



THE  
**SOURCERER/CEO**  
*BEYOND THE PODCAST*

# INSTRUCTIONS ON HOW TO GO THROUGH THE WORKBOOK



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Complete workbook while listening, pause as much as you want

## **\*\*BONUS CHALLENGE\*\***

Leave a positive comment on Instagram Stories or send a DM @jameswedmore telling us what you're learning and applying from the episodes.

## FOR MORE LISTENING ON SPIRITUALITY, MINDSET AND INTUITION, CHECK OUT THESE EPISODES:

[Episode 616: The Biggest Spiritual Breakthroughs That Expanded My Life and Business and How to Become a Sourcerer CEO](#)

[Episode 577: Unlocking your Intuitive Super Powers](#)

[Episode 412: 10 Spiritual Habits That Changed My Life & Grew My Business](#)

[Episode 403: Reclaiming Your Personal Power and Who You Have to be to Manifest Exactly What You Want Out of Life](#)

[Episode 389: The Art of Thinking Bigger](#)

# MEET YOUR HOST

With over 15 years experience as an expert running a consistent 8-figure a year online business, James Wedmore has spent the last decade teaching entrepreneurs how to launch and scale their digital brands. Beginning his career as "The YouTube Guy," James made a name for himself teaching online experts how to leverage the power of video and YouTube marketing to reach more people, share their message and convert more customers. In 2016, James made a massive shift to focus on a big gap missing in the marketplace: the mindset needed for entrepreneurship. He launched a totally woo-woo podcast, the Mind Your Business Podcast and his signature program, Business By Design. Today he helps coaches, experts, content creators, and authors not only to craft better marketing messages but also how to ditch the "hustle" mentality and create true and lasting success from the inside out.



MEET JAMES

# EPISODE ONE: WHY I CREATED THIS SERIES (PART ONE)

FINISH THIS SENTENCE TO COMPLETE THIS MANTRA FROM JAMES:

WE GROW THE LEVEL OF \_\_\_\_\_

WE CAN \_\_\_\_\_.

SET AN **INTENTION** FOR HOW YOU WILL LISTEN TO THIS SERIES. YOU MIGHT START BY WRITING, "I COMMIT TO LISTEN FROM A PLACE OF..." OR WRITE DOWN WHAT YOU HOPE TO RECEIVE THROUGH LISTENING.

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HOW WILL YOU HONOR YOUR OWN **GROWTH** THROUGHOUT THIS SERIES?

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## EPISODE ONE: THE GUARDIAN OF THE MIND (PART TWO)

HOW DOES YOUR “**GUARDIAN OF THE MIND**” GET IN THE WAY OF YOUR LEARNING OR ARRIVING WITH AN OPEN MIND? HOW DOES IT KEEP YOU WITHIN YOUR CONSTRUCTED PERCEPTION OF REALITY?

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WHAT IS SOMETHING YOU HAVE BEEN TELLING YOURSELF (FOR A TIME OR PERHAPS EVEN YOUR WHOLE LIFE) THAT YOU ARE NOW WILLING TO **CHALLENGE**? WHAT IS SOMETHING YOU HAVE BEEN PERCEIVING AS “TRUTH” THAT YOU ARE NOW OPEN TO **CHALLENGING**?

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WHAT IS SOMETHING THAT YOU ARE **PRESENT** TO NOW THAT YOU WOULD LIKE TO EXPERIENCE A **BREAKTHROUGH** IN?

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WHAT IS A **GOAL** YOU ARE CURRENTLY WORKING TOWARDS IN YOUR LIFE OR YOUR BUSINESS? WHAT IS YOUR NEXT **MILESTONE** OF SUCCESS?

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WHAT WILL ACHIEVING THIS GOAL **GIVE** YOU?

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WHAT **VALUE** DOES ACHIEVING THIS GIVE YOU?

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CREATE A NEW MANTRA:  
THE MORE I **GROW**, THE MORE I GET TO:

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**IMAGINE** YOURSELF IN THE PAST. SEE YOURSELF LOOKING BACKWARDS IN TIME TO SEE YOURSELF IN THE PAST. HOW DO YOU SHOW UP? WHAT DO YOU SEE AS YOU NOTICE YOURSELF **THINKING, ACTING AND BEING** IN YOUR BUSINESS?

