

COACHING THE MIND



BEST BUSINESS PODCAST WITH
MOHAMMED SHEIKH

Are you tired of feeling like you're running a circus instead of a business? Do you find yourself juggling so many tasks that you're one step away from joining the circus? Fear not! It's time to implement some systems to grow your business and tame the chaos. From streamlining your operations to automating repetitive tasks, there are many ways to create a well-oiled machine that can take your business to new heights.

Think of implementing systems like adding a safety net to your circus act. Sure, you might still have some tightrope-walking moments, but at least you'll have a safety net to catch you if you fall. So grab your top hat, put on your ringmaster jacket, and let's dive into the world of systems to grow your business!

The Best Business Coach Activity On Coaching The Mind

Activity 1: Introduction

In this section, we'll introduce the concept of mind coaching and its benefits. We'll also explain the purpose of this workbook and provide an overview of what you can expect to learn.

What is mind coaching, and how can it help you in your life?

What do you hope to gain from completing this workbook?

Activity 2: Self-Awareness

In this section, we'll explore the importance of self-awareness in mind coaching. We'll provide exercises and prompts that will help you become more aware of your thoughts, feelings, and actions.

What are the benefits of being self-aware?

Describe a time when you were not self-aware. How did that affect your thoughts, feelings, and actions?

Complete the following sentence: "When I am feeling [emotion], I tend to [behavior]."

Activity 3: Goal Setting

In this section, we'll explore the importance of goal setting in mind coaching. We'll provide exercises and prompts that will help you set realistic and achievable goals for yourself.

What are the benefits of goal setting?

What are some goals that you currently have for yourself?

Complete the following sentence: "In the next [time frame], I want to accomplish [goal]."

Activity 4: Mindfulness

In this section, we'll explore the practice of mindfulness and its role in mind coaching. We'll provide exercises and prompts that will help you become more mindful in your daily life.

What is mindfulness, and why is it important?

Describe a time when you were fully present and mindful. How did it feel?

Practice a mindfulness exercise for 5 minutes and describe your experience.

What You Will Learn from the Activity

By completing this "Mastering Your Mind" activity workbook, you'll learn essential tools and techniques for coaching your mind to achieve your goals and lead a fulfilling life. The workbook is divided into seven sections, each focused on a different aspect of mind coaching. Through a combination of exercises, prompts, and self-reflection, you'll gain greater self-awareness, learn to set achievable goals, and develop a positive and resilient mindset.

In the self-awareness section, you'll learn about the importance of self-awareness and how to become more aware of your thoughts, feelings, and actions. By doing so, you'll be better equipped to identify negative thought patterns and replace them with positive ones. This section will help you understand the connection between your thoughts and emotions and how to manage them effectively.

In the goal-setting section, you'll learn about the importance of setting realistic and achievable goals for yourself. You'll also learn how to break down your goals into smaller steps and create a plan of action to achieve them. By completing this section, you'll have a better understanding of how to prioritize your time and efforts to achieve your long-term goals.

In the mindfulness section, you'll learn about the practice of mindfulness and how to incorporate it into your daily life. You'll learn how to be fully present and aware of the moment, which can help you reduce stress, improve your focus, and enhance your overall well-being. By completing this section, you'll have a better understanding of how to use mindfulness to become more aware of your thoughts and emotions and how to manage them effectively.



DARYL URBANSKI

FOUNDER | PRESIDENT OF BESTBUSINESSCOACH.CA
HOST OF THE BEST BUSINESS PODCAST

Daryl Urbanski is best known for his ability to create seven-figure, automated income streams from scratch.

First, as Senior Marketing Director for Neurogym. He helped generate over \$1.6 Million USD in under 8 months with a single marketing strategy.

This became \$7.5 Million USD in 3 years. He continued this success with multiple clients.

He's now set on a mission to help create 200 NEW multi-million dollar businesses. How?

Science & Accountability.

