



The  
**enchanting**Lawyer™

# Action Guide

**Katrina Starzynskya**

## **1. Be Well**

Katrina explains that it is vital to be physically and mentally well, to be successful. Depression is a common issue for those who are dealing with difficult and stressful situations, but Katrina believes that it is all in the mind set. When she was curing herself of Lyme disease, she found motivation by thinking about being well, and proving to the medical community that she could do it.

### **How Does It Apply?**

Write down something that you want to change in your health. It may be physical or it may be psychological. Next figure out a way that this can be done. Now think of 3 things that motivate you. Write down the 3 reasons to be well and refer to them whenever you need motivation.

## **2. Take Small Steps**

When Katrina met Richard Branson he gave her some valuable advice. One piece of advice that he gave was to take small steps which all add up to something great. He also added that it is important to enjoy what you do and have fun. By being happy and doing things in sizeable steps, big changes can be made.

### **How Does It Apply?**

Write down 3 of your longer term goals. How can you reach those goals in an enjoyable way by taking a series of smaller steps?

### **3. Build Yourself as a Brand**

Katrina describes why it is so important to build yourself as a brand. When they hear about someone, the first thing that people do is google their name. Your own brand is therefore very important for you to be considered professional, and an expert, as well as making yourself stand out.

#### **How Does It Apply?**

Google your name. Imagine that you are a potential client. Write down what impression you would have got about yourself. Now write down how you think you can improve your self-brand. It could be about sharing information and reaching out to people, getting endorsements or updating social media.