

Elite Beauty Boss

Retreat

New Year
Completion Questions

New Year Completion Questions

Welcome to your Elite Beauty Boss Retreat!

What is it? Completion, in our approach, is the opportunity to be present, to release burdensome energy, and to be acknowledged. It is allowing things to be exactly as they are and are not. Ultimately, there is forgiveness in completion, it is an act of acceptance, of generosity.

Therefore, the act of being complete is truly a declaration. When something is complete, we say that the event or endeavor has no more energy than last Wednesday's lunch – something that, while useful at the time, carries with it nothing that lingers or disempowers the individual.

To be complete is often to accept, acknowledge, and be responsible for the past, which allows us to be free from the past. Being complete with a person, incident, situation, or experience allows us to be ready for whatever is next in life. The power of completion is in the liberation we get from letting go of something that has energy/emotions around it or that leaves us burdened, pained, or disempowered in our view of ourselves, others, or life.

To get Complete frees up time, attention, focus, energy, power, and possibility. Once we are complete with the past, we can come from Essence, on Purpose, creating the future by our design. Completion with the past grants us the room to move forward.

First Name _____

Last Name _____

Are you ready to be complete with this past year?

What are your current thoughts and feelings about the past year?

What were your expectations in the beginning of the year?

What did you envision as the ideal outcome, if things went well this year?

What did you step over or ignore that led to problems this past year?

What did this cost you?

When did things start to break down?

What did you do about that?

In hindsight, what were the blindspots for you this year?

What did the situation ultimately cost you?

What, if any, benefits were there?

What did you teach and/or learn from this past year?

Where did you get blocked or stopped this year?

Did you stop communicating with anyone?

What seems unresolvable?

What is unfinished or incomplete about this past year?

What would you say, if the other party could really hear you?

If you could only say one thing, but know that the other party would hear you and fully understand it, what would you say?

What are you done with on your list from last year?

What insights do you now have from this past year?

What are you leaving behind, letting go, or giving up?

What or who are you willing to forgive?

What can't you forgive?

What is next for you?

What else do you want to say to be complete?

Let's Create your 2023 with Focus and Intention

How much money did you make in 2022 on your paycheck? _____

What is your dream for 2023?

How much money do you want to make for 2023? _____

What are you willing to do to make your goals happen in 2023?

What will stop you from taking action in 2023?

What are your goals in service, retail and client count for 2023?

Service: _____

Retail: _____

Client Count: _____

What I want to learn is:

What is your intention for Elite Beauty Boss?

For Owners

How much did your company make in 2022? _____

How much did your company make in service, retail and client count?

Service dollar: _____

Retail dollar: _____

Client Count: _____

Congrats!

You have completed your pre-work for Elite Beauty Boss!

Very few people take the time to sit down and really reflect and dream. You doing tells the world you are serious about 2023 and ready for an up level in your life and business.

Congratulations and don't stop now! Keep going. Lets make that dream a reality.