After 400+ expert interviews & \$50,000 in evidence-based research. He uncovered 8 critical business habits.

These 8 critical habits will determine who survives & thrives in these unprecedented times and who succumbs.

Daryl has quickly climbed the entrepreneurial ladder, gaining respect from thousands of business owners worldwide.

An author to speaker, marketer to coach - Daryl's multi-faceted business approach sets him apart as one of the leading business experts of his generation.



BestBusinessCoach^{CO.}
"Your Success Is My Success" - Daryl Urbanski



SUGGESTED TOPICS:

8 Critical Success Factors

1. Self-efficacy
 - Personality Traits
 - Leadership Skills
 - Personal Disciplines
2. Strategic Planning
 - Flexible Strategy Development
3. Marketing Strategy
 - Brand Integrity & Trustworthiness
 - Corporate Social Responsibility
4. Market Intelligence
 - Top 10 Solution Providers
 - Emerging Technology Trends
5. Sales Strategy & Skills
6. Money Management
7. Business Operating Systems
8. Business Intelligence
 - Data Analytics

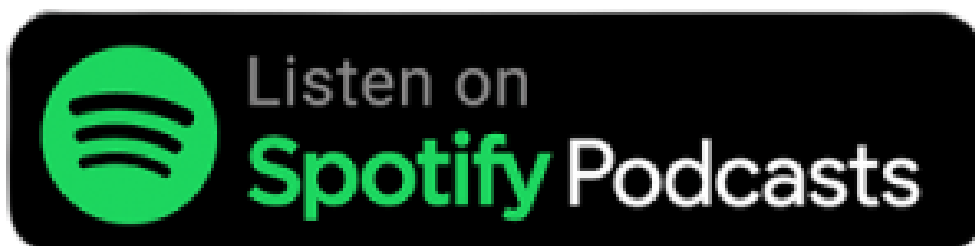
FEATURED ON



OwlTail



The
enchantingLawyer™
with
Daryl Urbanski on using
automation to grow your business



Who is Daryl Urbanski?

Daryl Urbanski
13 hrs · 🌐

Have I ever helped you in any way? How? Can you please share? I'm curious to know what and who's out there. The more specific you are the better.

Like Comment Share

Varena Dee, Ismail Abdallah and 5 others

Jennifer Jonassen You where a listening ear.when I was at a very low point and for that. I am grateful.xo
Unlike · Reply · 1 · 7 hrs

Tom McGuire You helped me grow my mma school. I was on a call with you and another expert. He gave some good advice. You gave me GREAT advice! Thanks!!!!
Like · Reply · 6 hrs

Rukstar Lorde You have helped me and the whole family in a huge way. I'll never forget. You used your facility, time, money and effort to fundraiser for baby Fatna.
Like · Reply · 5 hrs

Amie Loxton Some days when I'm feeling down I look at your posts. You're always so positive and uplifting. Totally turns my day around.
Like · Reply · 4 hrs

Ben Bush We where surfing in Solana and I was telling you about something spiritual and how I felt stuck. You told me to change my story and I was finally ready to hear that advice and it clicked. I always check my story now.
Like · Reply · 3 hrs

Varena Dee I just started paying attention to your postings and the one that caught my attention was if you gave someone \$1,000 how would they make it grow... First time I became interested in your posting ... have a lovely day...
Like · Reply · 3 hrs

"Your Success Is My Success" - Daryl Urbanski

Back (1) +1 (289) 700-1345

Text Message
Today 8:44 AM

Really appreciated your speech and table topic today.

Hello Daryl, this is Indraneel.

Love the sincerity and raw energy.

But, mostly importantly I love the undying passion you have for the betterment everyone.

I find it inspiring and is quintessential for all humans.

