

There's a whole world out there of people that need you to serve them. You are now investing your time and your energy and you are stepping up to be that person and that woman who makes investments like this, who takes her business seriously, who's willing to go on, who is driven, who is ambitious, who is going to make shit happen no matter what. This is focused, fierce and financially free. Here's your host Jen Scalia. Welcome to focus the fierce and financially free. This is your quick bite podcast for online entrepreneurs who want to create wealth and freedom with their business. You are absolutely in the right place. You're looking for the mindset and strategy to get seen, known and paid online. I'm your host Jen Scalia, visibility and mindset strategist for entrepreneurs who want more. I am super excited about today's episode with the new year and everyone really looking to Uplevel their entire lives, their businesses, their bank accounts, their health, their relationships.

I wanted to touch on and talk about the actual mindset required for leveling up. So this lesson is all about leveling up and what it takes, the conscious and unconscious blocks and beliefs that may be keeping you stuck at your current or old level. You may even sometimes go backwards because there are certain things that are happening in your beliefs. There are certain things that are happening in your thoughts that are keeping you where you're at and that's exactly what we're going to cover today. We're going to dig deep and figure out how to break through to your next level and also how to do it really fast. So let's go ahead and get started.

Are you where you need to be and how do you get into the mindset of leveling up? Because so many of us want this, we desire this, we think that this is what we want, but subconsciously we are blocking ourselves. We are doing the opposite of what we say we want and I really want to bring that to light and bring that to surface because the more that we're able to uncover what those blocks are and really understand what maybe is holding us back from being that person now or having that you know next level now the better it's going to be for us to quicker we're going to be able to overcome that and reach our next level. We think it needs to happen in a certain period of time. We think it needs to take a certain amount of weeks or a certain amount of months or a certain amount of years to achieve whatever that next level is for us.

Whether it is the way that we look, our body, our weight, our income, the types of clients that we work with, our relationships. We think it has to take a long time, but the reality is if we can wrap our heads around how fast it can happen, then it can happen really quickly for us. So for today, I really want to dive into a lot of journaling for getting into the mindset of leveling up and really, really understanding like where you need to be, who you need to be, and how quickly this can happen for you. So when you think about that next level version of yourself, who is she? Who really is she to the, and along with that question is how is she different? And I'm rephrasing this question based on, you know, some of the other questions that we had asked before, but I really want you to dive deep into how is she different?

Because so many people and me included feel like, Hey, I'm not really going to be that much different. Like I really am going to be the same person to the court and that might be true. But I want you to dive deep into what will be different because nothing will be different than what's the point of leveling up. Nothing will be different than why are we even doing this. So something will be different. And I want you to tap into that. How is this person different? How is she acting? How is she showing up? It will be different than the person you are now and I want you to wrap your head around that because if you continue to think that I won't be that much different or things won't really change, then guess what? They won't and you won't get to that next level because there's no reason for you to get to that next level if things are just going to be the same.

Makes sense. So the three major questions that I have to kind of get into the mindset of leveling up is who is she? How is she different? So really dive into that. Try to avoid this idea that you're not going to be much different and really dive into those things even if they're tiny, even if they're small, even if they're just little nuances, what would be different? The final question is are you acting like her now this one is again going to be really crucial to stepping into the identity of that person because of what are the things that you're doing that are not in alignment with how she would act. What are the things that you are doing that are the same that you've been doing forever in a day, the same that you've been doing for the past weeks, months, years, right? You don't get to that next level by doing the same things you get to the next level by showing up differently.

You get to the next level by thinking differently. You get to the next level by acting, making decisions differently. So really dive into these three core questions here for the mindset of leveling up. Now I want to give you some additional questions to dive into and you know some of these are repeat questions from other things that we've done before and other lessons that we've had. But I really want you to think about this from this perspective. I want you to think about it from the perspective of I am that next level version of me now and then I want you to answer these questions. So as the next level version of you, what will change? Again, it's just a different take on how is she different but dive into this because there is an answer there. So as a next level version of you, what will change as the next level version of you who will be mad?

You can also change the word mad to like shell is envious, upset, you know, things like that. This is going to happen, and this is something that I often see a lot of people block themselves on is because they don't want to upset certain people in their lives, whether it's somebody close to their spouse, their parents, their kids, whatever. And so they continue to keep themselves where they are. The flip side of that is as the next level of yourself who will be proud, you know? So think about the people in your life that will look up to you, that will be proud of what you've accomplished. And maybe it's just you. It could possibly just be you and no one else, right? And that again is another indicator that there's a little bit of a block there, right? Because if you don't feel like, man, I reached that next level.

If I am that next level version of me now, no one's really gonna care or no one's really going to be proud, then we tend to want to keep ourselves a little bit stuck because of that. We'll come up with questions that are very similar, but again, I want you to dive deep into what these questions mean from the perspective of if I'm the next level now from the next level, now me will people no longer resonate with me? Will I leave people behind? Will my clients or colleagues no longer relate to me? Really think about this because these are the hidden things. These are the hidden agendas that are keeping us stuck. We want to be relatable. We want people to like us. We want to be able to connect with the people that we're close with and if we feel like by getting to that next level, we're not going to do that, then that is going to be a block for us.

