT CAMPAIGNS.





group by Empower Your Destiny

## A BUSINESS PAGE ON FACEBOOK

-  IT GIVES YOU A MEDIUM TO COMMUNICATE DIRECTLY WITH YOUR TARGET AUDIENCE.
-  IT HELPS BRAND YOU AS A PROFESSIONAL ENTITY.
-  IT GIVES YOUR BUSINESS MORE VISIBILITY.
-  IT CREATES A CONDUIT BETWEEN YOU AND YOUR POTENTIAL CUSTOMERS.
-  IT MAKES IDENTIFYING YOUR AUDIENCE EASY.
-  IT HELPS YOU GET YOUR MESSAGE ACROSS.
-  IT HELPS YOU ESTABLISH AUTHORITY AND TRUST WHICH IS AN ESSENTIAL ELEMENT IN ANY BUSINESS.
-  IT INTEGRATES SEAMLESSLY INTO THE FACEBOOK ADS SYSTEM.
-  IT CAN DRIVE A TREMENDOUS AMOUNT OF TRAFFIC FOR YOUR BUSINESS PRODUCTS AND SERVICES.

Find us on

Your First Step To Creating A 6-FIGURE Business

## AUSTRALIAN 1300/1800 NUMBER

-  IT IS ALSO CALLED AS 'LOCAL CALL' NUMBER
-  IT GIVES YOU A CONSISTENT POINT OF CONTACT AND SAVES ON MARKETING COSTS.
-  YOU CAN DIRECT YOUR INCOMING CALLS TO ANY PHONE NUMBER.
-  YOU CAN CUSTOMIZE IT TO SUIT YOUR BUSINESS WHICH HELPS YOUR CUSTOMERS TO REMEMBER YOUR BUSINESS.
-  YOUR CUSTOMER DOESN'T NEED TO PAY EXPENSIVE CALL COSTS TO GET IN TOUCH WITH YOUR BUSINESS, THE MAJORITY OF THE COST IS COVERED BY THE BUSINESS.
-  YOU CAN CHECK [1300NUMBERAUSTRALIA.COM.AU](http://1300NUMBERAUSTRALIA.COM.AU), [AVOXI](http://AVOXI), [1300EZYCALL](http://1300EZYCALL), OR [BUSINESS1300](http://BUSINESS1300).



# INSURANCE POLICY

TERMS AND CONDITIONS

## GET YOUR BUSINESS INSURED / CHOOSE BUSINESS INSURANCE

IT PROTECTS YOUR BUSINESS FROM DIFFERENT KINDS OF RISKS.



IT PROTECTS YOUR BUSINESS AGAINST SERIOUS FINANCIAL HARDSHIP.



POLICIES THAT COVER YOUR PERSONAL BELONGINGS DO NOT NECESSARILY COVER BUSINESS ASSETS.



INSURANCES CAN ROLL SEVERAL TYPES OF BUSINESS INSURANCE TOGETHER, OR YOU CAN PICK ONE OR TWO TYPES OF POLICIES TO SUIT YOUR NEEDS.



BUSINESS INSURANCE REQUIRES YOU TO REASSESS YOUR COVER ON AN ONGOING BASIS.



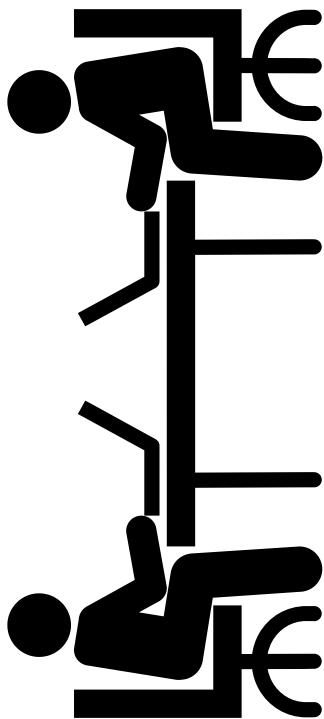
YOU SHOULD CONTACT EXPERTS @ RACV BUSINESS INSURANCE, BIZCOVER, AON FOR HELP AND GET YOUR BUSINESS INSURED.





## SET UP AN OFFICE SPACE

- ✓ IT GIVES YOU A RIGHT WORK ENVIRONMENT
- ✓ EVERY WORK NEEDS AND REQUIRES SOME DEGREE OF PRIVACY
- ✓ IT ALLOWS YOU TO BE RELAXED, FOCUSED, AND MORE CREATIVE.
- ✓ IT KEEPS YOU AWAY FROM DISTRACTIONS.
- ✓ IF YOU CHOOSE TO WORK FROM HOME, AN ALLOCATED WORKSPACE CAN CERTAINLY IMPROVE PRODUCTIVITY AND MINIMIZE DISTRACTIONS.