Text Message

Fido LTE 9:02 PM 46%

Search

Ye-hoshua Mumba ▶ Daryl Urbanski
Just now · 🌐

Hey Daryl Urbanski, I just wanted to take a moment to appreciate you and express my gratitude for your life. Thank you for your selfless pursuit in adding value to the lives of others, including my own. Thank you for being a great example of living a happy, healthy, wealthy and joyful life by truly serving others. I continue to learn from your awesome podcasts and your life and I just wanted to take this moment to acknowledge you. So glad that you've been reunited with your family and I hope ya'll have an awesome Thanksgiving! All the best and thanks again.

Like Comment

Daryl Urbanski

Write a comment... Post

2 1

Fido 12:54 PM 52%

(7) **Eram Saeed** Online

ok gotta go meditate now catch u later

soooooo appreciate you my friend. this is my dream come true....building a profitable list

thank you!

Type a message here

Items	Num Credits	Sales	Credits & Returns	Monthly Total - Collected
558	39	\$87,811.00	-\$4,210.00	\$83,601.00
673	70	\$268,462.75	-\$11,046.00	\$257,416.75
390	64	\$190,206.66	-\$12,916.95	\$177,289.71
646	67	\$230,864.49	-\$9,930.50	\$220,933.99
871	64	\$118,693.18	-\$8,863.99	\$109,829.19
806	38	\$116,709.21	-\$5,642.00	\$111,067.21
069	24	\$149,608.56	-\$6,471.00	\$143,137.56
572	83	\$224,886.21	-\$13,710.00	\$211,176.21
286	137	\$329,688.79	-\$25,535.25	\$304,153.54
475	129	\$421,429.41	-\$30,063.00	\$391,366.41
489	95	\$232,004.55	-\$18,441.50	\$213,563.05
307	67	\$212,497.70	-\$14,737.98	\$197,759.72
		\$582,862.51		\$2,421,294.34
Increase of:				\$578,425.67 23.89%

www.BestBusinessCoach.ca

Today

Oh, I just realized it was thanksgiving and I never said thank you to you.

Thank you dear Daryl for being my mentor, coach, teacher, advisor, boss 😊 and a great friend. You are an angel of a person God sent my way & after my Allah, parents & teachers, I owe my professional success to you & only you! 🙏 I wish & pray you get happiness, peace, prosperity, wealth with health and a life partner as pure and loving as you are 😊 You're the best! Good Morning!

< Messages Avriel Details

<https://youtu.be/wU0PYcCsL6o>

Thank you for everything.

Today 8:40 AM

You're an amazing man.

Good morning

(^_^)/

That's a really nice thing to hear.

What makes you say that?

Thank you.

Delivered



iMessage



9:54 AM 69%

< Search

Who Can See This?



Ben Simkin

9 mins · Brisbane, Australia · 🌐

Daryl Urbanski is that guy whose IQ is through the roof but just quietly and unassumingly is achieving massive results and making the biggest difference in his clients lives



Like



Comment



Share

5:38 AM 84%

< Search



Daryl Urbanski

Yesterday at 1:39 PM · 🌐

Check This Out:

Had an exciting phone call with a new client today. In 20 minutes I showed her \$113,157.68 in cold hard cash she didn't even know existed in her business or how she could get it.

Now, with 2 weeks of work (she will delegate) 10%-80% of it will be in her pocket and add 5%-15% NET PROFIT to her bottom line for every year her business exists from now on.

(pats self on back)

Needless to say, she was pretty happy about it.

I really need to start charging more.



Write a comment...



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Marketing & Sales

Advertising

Consumer Behaviour

Marketing

Public Relations

Sales & Selling

Livres français

Best Sellers in Marketing & Sales

Top 100 Paid Top 100 Free

1.

