

ENTREPRENEUR MEAL PLAN JOURNAL

FOOD. FEELINGS. FINANCES.

BY BRANDY COCHRANE



It takes a certain type of person to be an entrepreneur. There's something about taking life into your own hands in hopes of living your dreams. The flood of anxious emotions usually keeps people from taking the leap but the potential reward on the other side pushes most people to give it a shot. The concept of working for yourself sounds great- no boss, make your own schedule, live by your own rules - but the reality of self-employment is a totally different story.

One hour you are excited about this great idea and the next hour you are doubting your choice to follow your dreams because no one responded to the email blast that you sent out 20 mins ago - not to mention it's 1:20 am and most people are probably asleep but in your warped entrepreneur mind- you have failed.

Not to mention you find yourself doing more of what you don't want to do than the thing you went in business for originally. Unless you have an accounting business, I'm sure you are wondering why you are doing bookkeeping and bill collections and marketing and janitorial duties and human resources work and graphic design and sales and catering services when you thought you were starting a consulting firm or a bakery or a daycare. You have gotten so far away from what you originally sought out to do that yet again you feel like you made the wrong choice.

The freedom of entrepreneurship is nice but it's not exactly what you expected.

Access to total freedom makes you a little crazy. Let's be honest, it's a lot easier to show up somewhere because someone told you, do the work that someone told you to do and wear what someone told you to wear. When you have unlimited possibilities things can get a little crazy. Though you thought becoming an entrepreneur would have you flying like a bird, more days than not you find yourself paralyzed- overwhelmed by the plethora of possibilities and not knowing what to do next. At the same time though you're emotionally unstable, overworked, unpaid, sleep deprived and tired of acting like everything is alright. Yet and still you can't imagine life any other way. If any part of this intro resonated with you, welcome- you've come to the right place.

Congratulations fellow entrepreneur, me and 27 million other dream chasing nut cases feel your pain.

I created the Entrepreneur Meal Plan as a resource for entrepreneurs and as a reminder to focus on yourself as you build your empire. I want to remind you that self-care is one of the top ingredients for success. So in between all that hustling and grinding, let's make time to stop and focus on our wellness.

I created *The Entrepreneur Meal Plan Food, Feeling and Finance Journal* to help you keep track of the things that matter most to keep you and your business moving forward. Food fuels your body and mind, feelings fuel the quality of your work and finance fuel your business. When I first started my company, I kept a similar journal. That's when I notice the correlation between what I was eating, how I was feeling and what I was spending. This exercise helped me learn about myself, shift some habits and adopt practices that I still use today and share with my colleagues and clients.

Over the next 7 days, I challenge you to do the same thing I did nearly 5 years ago, and then share your findings in the Entrepreneur Break Room, <http://bit.ly/fbebr> , or via email at eat@entrepreneurmealplan.com .

I'm exciting to get your feedback, hear what you discovered, and learn other ways I can support you.

Congrats again on taking the leap and exploring the possibilities of entrepreneur - just remember to take time to feed your mind, body, and soul, daily, while on the journey.

Be Well,
Brandy
EMP Founder

ENTREPRENEUR MEAL PLAN

FOOD. FEELINGS. FINANCE.

DATE __/__/____

FOCUS

FOOD: What did you eat today?



FEELINGS: How do you feel today?



ENTREPRENEUR MEAL PLAN

FOOD. FEELINGS. FINANCE

FINANCE: What did you spend today?

Item

Cost



FOOD. FEELINGS. FINANCE.

_____ / _____ / _____

FOOD: What did you eat today?



ENTREPRENEUR MEAL PLAN

FOOD. FEELINGS. FINANCE

FINANCE: What did you spend today?

Item

Cost



FOOD. FEELINGS. FINANCE.

_____ / _____ / _____

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