



# 100 Things To BE In Your Business

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Firefly Coaching

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# 1. BE Open

To all that life brings you, to  
new ideas, to beliefs and  
concepts that are different  
than yours.



## 2. BE Willing

To be, and do, what it  
takes.



### **3. BE Yourself**

Who else could possibly be  
you, better than you?



## 4. BE Generous

With your heart and  
thoughts.



## 5. BE Authentic

The real you is much more attractive than any pretense.



## 6. BE Outrageous

In a fun, playful way.





## 7. BE Loving

To all the parts of yourself.



## 8. BE Aware

Of the thoughts that float  
through your mind.



## 9. BE In the Moment

The present moment is a gift; receive it by being in it.



## 10. BE Light

In your approach to life.  
Even serious matters can  
be approached with a light  
heart and mind.



## 11. BE Grateful

For everything that you  
are and all you are able to  
be and do.



## 12. BE In Love With Yourself

You are worthy. "To love oneself is the beginning of a life long romance."

Oscar Wilde



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## 13. BE Patient

With yourself.  
Peace beats stress.



## **14. BE One With the World**

And experience the magic  
of connection.





## **15. BE Quiet**

Silence is healing and  
inspiring.



## 16. BE Still

Slow down and be where  
you are.



## 17. BE Accepting

Of what is. And if you  
need to make a change,  
go ahead.



## 18. BE Courageous

And follow your heart.



## 19. BE Mighty

By standing up for what  
you believe.



## 20. BE Bold

Dare to become all of you.



## 21. BE Delightful

For yourself and watch  
how it rubs off.



## **22. BE Harmonious**

With your surroundings.





## 23. BE Unique

By being more of yourself.



## 24. BE Original

In your expression.



## 25. BE Happy

With who you are in the  
moment.



## 26. BE Loved

From within and allow &  
receive love from others.



## 27. BE Fulfilled

By all of your experiences.



## 28. BE Helpful

Share your love and  
wisdom.



## 29. BE Heard

By listening to yourself.



## **30. BE Conscious**

Of each moment that is  
your life.





## **31. BE Healthy**

In thought and action.



## 32. BE Contemplative

About who you are.



## **33. BE At Ease**

Knowing that you can  
handle it.



## 34. BE Creative

In everything you express.



## **35. BE Sensitive**

To your heart and feelings.



## 36. BE Receptive

To opportunities for  
growth.



## **37. BE Inventive**

And find a way that is  
brand new.



## **38. BE Wild**

In the expression of your  
soul.





## **39. BE Daring**

And express the real you.



## **40. BE Non- Conformist**

And feel the joy of going  
your own way.



## 41. BE Response- Able

Able to respond in a peaceful, loving way.



## 42. BE Caring

And watch your  
compassion muscle grow.



## **43. BE Intentional**

And experience the peace  
of knowing why.



## **44. BE Essence**

And know your true self.



## 45. BE Essential

To your own life.



## **46. BE Valuable**

By expressing your unique gifts.





## **47. BE Human**

And see the humanity in  
others.



## **48. BE Bright**

From the inside out.



## **49. BE Your Best**

You can't be more.



## **50. BE Brilliant**

By not hiding.



## 51. BE Understanding

Especially when things  
aren't going your way.



## 52. BE Forgiving

It's a gift only you can  
give yourself.



## **53. BE Proud**

Of yourself.



## **54. BE Confident**

In knowing who you are.





## 55. BE Humble

There's always something  
to learn.



## 56. BE Gracious

Accept with love.



## **57. BE Full**

Of all that your life  
includes.



## 58. BE Joyous

Knowing how special you  
are.



## **59. BE Curious**

About yourself and your  
life.



## **60. BE Clear**

About who you are and  
what you intend.



## **61. BE Honest**

With yourself first.



## 62. BE Within

The strength of your  
wisdom.





## **63. BE Enthusiastic**

About experiences that  
excite you.



## **64. BE Inspirational**

As a source from within  
yourself.



## **65. BE Seen**

For who you really are.



## 66. BE Brave

Brave enough to be the  
very most of yourself you  
can be.



## **67. BE First**

Before you 'do' and 'have.'



## **68. BE Ready**

To embrace each moment.



## 69. BE Strong

By sticking to what is most important to you, your values.



## 70. BE Allowing

And release the need to  
control everything.





## **71. BE A Source**

Of your own strength.



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## 72. BE Relaxed

It helps to cushion the big jolts.



## 73. BE A Catalyst

Start a chain reaction of momentum.



## 74. BE Responsive

To your intuition and heart.



## **75. BE Free**

In choosing your  
responses.



## 76. BE Affirming

About your possibilities.



## **77. BE Rare**

In your dedication to  
tenderness.



## **78. BE Energetic**

About things you are  
passionate about.





## **79. BE In Your Own Business**

It's the only business you  
really can affect.



## **80. BE Assumption Free**

And realize how peaceful  
and relaxing life can be.



## 81. BE Reflective

About how you are being.



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## **82. BE Grounded**

In your heart and body.



## **83. BE Tuned In**

To what thrills you.



## **84. BE Observant**

Of your thoughts and intentions.



## 85. BE Playful

You'll have much more fun  
getting things done.



## **86. BE Attentive**

To your well being.





## **87. BE Resistant Free**

And experience the flow.



## 88. BE Thrilled

To be able, to be.



## **89. BE True to Your Word**

And enjoy the confidence  
of your heartfelt intentions.



## **90. BE Where You Are**

After all, it is where you  
are. Why not enjoy it?



## 91. BE Immense

From the inside out.



## 92. BE Abundant

In your gratitude.



## **93. BE A Listener**

And hear what others  
really say.



## 94. BE In Touch

With how you feel.





## 95. BE Connected

To your brilliance.



## 96. BE Trustworthy

By keeping the promises  
you make to yourself.



## 97. BE Serving

To people who need your  
help.



## **98. BE Imaginative**

About creating your life.



## 99. BE Satisfied

With your choices. If you  
want something else,  
make a new choice.



## 100. BE Thankful

For everything that occurs,  
knowing that it is for you.



Stephanie Ward is a Business & Marketing Mentor for Meaningpreneurs® and the owner of Firefly Coaching.

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