DARYL URBANSKI
Ancient
Secrets Of
Lead
Generation

Ancient Secrets Of Lead
Generation: Y...
by Daryl Urbanski
Kindle Edition
Free

- Best Selling Author
- International Speaker
- Proven Track Record
- Clients Currently Paying \$50k-\$150k + % Royalty



BestBusinessCoach®
"Your Success Is My Success" - Daryl Urbanski

www.BestBusinessCoach.ca


Young Entrepreneur Award



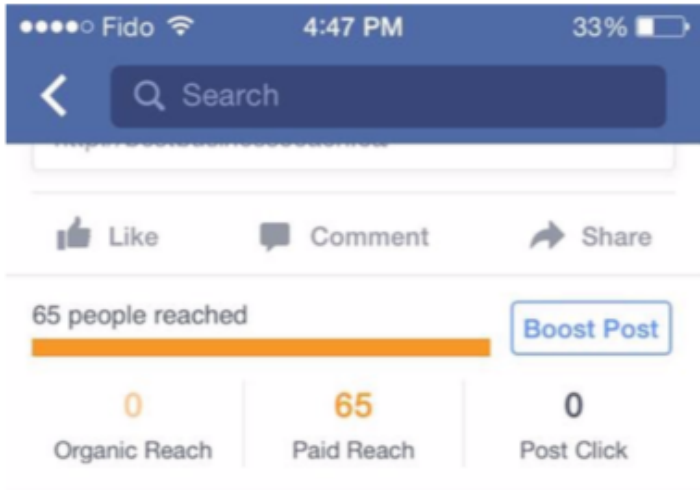
Daryl Urbanski
BestBusinessCoach.ca

At the age of 17, Daryl Urbanski did his first workshop with Bizbound.ca on 'How to Start and Grow a Successful Business'. Today, he is the author of the top selling book on Amazon, 'Ancient Secrets of Lead Generation: Your Primitive Business Guide to Better Leads with Less Effort', and owner of BestBusinessCoach.ca. He is also the author of two other books; 'Business Success Secrets, Principles, Formulas & Ethos' & 'Primitive Business Tools For Success'.

Award sponsored by

 **Collins Barrow**
Chartered Accountants





Scott Bradley likes this.

Scott Bradley
Daryl Urbanski is the real deal. He knows his stuff, and can provide you with a TON of value that will help you in your business! I've worked with him personally, and not only did I experience that he is someone you can trust, but more so he comes from a pure place of service and really wanting to help you get what you need/want.

Just now · Like · Reply



Daryl Urbanski

Daryl Urbanski
Thank you for your kind words.. Much appreciated. (^_^)

What makes you say this tho?
14 minutes ago · Like · Reply

Luis Rivera
Observation and appreciation. It's why I have you as my first appearance post on my timeline. Value in everything you share is uncanny. :)



Case Study

Turning \$50,000 USD into \$212,484 USD with paid ads and automation

Today's case study is the **CEO** of another USA-based company.

Her business caters to women in their 40s. Women who are into Reiki and other energy healing. Including alternative medicine techniques.

She felt trapped by her dependence on her industry peers. And their practice of promoting to each other's patrons. She didn't want others to sell to her community. Or even share her base with them just so her company can maintain growth. She wanted to be independent without sacrificing sales.

Thus, she turned to Daryl for a marketing solution. A solution to give her freedom from external influences.

Objectives

- Establish a profitable, fully automated paid advertising campaign to build her audience.
- Determine who are the company's best customers.
- Attract new customers and turn them into the highest paying clients.
- Create a membership program for a stable income growth.

What Daryl Did

- Established a “golden path” for lead generation and client acquisition process from the first to the sixth purchase.
- Analyzed 20,000+ orders to determine who their best customers are, where they come from, and how they make their purchases.
- Set up a paid advertising campaign for the first step their best customers took and automatically sent the next promotions for the second, third, fourth, fifth, and sixth products at the appropriate time.

Results

- Turned one-time buyers into multi-buyers in a predictable way
- Many people who bought a one, bought a second and third item. Immediate profit from paid ads was \$212,484 but if we include back end sales we grew her business by almost 26% or \$578,425.67.
- Produced a larger buyer base and enabled her to expand them without outside support.

