



# SCALING *with* EASE

ONLINE RETREAT  
WORKBOOK



## HELLO *and* WELCOME!

Now you might be thinking that you don't need to print this workbook or that this part of the retreat doesn't apply to you or any number of things that are **actually little ways you keep yourself where you are**. This workbook was created for YOU – a sophisticated, intelligent and successful woman. And while it may seem childlike to fill in the blanks and answer questions, each question has been crafted for you to experience transformation during the retreat.

Have fun with it!

**The act of handwriting is an integral part of the process** because it activates the neural pathways in your brain in a different way than listening/ thinking and then your body supports you in actually shifting yourself from the inside out.

If you follow along with us each day to complete the questions, participate in the chat (whether you're watching live or on the replay) and take the time to thoughtfully complete the exercises On Your Own, you are going to have a transformative experience. Period.

I'm so looking forward to this retreat experience with you.

*Sloane*



DAY ONE

Join us live  
at 9am PST/  
12pm EST

# BUSINESS ALIGNMENT

Available on  
replay until  
Tuesday, April 27th

UNLOCK NEW POSSIBILITIES

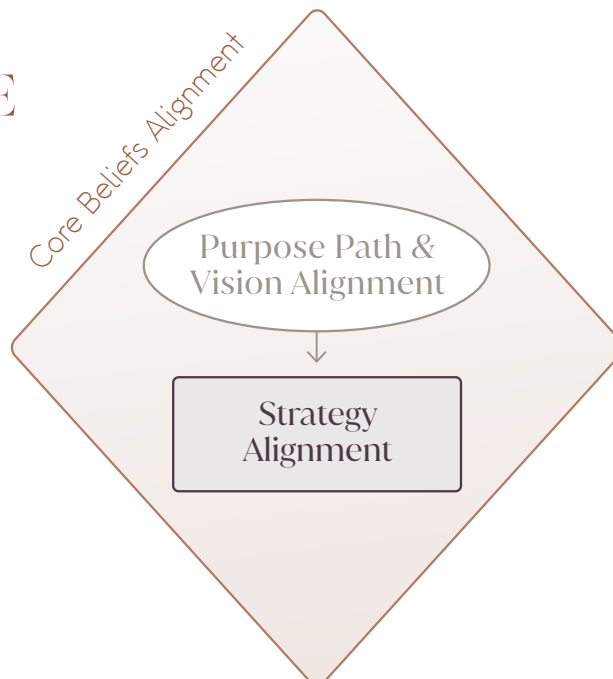
Everything is \_\_\_\_\_ so the experience of an invisible barrier between you and complete fulfillment, elevated prosperity and your greatest impact is based on being \_\_\_\_\_ in one or more areas.

Scaling with ease is 10% about \_\_\_\_\_ and 90% about \_\_\_\_\_.

The foundation of scaling with ease is your alignment with \_\_\_\_\_ because your life experience and business results are filtered through and created by your \_\_\_\_\_.

