

Execute Well<sup>TM</sup>  
**The Busy Mom's Guide  
to Forward Movement**  
Online Course

How to remove the blockers and  
finally move forward in your  
purpose.

MINI  
**WORKBOOK**



*DeKesha Laneé*

HELLO!  
+

I'm so proud of you for taking this step forward!  
I've been where you are....

I was a busy mom of 3, a working professional and a creative who loved God, but was determined to walk into everything He had promised and created me for. But I didn't know how....

My journey was filled with many challenges, blockers and discouraging moments, because I was trying to do it on my own.

When I finally decided to allow God to show me how He designed it for my life, things got easier....and I want to help you with the same!

It's my desire is to help every woman and young girl that desires to Execute Well™ what God is pointing them to, with the support and guidance they need.



[www.BoldBeautifulShe.com](http://www.BoldBeautifulShe.com)

The only thing  
between you and your  
better tomorrow, is  
your willingness to  
believe today.

#TakeTheStep 

@Bold\_Beautiful\_She



**Motivational SHE**™

# EXECUTE WELL™

## THE PROCESS

### STEP

1

REFLECT

Awareness is powerful. Spend time first recognizing your 'why', any mental/emotional blockers

### STEP

2

It's easier to move forward when you know where you're going. Take time to identify, organize and schedule the large steps and small tasks God is showing you through reflection and research

ORGANIZE

### STEP

3

EXECUTE

Commit to the schedule you create. This will protect the momentum gained from completing tasks, and keep you motivated to keep going.

# MINDSET QUIZ

## COURSE WORKBOOK



DO YOU:

- A. SEE NEGATIVE FEEDBACK AS AN ATTACK OR
- B. OPPORTUNITY TO IMPROVE?

.....



DO YOU:

- A. APPROACH SETBACKS AS TEMPORARY DELAYS OR
- B. PERMENANT BLOCKERS?

.....



DO YOU:

- A. COMPARE YOURSELF TO OTHERS OR
- B. EMBRACE YOUR OWN JOURNEY

.....



DO YOU:

- A. AVOID THINGS REQUIRING HARD WORK OR
- B. SEE IT AS AN OPPORTUNITY TO GROW?

.....

**An answer of 'A' to any of the above is a sign of a fixed mindset that limits rather than encourages growth.**

# MINDSET SHIFTS

## TRACKER WORKSHEET

This sheet will be helpful in tracking reflective thoughts around mindset shifts.  
Reflect. Adjust. Grow

DATES :

REFLECTION :

-----

-----

-----

-----

-----

-----

-----

-----

-----

### GOAL

- 
- 
- 
- 
- 
-

# COURSE WORKSHEET

## WHAT'S YOUR WHY?

**Do you know your why?...**

Use this worksheet to help jumpstart you towards the answer.  
Jeremiah 29: 11 "For I know the plans I have for you says the Lord..."

**1. I Am Passionate About:**

**2. What Am I Willing To Do Without Getting Paid?:**

**3. What Things Am I Strong In?:**

**4. What Do Others Always Say I'd Be Good At?:**

God,  
Help me to accept your  
“What” and then trust  
you with the "How"

Amen

#LetHimLead 

@Bold\_Beautiful\_She



**Motivational SHE**<sup>TM</sup>



# WHAT'S BLOCKING YOU?

**This is a big deal!** You've taken a huge step forward in your journey towards executing the seed of purpose inside of you.

**Awareness** is important in this process....

Your awareness of what you think & do, and why is vital to identifying the weeds that have been blocking you. Once you are aware of them, you now have the power to intentionally replace them with something healthy.

Take some time now to reflect on the 'what' and 'why' questions above. Then use the section below to list any blockers you identify.

## YOUR BLOCKERS:

---

---

---

---

---

---

---

---

---

---

# EXECUTION GROUPS

The goal is creating a list of bite sized tasks that you can fit into your Execution Windows throughout the day.

Use this worksheet to begin identifying those tasks

MAJOR STEP:

● _____	● _____
● _____	● _____
● _____	● _____

MAJOR STEP:

● _____	● _____
● _____	● _____
● _____	● _____

MAJOR STEP:

● _____	● _____
● _____	● _____
● _____	● _____

MAJOR STEP:

● _____	● _____
● _____	● _____
● _____	● _____

What we say  
reflects who we desire  
to be,  
but what we do reflects  
who we choose to be.

#ForwardMovement 

@Bold\_Beautiful\_She



**Motivational SHE**<sup>TM</sup>





NEED MORE INSIGHT & SUPPORT?

# THE BUSY MOM'S GUIDE TO FORWARD MOVEMENT



Visit the [website](#) to join the recorded **Online Course** or  
**One-on-One Coaching.**

It's additional guidance and support at your pace,  
on your schedule.

I look forward to working with you!

*DeKesha Laneé*

[www.BoldBeautifulShe.com](http://www.BoldBeautifulShe.com)

[BoldBeautifulShe@gmail.com](mailto:BoldBeautifulShe@gmail.com)