Next, think about your new responsibilities as the next level version of yourself. What new responsibilities are you taking on? How long would that think about, you know, maintaining and keeping up with your business as it gets bigger, as it gets to the next level, your expenses, your expenses getting bigger. Is there a fear around that? Do you feel like going bigger in your business can be easier or do you feel like going bigger in your business needs it's going to be harder? Do you feel like as your business grows and you get to that next level version that you can remain in control? The other things I want you to think about are the money part of it. So obviously along with the next level comes with next level money. So what will you do with that money as the next level version of yourself?

What will you do with that money? I want you to be really careful with how you answer this because I think a lot of people will say like, Oh, I'm just going to save it or a mistake or retirement or Ms. Hale and guess what? That's not really exciting. So why would more money come to you if you're trying to get the money for something that doesn't really excite you? So really think about, you know, would you be investing in real estate? Would you be investing in stocks? Would you be creating a trust for your family or for your kids? Would you Uplevel your housing? Would you get a new car? Really think about what you would do with that next level money. We know this. That money has to have a home, so make sure that you are giving it a home that feels good.

That feels exciting because when we try to get money a hole and it doesn't feel good like I'm going to pay off that or you know I'm going to save this for 40 years from now. It's just not really that exciting and it doesn't make us want to do that. So therefore the money doesn't come. A couple other things I want you to think about is have you ever been bad with money? So this is something that comes up a lot for people when they think about the next level income as well is man, if I get this extra money or if I have all this excess money or when I reach that next income level, I might be bad with money again. I might go back into debt. I might spend this frivolously. So think about what are some of the, in the past, have you ever been bad with money?

Have you ever done things with Lemmy that you regret or don't feel good about? Because you may also have a process there. You may also have a belief there that you're going to be bad with money again. So I might need to think about that as well. And do you think money will change you? Do you think it will make you more snobby? Do you think it will make you more desirable? Do you think it'll make you less relatable? A little bit like what we were talking about earlier. So to answer that question, do you think money will change you? And then the final thing really has a little bit more to do with the responsibilities and time because one of the things that we really, really want as business owners as entrepreneurs is freedom. We want freedom of time or want to be able to do things with our family.

We want to be able to go on vacation. We want to be able to spend our time the way we want to. Sometimes we have this belief that our business is bigger if we're making more money that we're going to have more responsibility and less time. So I want you to dig deep into that as well. Do you have any beliefs around time also, do you have any beliefs around added responsibility in the way of making sure that everyone is happy? Like do you feel like when your business grows and you get to that next level that you're going to be spending so much time and energy making sure everybody else is happy that you're not going to be able to enjoy? Just wanted to really put a lot of these thoughts in journaling prompts in your head to get the wheel spinning and really figure out and understand why you may not be at that next level now.

So really that deeper group, these questions, some of these questions may be very, very relevant and if they aren't, if you feeling that tinge, then go deeper. Please go deeper into these. Some of them may not be relevant for you at all. I still want you to try to answer them and see if there's something there because again, those surface answers that we have or the surface beliefs are what we think the problem is usually isn't the problem. It's usually much deeper underneath of that. So really dive into these questions and I'm looking forward to that next level version of you in this new year as we progress in our work together. So definitely dive into this. Let's figure out why we're not there now and how to get there even faster.

So that wraps it up for today's show. Thank you so much for tuning in. I really hope that these questions got your wheels turning on how you can easily and quickly move on up to the next level. We all have a

next level. No matter where you are, no matter how much success you have or don't have yet, there is always going to be a next level, so make sure first that you head on over to the show notes@jennscaliam.com forward slash E 35 that is the letter E and the number 35 there. You'll be able to actually download all of the journaling prompts that I mentioned in today's episode. The next thing that I would love to share with you is the opening of purpose and profit, the mentorship. I am so excited for this program and being able to work with you on a much, much deeper level, really able to focus on intentional results, focused execution, and really nailing that next level mindset.

Also, being able to integrate that into your life, into your business and stop giving into your own bullshit. Stop giving up too soon, making sure that you have the right support so that you can be consistent so that you can be held accountable so that you can reach those new Heights and those new levels even faster. I don't want to get too, too much into the program. The link you can also find@jennscaliam.com forward slash thirtyfiveorjennscaliam.com a forward slash P and P. that's the letter P, the word and and the letter P. again, all I know is this. When you come into this program, you will become confident. You will be the kind of woman who does not question herself. You will learn how to launch and sell with ease. You will become the woman that people are just naturally drawn to and magnetized to. You will know exactly what to do, what to say and what to sell every day, every week, every month, and you'll also be able to create your own rules. Nothing is missing in purpose and profit. Go head on over to Jenn scalia.com forward slash P and P or you can find the link at the show notes for this episode, Jen scalia.com forward slash E 35 let's keep this conversation going to join us in the private discussion group, the ambitious baby. We're ambitious, driven online entrepreneurs. Go to get the mindset and strategy to grow and scale their online empires. Join the ambitious babe at Jenn scalia.com/tribe.