## SCALE WITH EASE

FRAMEWORK I



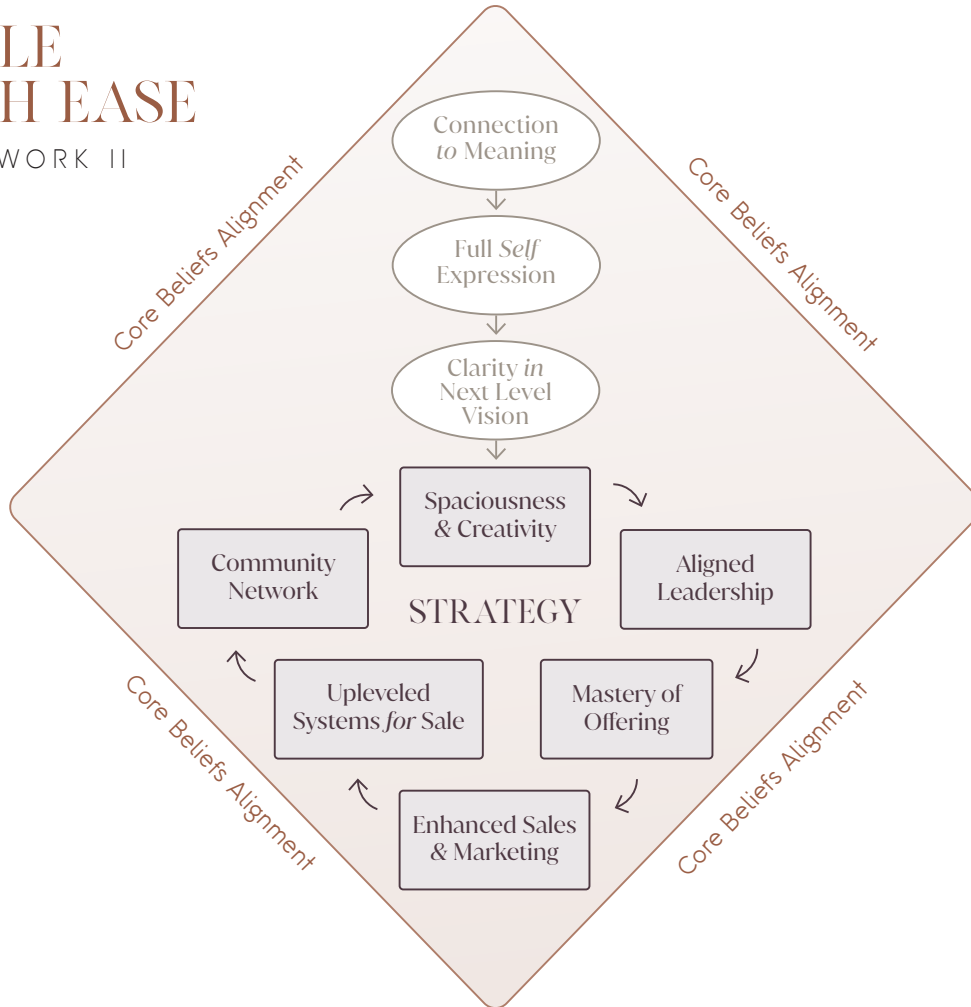
**HAVE QUESTIONS?** Send Sloane, Jane Thurmond or Nhien Dinh a DM. We are here to guide you and support your transformation.



Core Belief #1: \_\_\_\_\_

# SCALE WITH EASE

FRAMEWORK II



When you integrate the belief that your #1 focus is to create a life you love, you naturally have \_\_\_\_\_ part of your purpose path.

When your Core Beliefs are in alignment, the 3 Elements of Purpose Path Alignment are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**HAVE QUESTIONS?** Send Sloane, Jane Thurmond or Nhien Dinh a DM. We are here to guide you and support your transformation.



DAY ONE

# ON YOUR OWN

## CREATE A LIFE YOU LOVE.

Think of a place in your business where you feel stuck or indecisive. If you completely were focused on creating a life you love, what choice would you make or how would you move forward?

---

---

---

## PURPOSE PATH ALIGNMENT:

Are you fully connected to the meaning of your work in your business? Do you feel aligned with your purpose path through your business? Why or why not?

---

---

---

On a scale of 1-10, how fully self expressed are you in your business? How fully are you YOU with your offerings, clients, team, etc.?

---

---

---

Are you fully committed to your next level vision for growth in your business? If not, why not?

---

---

---

**HAVE QUESTIONS?** Send Sloane, Jane Thurmond or Nhien Dinh a DM.  
We are here to guide you and support your transformation.



DAY TWO

Join us live  
at 9am PST/  
12pm EST

# LEADERSHIP MASTERY

Available on  
replay until  
Tuesday, April 27th

EMBODY THE 7-FIGURE CEO

Scaling with ease is shifting your focus from the detail of \_\_\_\_\_ to the detail of \_\_\_\_\_ and overseeing \_\_\_\_\_ including \_\_\_\_\_.

Many founders do not elevate to the role of CEO (and never truly scale their businesses) because they are \_\_\_\_\_ and are unable to shift their focus.

Core Belief #2: \_\_\_\_\_

When you accept and \_\_\_\_\_ your own darkness, your ugliest traits and behaviors and every single aspect of your past, \_\_\_\_\_ falls away and you can lead \_\_\_\_\_ and \_\_\_\_\_ from a whole new perspective.

As the lead visionary of your company, you become a visionary for the \_\_\_\_\_ and in partnership with the \_\_\_\_\_.

**HAVE QUESTIONS?** Send Sloane, Jane Thurmond or Nhien Dinh a DM. We are here to guide you and support your transformation.



DAY TWO

# ON YOUR OWN

**YOUR DARKNESS IS YOUR PATH TO WHOLENESS, CLAIM IT.**

Explore and share: What is one element of your darkness (a trait you have or something about your past) that you have been denying, rejecting, feeling shame about or wishing wasn't part of you?