Why It Was Smart To Work With Daryl

It was smart because he successfully helped her run a profitable paid ad campaign. The money she spent grew at least three times. She now has a larger list plus the ability to grow her list without any outside endorsement. She has a predictable way to turn first-time buyers into multi-buyers. She also has a clearer idea of who her target market is, who her best buyers are, and the multiple ways to reach them.

This has now become a cornerstone part of her business-enhancing every single big promotion she has done since then... with a bigger email list plus an understanding of how to use paid ads.

Evergreen Sales Report							
	EVG	MTD	YTD		ES-EVG	MTD	YTD
Week of May 30	\$127	\$127	\$127		\$13,673	\$13,673	\$13,673
Week of June 6	\$1,172	\$1,172	\$1,299		\$10,846	\$10,846	\$24,519
Week of June 13	\$2,315	\$3,487	\$3,614		\$13,977	\$24,823	\$38,496
Week of June 20	\$19,541	\$23,028	\$23,155		\$4,258	\$29,081	\$42,754
Week of June 27	\$5,375	\$28,403	\$28,530		\$1,272	\$30,353	\$44,026
Week of July 4	\$3,319	\$3,319	\$31,849		\$523	\$523	\$44,549
Week of July 11	\$829	\$4,148	\$32,678		\$2,266	\$2,789	\$46,815
Week of July 18	\$904	\$5,052	\$33,582		\$1,482	\$4,271	\$48,297
Week of July 25	\$10,330	\$15,382	\$43,912		\$0	\$4,271	\$48,297
Week of Aug 1	\$3,955	\$3,955	\$47,867		\$197	\$197	\$48,494
Week of Aug 8	\$1,542	\$5,497	\$49,409		\$0	\$197	\$48,494
Week of Aug 15	\$1,792	\$7,289	\$51,201		\$0	\$197	\$48,494
Week of Aug 22	\$1,007	\$8,296	\$52,208		\$0	\$197	\$48,494
Week of Aug 29	\$1,465	\$9,761	\$53,673		\$1,172	\$1,369	\$49,666
Week of Sept 5	\$2,362	\$2,362	\$56,035		\$2,461	\$2,461	\$52,127
Week of Sept 12	\$2,669	\$5,031	\$58,704		\$649	\$3,110	\$52,776
Week of Sept 19	\$18,263	\$23,294	\$76,967		\$197	\$3,307	\$52,973
Week of Sept 26	\$6,202	\$29,496	\$83,169		\$397	\$3,704	\$53,370
Week of Oct 3	\$4,458	\$4,458	\$87,626		\$0	\$0	\$53,370
Week of Oct 10	\$2,838	\$7,296	\$90,464		\$394	\$394	\$53,764
Week of Oct 17	\$2,019	\$9,315	\$92,483		\$99	\$493	\$53,863
Week of Oct 24	\$4,337	\$13,652	\$96,820		\$0	\$493	\$53,863
Week of Oct 31	\$2,667	\$2,667	\$99,487		\$492	\$492	\$54,355
Week of Nov 7	\$1,410	\$4,077	\$100,897		\$394	\$886	\$54,749
Week of Nov 14	\$3,087	\$7,164	\$103,984		\$99	\$985	\$54,848
Week of Nov 21	\$2,862	\$10,026	\$106,846		\$0	\$985	\$54,848
Week of Nov 28	\$6,497	\$16,523	\$113,344		\$590	\$1,575	\$55,438
Week of Dec 5	\$14,287	\$14,287	\$127,631		\$194	\$194	\$55,632
Week of Dec 12	\$7,885	\$22,172	\$135,516		\$97	\$291	\$55,729
Week of Dec 19	\$7,496	\$29,668	\$143,012		\$170	\$461	\$55,898
Week of Dec 26	\$4,551	\$34,219	\$147,562		\$194	\$655	\$56,092
Week of Jan 2	\$6,036	\$6,036	\$153,598		\$0	\$0	\$56,092
Week of Jan 9	\$2,567	\$8,603	\$156,165		\$226	\$226	\$56,318
TOTAL	\$156,165				\$56,318		
		Total:	\$212,484				



Otto Ruebsamen Daryl is good. I worked with him in 1 company where he took the almost dead company and automated a sales machine that's produced 40-70k a week for the past 5 years now. Saved that company while generating predictable cash flow the business was able to grow on and make payroll from every two weeks.