## ACCOUNTING SYSTEM SETUP FOR YOUR BUSINESS



TO SET UP THE RIGHT STRUCTURE (ABN, ACN, GST, ETC.) FOR YOUR BUSINESS, YOU WILL NEED TO SPEAK TO A REGISTERED ACCOUNTANT OR A TAX AGENT.



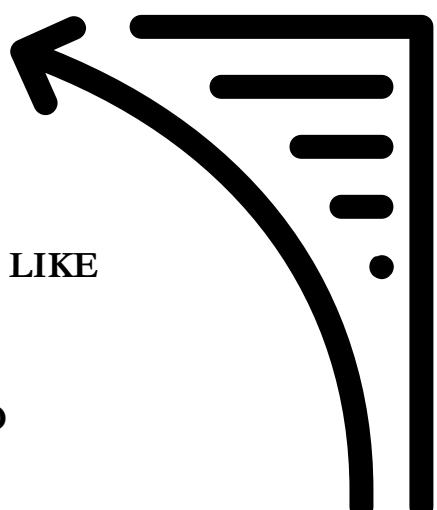
BEFORE SELECTING ANY ACCOUNTING SOFTWARE UNDERSTAND YOUR BUSINESS NEEDS.



DECIDE IF YOU NEED BASIC BOOKKEEPING SOFTWARE OR COMPLEX FINANCIAL SYSTEMS LIKE INTERPRETING THE DATA AND ANALYTICS.



DECIDE IF YOU WANT TO USE A CLOUD-BASED SOFTWARE SUBSCRIPTION SERVICE OR A TRADITIONAL SOFTWARE PACKAGE.





# **YOUR 6-FIGURE BUSINESS START-UP CHECKLIST**



## **Q. WHAT ARE YOUR ACTION STEPS FOR YOU TO CREATE A 6-FIGURE BUSINESS?**

# WANT TO LEARN MORE?



**Growing your business can be SUPER simple.**

I use a simple system called the BBA system - this allows you to build your business, attract qualified clients, build a structure so you can stop working 'IN' the business and start working 'ON' your business.

I host group training, where I help my clients learn powerful strategies on how to...

Increase your **Revenue**...

Increase your **Confidence**...

Increase your **Impact**...

Increase your **Freedom**...

Email "SKYROCKET" to  
**[info@empoweryourdestiny.com.au](mailto:info@empoweryourdestiny.com.au)** and we'll send  
you the details!

# They Did It. So YOU Can.



Bhawna Sween Arya  
3 m · 11

I have attended these 5 days workshop, amazing opportunity for me. During this I need to be action taker rather than do much Barinder for making me part of th

Love this ❤️  
0 h · Like · Reply · Answer

Amazing !!!  
0 h · Like · Reply · Answer

Session was very informative as I am getting insight what are the things need to take care in terms of planning

I'm loving these sessions. Very informative and knowledgeable.

Hi Barinder ji

It was a great session

Rita Devkhan 🌟  
Brilliant Session today with some valuable identifiers for Shift !  
Love this ❤️ very valuable session !

Thanks for taking the time to share your knowledge !!!!

I enjoyed the session a lot Barinder. I'm really happy to see you explain so well....your techniques were hitting the bulls eye...I am surely going to implement your techniques in my business. 😊😊

3:23 pm  
Brilliant Session once again !!!!  
The content quality is very uplifting has  
helped me immensely in resetting the  
compass direction to fly over the mental

Great valuable Session -  
Barinderjeet  
Excactly tapped on some of the key triggers .

Thanks for taking the time to share your knowledge !!!!

I enjoyed the session a lot Barinder. I'm really happy to see you explain so well....your techniques were hitting the bulls eye...I am surely going to implement your techniques in my business. 😊😊

3:23 pm

Brilliant Session once again !!!!  
The content quality is very uplifting has  
helped me immensely in resetting the  
compass direction to fly over the mental  
blocks and land exactly where I need to right

now !!!!  
Sincere Thanks

and knowledgeable.

Hi Barinder ji

It was a great session



Love this ❤️ very valuable session !

Pasanga Abeywardena  
4 m · 11

hout out to Berandrejeet kaur from Empower your sttiny!!!!  
st attended the five day Lead your legacy workshop , it as amazing 😊 before I attend this work shop I was not open to most point she pointed out . And now I am open to them , which have brought me results within few days . My attitude has shifted. I would highly recommend this workshop to anyone who needs this amazing experience. In their personal life and work life . It's amazing beyond expectation.



# Use the law of Gravity to sign new Clients on Autopilot



~~\$999~~

\$333



DM 'Gravitate' to get access

# SUCCESS RECIPE FOR **MUMPRENEURS** **WITH 9 SECRET** **INGREDIENTS**

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*Australia's Leading Business Coach*