---

---

---

How does this hold you back in your relationships or in your business?

---

---

---

**BUSINESS STRATEGY - LEADERSHIP MASTERY:**

What is something that activates you about a team member?

---

---

What can you learn from that activation about yourself?

---

---

What is your level of mastery as a leader? How powerfully do you lead yourself?  
And how powerfully do you lead your team?

---

---



DAY THREE

Join us live  
at 9am PST/  
12pm EST

# SYSTEMS *of the* NEW PARADIGM

SCALE WITH EASE

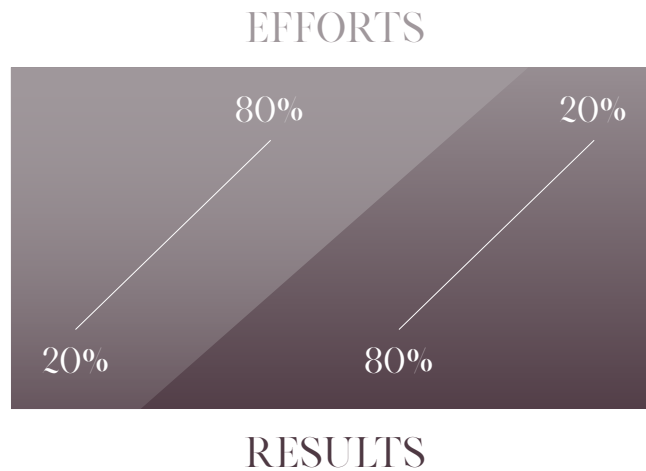
Available on  
replay until  
Tuesday, April 27th

\_\_\_\_\_ is not required to scale, but it is required to scale with ease.

Core Belief #3: \_\_\_\_\_

Radical self love means:

1. \_\_\_\_\_
2. \_\_\_\_\_



Steps of Systematizing:

1. \_\_\_\_\_
2. \_\_\_\_\_

Getting your business ready to \_\_\_\_\_ gives you \_\_\_\_\_ and \_\_\_\_\_.

**HAVE QUESTIONS?** Send Sloane, Jane Thurmond or Nhien Dinh a DM.  
We are here to guide you and support your transformation.





## DAY THREE

# ON YOUR OWN

### RADICAL SELF LOVE.

What would change in your life or business if you fully believed you are exactly where you should be, exactly as you are? (Where would you relax? Have more pleasure? Focus on who you're being on the journey? Feel good or better?)

---

---

---

In what areas of life or business do you make yourself wrong? Where are you hard on yourself?

---

---

---

When you consider the 80/20 Rule chart for yourself, what activity, commitment or relationship is in the category of using 80% of your efforts and only bringing 20% of your results?

---

---

---

Why haven't you eliminated this or shifted it already? What are you getting out of it? (It's important to acknowledge what you're getting out of the activity *in writing*. Otherwise, the ego would love to have you skip over this, have a vague idea of the answer in your mind, so the truth can stay in the background to be ignored and you can continue on the same path going forward.)