Love · Reply · 15w



Daryl Urbanski replied · 2 Replies



Darren Veerapa Niiiiiice!!!  1

Love · Reply · See Translation · 15w



Ed O'Keefe This is a great post **Daryl Urbanski!!!** Amazing work

Love · Reply · 15w



Daryl Urbanski replied · 1 Reply

Amazon.ca Best Sellers: The most popular items in Marketing & Sales

Shop by Department: **Kindle Store** | Buy A Kindle | Free Kindle Reading Apps | Kindle Books | French eBooks | Kindle Singles | Accessories | Manage Your Kindle | Kindle Support

Amazon Bestsellers

Our most popular products based on sales. Updated hourly.

Any Department | **Kindle Store** | Kindle eBooks | Business & Investing | **Marketing & Sales** | Advertising | Consumer Behaviour | Marketing | Public Relations | Sales & Selling | Livres français

Best Sellers in Marketing & Sales

Rank	Product	Price
1.	DARYL URBANSKI Ancient Secrets Of Lead Generation: Y... by Daryl Urbanski Kindle Edition Free	Free
2.	MAKE MONEY WITH YOUTUBE How I Made... by Steve Scott Kindle Edition Free	Free
3.	How to Build Brand Awareness With Specialty Advertising and Promotional Items A Step by Step Guide by Meir Liraz Kindle Edition Free	Free
4.	5 STEPS TO WINNING WITH kdp Select JEFF BENNINGTON	
5.	HOW TO GENERATE LEADS FOR YOUR BUSINESS Generate Leads For Any Industry And Never Buy Leads Again Christian Blake	
6.	7 DEADLY SINS OF ADVERTISING and HOW TO AVOID THEM Small Business Marketing	

More to Explore in Marketing & Sales

Hot New Releases

Product	Price
Email Marketing Blueprint -... Kindle Edition CDN\$ 3.09	CDN\$ 3.09
SEO 2013, Learn SEO in 2013... Kindle Edition CDN\$ 5.18	CDN\$ 5.18
Secrets of the Six-Figure A... Kindle Edition CDN\$ 4.99	CDN\$ 4.99

\$97.00	
\$2,498.50	
\$3,331.34	
\$5,400.00	
\$985.00	
\$197.00	
\$147.00	
\$5,400.00	
\$197.00	
\$7,500.00	
\$7,500.00	
\$197.00	
\$113,157.68	



Daryl Urbanski

August 15, 2015 · 🌐 ▼



Check This Out:

Had an exciting phone call with a new client today. In 20 minutes I showed her \$113,157.68 in cold hard cash she didn't even know existed in her business or how she could get it.

Now, with 2 weeks of work (she will delegate) 10%-80% of it will be in her pocket and add 5%-15% NET PROFIT to her bottom line for every year her business exists from now on.

(pats self on back)

Needless to say, she was pretty happy about it.

I really need to start charging more.

📷 Tag Photo

📍 Add Location

✎ Edit

👍 55

20 Comments

👍 Like

💬 Comment

➦ Share

View 9 more comments



John Mignano cheers Daryl Urbanski 👍

Like · Reply · 2y

👍 1



Sam Buckley Well done Daryl!



Write a comment...



CASE STUDY

Almost Bankrupt to \$1.6 MILLION USD in 9 Months with a Single Marketing Strategy.