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WHAT IS THE **GAME** THAT YOU HAVE BEEN PLAYING?

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WHAT **BELIEFS AND THOUGHTS** HAVE YOU BEEN OPERATING FROM?

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# EPISODE ONE: LIVING OUTSIDE "THE BOX" (PART THREE)

WHAT "BOX" HAVE YOU BEEN LIVING INSIDE OF?

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WHAT ARE YOU WILLING TO LET GO OF IN ORDER TO STEP OUTSIDE "THE BOX"?

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## EPISODE 2: THE INTENTIONAL HIGHER DIMENSIONAL SELF (PART ONE)

WHEN YOU LOOK BACK IN TIME AT YOURSELF, WHO HAS BEEN “DRIVING THE BUS” IN YOUR BUSINESS?

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USING YOUR INTUITION, ANSWER THIS QUESTION: WHAT DOES MY “HIGHER SELF” KNOW THAT I NEED TO BE REMINDED OF NOW?

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WHAT IS ONE PRACTICE YOU CAN COMMIT TO WHEN YOU FIND YOURSELF “IN THE PHYSICAL 3D” TO MOVE YOUR ATTENTION INTO THE METAPHYSICAL AWARENESS?

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WHAT HABITS, ACTIONS OR BEHAVIORS DO YOU NEED TO **LET GO** OF IN ORDER TO HONOR YOUR HIGHER SELF?

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WHAT IS A **CHALLENGE** YOU ARE CURRENTLY FACING THAT YOU CAN BEGIN TO VIEW FROM A "HIGHER" **PERSPECTIVE** OF GROWTH AND LEARNING?

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## EPISODE 2: THE INTENTIONAL HIGHER DIMENSIONAL SELF (PART TWO)

HOW DO YOU KNOW WHEN YOU ARE “IN ALIGNMENT” WITH YOUR HIGHER SELF? WHAT DOES IT LOOK, FEEL, OR SOUND LIKE?

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HOW DO YOU RECEIVE GUIDANCE FROM YOUR HIGHER SELF? HOW DOES YOUR MIND AND BODY COMMUNICATE WITH YOU? (TRUST WHATEVER ANSWER COMES TO YOU)

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WRITE DOWN ANY SPECIFIC EXAMPLES OF A TIME IN YOUR LIFE WHERE YOU RECEIVED COMMUNICATION OR INTUITION FROM YOUR HIGHER SELF THAT YOU FOLLOWED AND IT TURNED OUT WELL.

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WRITE DOWN ANY SPECIFIC EXAMPLES OF A TIME IN YOUR LIFE WHERE YOU RECEIVED COMMUNICATION OR INTUITION FROM YOUR **HIGHER SELF** THAT YOU DID NOT FOLLOW. WHAT HAPPENED AND WHAT DID YOU LEARN?

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WHERE HAVE YOU BEEN ALLOWING THE PAST TO DEFINE WHO YOU ARE IN THE **PRESENT**?

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WHERE HAVE YOU BEEN ALLOWING YOUR PAST TO DETERMINE YOUR **FUTURE**?

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WHAT HAVE YOU BEEN GIVING YOUR **POWER** AWAY TO?

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WHAT WILL YOU “LET GO” FROM THE PAST IN ORDER TO MOVE INTO A NEW FUTURE?

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WHAT HAVE YOU BEEN GIVING IMPORTANCE TO THAT YOUR HIGHER BEING KNOWS IS NOT IMPORTANT?

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**HOMEWORK:** FIND A TIME AND SPACE TO GET QUIET. ASK YOUR HIGHER SELF: “WHAT DOES MY HIGHER SELF REQUIRE OF ME NOW?” RECEIVE THE ANSWER, THEN TAKE THE ACTION.

## EPISODE 3 : OPENING THE DOORS OF PERCEPTION (PART ONE)

FILL IN THE BLANK FOR THESE PHRASES:

THEY NEVER \_\_\_\_\_.

HE NEVER \_\_\_\_\_.

SHE NEVER \_\_\_\_\_.

THEY ALWAYS \_\_\_\_\_.

HE ALWAYS \_\_\_\_\_.

SHE ALWAYS \_\_\_\_\_.

