

MILLIONHER[®]
Mindset

FREAKOUTS

What am I freaking out about today?

I'm freaking out about if I'm doing enough

I'm worried that I'm going to disappoint people

I'm freaking out that I'm not doing enough for my clients

I'm worried I'm not doing enough to grow my business

Just all feels like I can't get it all done or can't get everyone the results I want

What, if anything, do I want to do to take my power back on these?

Honestly, I don't want to do more. I'm doing a lot- I know practically I'm doing enough.

To take my power back I need to shift my mindset that I have to always do more or always own every bit of peoples' results.

****note: often just acknowledging the freakouts and writing them down each day is enough****

FEELINGS

What feelings do I need to process and acknowledge?

I need to process feeling overwhelmed with all I'm holding and just feel the feelings and acknowledge the intensity of it

What feelings do I need to cultivate more of?

I need to cultivate more feelings of enoughness and more feelings of confidence in what I'm doing and feeling deeply that I'm doing my best. I need to sit in knowing I'm enough and doing enough. Period.

****note: sit with BOTH of these for a few minutes each for best results****

FUTURE

What future am I creating?

I'm creating \$20k months, clients that are happy with our work, and a growing audience.

I'm someone who easily hits \$20k months, feels really confident each day, and knows I'm always doing enough.

I am someone who has happy clients, who finds it easy to respond to them, and who feels lit up by her work.

What can I do today to act and live from that future NOW?

I will act from the \$20k level and the place of being a great coach by showing up and coaching from that place today and being grateful and lit up by the work I get to do.

I want to feel confident and enough so I will answer client questions assuming they're happy with our work and being very confident in my answers.

I want to grow my audience and have \$20k months and today I will confidently show up on my livestream and share knowing that more and more people will be watching and owning the success I've created. I also won't re-watch it or second guess myself after it.

I can celebrate myself for what I did today, for doing my best, and cultivating those feelings of enoughness by making a list of what I'm proud of accomplishing.

****note: the more real you can make this feel now the more likely it is to show up****