Our case study for today is the **CEO** of a company that offers online personal development courses.

Catering to women who follow Deepak Chopra, the movie “The Secret,” and John Assaraf, he provides coaching on mindset, hypnosis, neuro-linguistic programming, and positive affirmations.

The company encountered a stumbling block: multiple attempts to launch a flagship product—a \$20/month mindset membership—had failed. They found themselves on the verge of bankruptcy.

The CEO and his team had to do everything in their power to save the business. Either they go big or they go home penniless and insecure.

Objectives

- Generate funds to keep the business moving forward.
- Launch products that sell.
- Market the brand.

What we did

- Established a standard lead generation and client acquisition process using a six-hour webinar.
- Harnessed the company's 50+ strategic partner promoters which earned the company approximately \$550,000 from about 600 orders.
- Sold \$997 one-time or \$397 three-time payment plan, with around 50 percent of sales going to the partners.
- Gave a Contact Us number and assigned two phone sales reps to take inbound calls.
- Placed outbound calls to anyone who hit the order form during the broadcast or clicked to see the order form from a post-event email but didn't purchase.
- Created split tests for each step of the process when the partners were promoting.
- Made A and B versions of registration pages, reminder emails, order forms—everything.
- Took the winning versions and then set them up to play as if live but on an automated basis.
- Set up the process to run from Sunday to Saturday each week, automatically.
- Ran the six-hour event on Saturdays.
- Sent multiple pieces of pre-event videos and homework materials via email to build excitement.
- Uploaded buyer emails to Facebook Ads and made a lookalike list.
- Created three ads with a \$500 budget and ran them on Facebook to the lookalike audience of our 550+ buyers to register for the event “happening this week”.

- Doubled the ad spending using the profit from the week before.

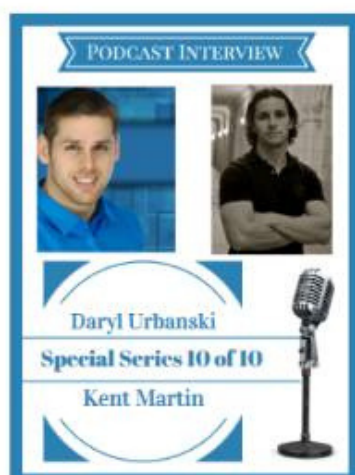
Results

- Earned \$1.6 million in front-end sales (excluding back-end products and services sold).
- Made \$7 million in sales in just under three years.
- Installed a massive income stream, including paid ads and customer service, requiring only three or four people to run it.
- Launched several other products under the new company brand.

Why it was smart to work with us

It might be hard to believe how they got back on their feet and earned millions. But Daryl's marketing strategy worked; this company is one of the many who swear by it.

🔊 Listen to Daryl's interview with Kent Martin about how they grew the business: <https://members.bestbusinesscoach.ca/inside-a-7-million-dollar-automated-funnel-building-up-to-over-300000-facebook-followers-from-scratch-with-kent-martin-2/>.



Special Series 10 of 10: Inside A \$7 Million Dollar Automated Funnel & Building Up To Over 300,000 Facebook Followers From Scratch - With Kent Martin

Today we are joined by a good friend and very special guest - Kent Martin. I first met Kent while working as Senior Marketing Director for J...



Goals:

- 1) \$6.5MM in revenue from automated online sales and conversion strategies (Stretch Goal of \$10MM)
- 2) Build a Lead Generation Machine For Sales Team
- steady flow of quality leads with sufficient volume
- 3) Improved web presence / front end website(s)



Daryl Urbanski

#1 Bestselling Business Author, Business Coach,
Entrepreneur, & Student Of Life...

YOUR SUCCESS IS MY SUCCESS!

My mission is to create 200 new multi-millionaire
business owners. How? You'll do better when you
know better.



Join Our Mission



BestBusinessCoach

"Your Success Is My Success" - Daryl Urbanski



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