

THE ONLY PERSON IN MY WAY IS “ME”

By Marsha L. Jeffers

1. Make a list of who or what is influencing your decisions both personally and professionally. Are they supporting you in the way you need to be supported?
2. How are you spending your time? Make a list of how you spend your time. (social media, games, watching TV, keeping busy so you will feel like you are accomplishing something) What are you realizing?
3. Treat your business as if it were a J O B. Where would your business be right now if you worked it the same way you work a job?
4. What attitudes, beliefs and programming have you bought in to and you are living out? My mom always said, “If you want to get anywhere in life you have to work hard.” I realized this is not always true. Now I work smart, not hard. 😊
5. Actions speak louder than words. When my family “didn’t believe” that I could be successful in my business, instead of spending time trying to convince them I took that time and simply went to work. When the results started happening they soon changed their tune. 😊

6. Remove the guilt! This is a big one. Who makes you feel guilty? How much time and energy have we spent feeling guilty? What are the benefits of feeling guilty?

7. Pay attention to what you are telling yourself. What we focus on increases. What are you focusing on...the look good thing/keeping up with the Jones'/what isn't good enough/what hasn't worked. How is this supporting you?

8. Let the fear go! What are you afraid of ...what other people think/being judged/failure/not being good enough? How much time have you spent there and what is the payoff for being in that place?

9. Invest in yourself. You are your greatest asset. Invest on the inside of YOU as well as the outside of YOU. Heal up the hurts, anger, frustrations, jealousies, resentments, so you can be free to be who you really are and create the life YOU want to create.

10. Treat yourself with the respect you deserve. When I started doing that it wasn't long before others were treating me with respect. When I minimized who I am, my gifts and talents, this gave other people permission to do the same.

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