---

---

---



DAY FOUR

# SECRET SAUCE

Join us live  
at 9am PST/  
12pm EST

Available on  
replay until  
Tuesday, April 27th

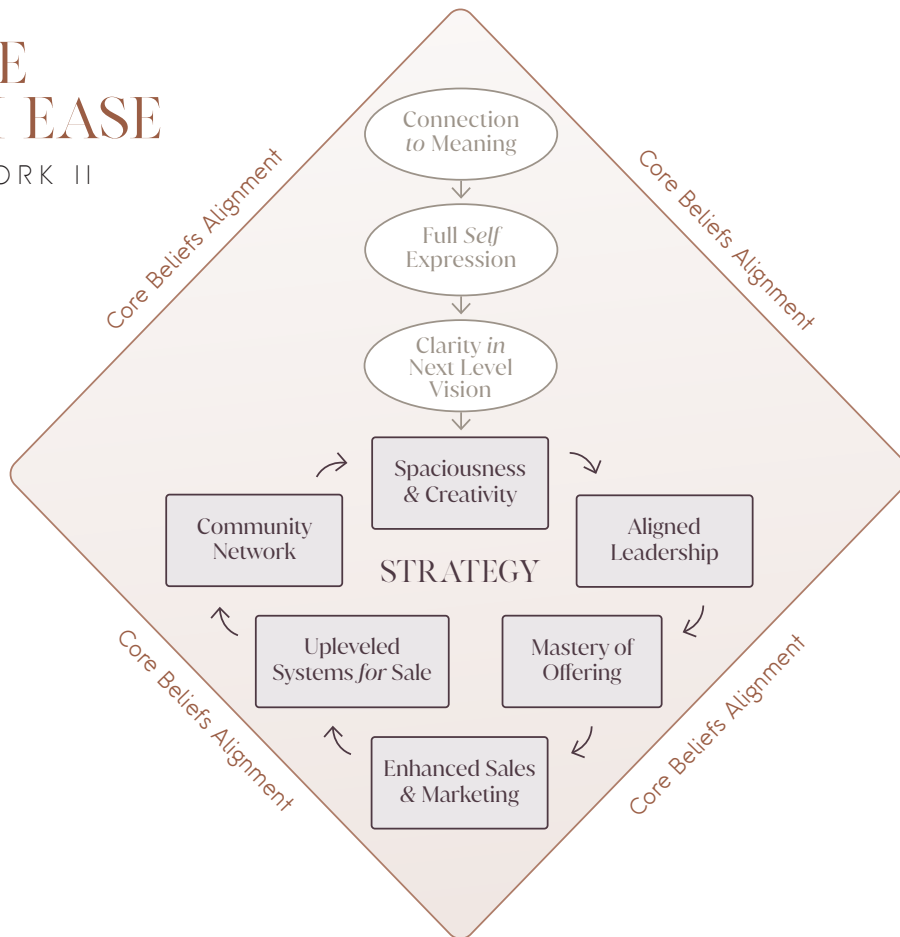
CREATE MOMENTUM &  
LEVERAGE

Core Belief #4: \_\_\_\_\_

Kindness = Honesty + Love

## SCALE WITH EASE

FRAMEWORK II



When you use community to grow your business, you gain \_\_\_\_\_ and \_\_\_\_\_ .

The keys to building a high quality community are \_\_\_\_\_ and \_\_\_\_\_ .

**HAVE QUESTIONS?** Send Sloane, Jane Thurmond or Nhien Dinh a DM.  
We are here to guide you and support your transformation.



DAY FOUR

# ON YOUR OWN

**HONORING YOUR DESIRES IS AN ACT OF GENEROSITY.**

Scan your life and business. Where are you *not* fully honoring your desires?

---

---

---

What is the risk you would take in going for what you want or speaking the truth fully?

---

---

---

What is the possible reward?

---

---

---

**BUSINESS STRATEGY – COMMUNITY NETWORK:**

On a scale of 1-10, how powerfully are you leveraging your community as a resource to grow your business?

---

---

---

**HAVE QUESTIONS?** Send Sloane, Jane Thurmond or Nhlen Dinh a DM.  
We are here to guide you and support your transformation.



If it isn't already, what would make that number a 10?

---

---

---

How focused are you on adding value to your contact's lives and businesses?

---

---

---

How could you make that focus even higher?

---

---

---



DAY FIVE

# PLEASURE *in* BUSINESS

Join us live  
at 9am PST/  
12pm EST

Available on  
replay until  
Tuesday, April 27th

EMBODY THE FEMININE WEALTH

“

IT'S NOT WHO YOU ARE UNDERNEATH,  
IT'S WHAT YOU *do* THAT DEFINES *you*.

Rachel Dawes, Batman Begins

Core Belief #5: \_\_\_\_\_

The deepest pleasure begins \_\_\_\_\_ .

Pleasure is connected to your \_\_\_\_\_ which is intertwined with your \_\_\_\_\_  
\_\_\_\_\_ .

Pleasure in business includes:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



## DAY FIVE

# ON YOUR OWN

### PLEASURE IS THE FIRE TO SUPERCHARGE YOUR GREATNESS.

What is one element of your business that you can infuse love, creativity and your attention into?  
How would it change that element of your business?

---

---

---

Where do you push off your needs or enjoyment in the name of "getting things done"  
or so that you can sacrifice now for the illusion of getting what you want later?

---

---

---

What is one mindset you can shift to elevate your experience of pleasure in your business?

---

---

---

\*Take a few moments to review your notes from the past 5 days. The Scale with Ease diagram is structured to illustrate that Core Beliefs must be aligned for your Purpose Path to be aligned for your strategy to be aligned.

Knowing this, what **one** thing would you choose to focus on cultivating/ creating for the next 90 days that would have the biggest impact in moving you more fully onto your purpose path and into the greatness you truly desire?

---

---

---