**EXERCISE:** NOW READ EACH SENTENCE OUT LOUD TO YOURSELF AND REPLACE EACH SUBJECT WITH "I."

WHAT DID YOU **NOTICE**? WHAT ARE YOU NOW **PRESENT** TO?

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THINK OF A CURRENT **PROBLEM OR CHALLENGE** YOU HAVE IN YOUR LIFE. CAPTURE IT HERE.

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WHAT CHANGES WHEN YOU **PERCEIVE** THIS PROBLEM OR CHALLENGE FROM THE PERSPECTIVE OF MY FUTURE SELF, THROUGH THE COSMIC LAW OF CAUSE AND EFFECT, OR THROUGH THE EYES OF GOD OR **SOURCE**?

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IF YOU KNEW THAT THIS PROBLEM WAS HERE TO SERVE YOU IN SOME WAY FOR YOUR **HIGHEST GOOD AND GREATEST GROWTH**, HOW WOULD YOU APPROACH THIS PROBLEM DIFFERENTLY?

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## EPISODE 3 : OPENING THE DOORS OF PERCEPTION (PART TWO)

WHO IN YOUR LIFE IS YOUR CURRENT "THE PETTY TYRANT"?

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IF YOU BEGAN TO PERCEIVE THIS PERSON AS A TEACHER, WHAT IS THIS PERSON IN YOUR LIFE HERE TO TEACH YOU?

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HOW AND WHERE HAVE YOU BEEN GIVING YOUR PERSONAL POWER AWAY?

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WHERE CAN YOU SEE THE **LAW OF SYNCHRONICITY** AT PLAY IN YOUR LIFE NOW?

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WHERE DO I CURRENTLY EXPERIENCE **GUIDANCE** FROM THE UNIVERSE?

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## EPISODE 4: THE POWER OF PRESENCE

HOW DO YOU KNOW WHEN YOU ARE **PRESENT**?

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WHAT MOST COMMONLY GETS IN THE WAY OF YOU BEING **PRESENT**? (FOR EXAMPLE: MY PHONE, SOCIAL MEDIA, MY TO-DO LIST)

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WHAT PRACTICES SUPPORT YOU IN CULTIVATING PRESENCE?

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WHAT CAN YOU COMMIT TO AS A "PRESENCE PRACTICE" FOR THE NEXT 7 DAYS?

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## EPISODE 5: THE ART OF LETTING GO

WHAT IS A SPECIFIC MEMORY FROM YOUR **PAST** THAT IS COLORING YOUR **PRESENT**?

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CAN YOU IDENTIFY A SPECIFIC **BELIEF** THAT WAS FORMED FROM YOUR **PAST** OR THIS MEMORY THAT YOU WOULD LIKE TO **LET GO** OF NOW?

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WHERE HAVE YOU BEEN ALLOWING YOUR **PAST** TO PREDICT YOUR **FUTURE**?

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**EXERCISE:** THINK OF A CURRENT **CHALLENGE** YOU ARE FACING. IMAGINE THAT YOUR HIGHER SELF **CHOSE** THIS CHALLENGE TO SERVE YOU IN SOME WAY. IF YOU LOOK AT IT FROM THE PERSPECTIVE OF **CHOICE**, HOW DO YOU NOW SEE THE **CHALLENGE** DIFFERENTLY?

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WHAT CAN YOU NOW BEGIN TO FEEL **GRATEFUL** FOR ABOUT THIS PARTICULAR **CHALLENGE**?

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WHAT **BELIEFS, EXPERIENCES, OR THOUGHTS** FROM THE PAST WOULD YOU LIKE TO LET GO OF NOW IN ORDER TO MOVE INTO A MORE POWERFUL FUTURE?

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WHAT ARE YOU NOW WILLING TO **FORGIVE** OTHERS FOR AND **LET GO** OF THE PAST?

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WHAT WILL YOU NOW **FORGIVE** YOURSELF FOR AND **LET GO** OF THE PAST?

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## EPISODE 6: THE ULTIMATE CHEAT CODE TO PERSONAL POWER

WHAT IS THE DEFINITION OF **EMOTION** SHARED IN THIS EPISODE?

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BECOME **PRESENT** FOR A MOMENT AND REFLECT ON THE LAST 24 HOURS. WHAT **EMOTIONS** WERE PREDOMINANT FOR YOU TODAY?

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WHAT IS SOMETHING YOU CAN PLACE YOUR **ATTENTION** ON THAT CHANGES YOUR STATE IN A **POSITIVE** WAY?

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WHAT IS A **PHYSICAL ACTIVITY** OR **PRACTICE** THAT SHIFTS YOUR EMOTIONAL STATE IN A **POSITIVE** WAY?

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WHEN WAS THE LAST TIME YOU EXPERIENCED A DISEMPOWERING **EMOTION**?

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WHAT THOUGHTS WERE FEEDING THAT **EMOTION**?

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IF YOU WERE TO VIEW THESE THOUGHTS THAT WERE CAUSING A DISEMPOWERING STATE AS A LIE, WHAT WOULD BE **TRUE** INSTEAD?

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**EXERCISE:** THE NEXT TIME YOU FIND YOURSELF IN A DISEMPOWERING EMOTION, APPLY THIS 4 STEP PROCESS:

1. **BECOME PRESENT** TO THE DISEMPOWERING STATE THAT YOU ARE IN.
2. **IDENTIFY THE THOUGHTS**, PERSPECTIVES OR OPINIONS THAT ARE FEEDING THIS EMOTIONAL STATE.
3. ASK YOURSELF, "**IS THIS THE PERSPECTIVE OF MY HIGHER SELF?**"
4. ASK YOURSELF, "**IF THIS IS NOT THE PERSPECTIVE OF MY HIGHER SELF, WHAT IS?**"

## EPISODE 7: MASTERING 5D MANIFESTING

WHERE HAVE YOU EXPERIENCED THE **LAW OF ATTRACTION** TO BE AS REAL AS THE LAW OF GRAVITY?

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WHAT IS THE DEFINITION OF **MANIFESTATION** SHARED IN THIS EPISODE?

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WHAT IS REQUIRED OF YOU FOR 5D **MANIFESTING**?

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**EXERCISE:** THINK OF SOMETHING YOU WANT TO **MANIFEST**. IF YOU KNEW THAT WHATEVER YOU WANTED TO BRING INTO YOUR EXPERIENCE NEXT WERE JUST AS SIMPLE AS BUYING SOMETHING ONLINE ON AMAZON, WHAT **SHIFTS** IN YOUR **EMOTIONAL** STATE?

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WHERE HAVE I ALLOWED FEAR TO INFLUENCE MY PERSPECTIVE ON THE **FUTURE**?

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WHAT WOULD SHIFT IF YOU KNEW IN YOUR BEING THAT EVERYTHING **ALWAYS** WORKS OUT FOR YOU?

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WHAT WOULD YOU **THINK, BELIEVE AND DO** IF YOU BELIEVED THAT YOU ARE THE MOST POWERFUL MANIFESTATION TOOL ON THE PLANET?

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IF YOU KNEW THAT WHAT YOU **DESIRE** MOST WAS ALREADY ON ITS WAY TO YOU, WHAT COULD YOU BEGIN TO FEEL **EXCITED AND GRATEFUL** FOR IN YOUR FUTURE?

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## EPISODE 8: HOW TO CONQUER FEAR AND EMPOWER YOUR PURPOSE

WHAT IS THE DEFINITION OF **FEAR** SHARED IN THIS EPISODE?

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WHAT IS THE MOST COMMON MASK OR COSTUME THAT **FEAR** HAS WHEN YOU ENCOUNTER IT IN YOUR LIFE?

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WHERE HAVE YOU ALLOWED **FEAR** TO STOP YOU FROM TAKING ACTION?

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WHEN YOU PLACE YOUR AWARENESS ON THE **HIGHEST DIVINE FUTURE** THAT AWAITS YOU,  
WHAT DOES YOUR **HIGHER SELF** KNOW THAT YOU ARE HERE TO DO?

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WHAT **CALLING** IS WITHIN YOU TO DO OR BE THAT FEELS AS NATURAL TO YOU AS OXYGEN?

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WHAT IS THE NEXT REQUIRED **ACTION** TO TAKE A STEP TOWARDS THAT **CALLING** NOW?

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# BOOK RECOMMENDATIONS

9 TITLES TO UNLOCK YOUR NEXT LEVEL OF ABUNDANCE

