

Become a Block Buster

A person is standing on the edge of a large, layered rock formation that juts out from a steep mountain. The person is looking out over a deep valley filled with dense evergreen forests. In the distance, more mountain peaks are visible under a hazy sky. The overall scene conveys a sense of challenge and achievement.

Are you hitting a wall in various aspects
of your life, career or business?

Are you confused about which step
to take next?

**Overcome these blocks and claim
unstoppable success.**

5 Ways to Make

Everything Right

Once you train your mind to recognize and overcome the thoughts that create

blocks, you are able to quickly move into action to get around them. As the 5 barriers are busted, everything begins to feel right. Your work aligns with life; you work smarter not harder; you attract and retain excellent staff; you differentiate yourself to propel success; everything feels easier and flows. These are only a few of the possibilities ahead. Get started now to begin recognizing the barriers to your growth and prosperity so soon you can be unstoppable in reaching your goals.

Outer Blocks

are external blocks that are things out of your control. They take a toll on you physically and mentally as they inhibit your success. While these are things you have little to no control over, they become blocks when you choose to let them be reason you cannot accomplish something. As you work on the following inner blocks, the work you do helps you no longer see the outer blocks as a limiting factor. You are enabled to move right past them.

Economic Climate
Financial Burdens
Weather Location
Inadequate Equipment
Physical Limitations
Time Illness

No More...



Inner blocks

are created in your mind and can disrupt and distract you from your success. They are beliefs that are generated by the unique lens you look through in life and are formed by experiences, past and present, and how you interpret them.

Limiting beliefs

Limiting beliefs hold you back from reaching some goals. If you don't believe something is possible, you are not likely to attempt it. Even if you do try it, your engagement will not be as fruitful, as beliefs that limit you will stall you out.

Overcoming limiting beliefs allows you to see opportunities everywhere. Personal and professional growth becomes natural. You begin to inspire others to see things differently, too.

- Setting the bar high is the only way to reach it.
- Success is about making money.
- Success takes hard work.
- No one wants to be told what to do.
- You have to use Social Media to build a following.

Assumptions

believe that because something happened in the past, it is going to happen again. It also stems from awareness or exposure to how something was done, so you assume that is the way it should be done. Because your unique lens

creates your assumptions, it is often more challenging to recognize and break free of them. Overcoming assumptions often requires delving deeply into the origin of the thought to help remove the emotional connection to it.

- I can't trust anyone.
- I can't do what I want until I am financially secure.
- If I don't meet up to others expectations, they won't respect me.
- I can't be confident and humble at the same time.
- I'll never be truly successful.
- You have to be pushy to sell.

Interpretations

When you interpret something, you create an opinion or judgment about an event, situation or experience in life. Usually the thought that comes from an interpretation is only one of many possibilities. Try to notice how you see a situation. If you stick with your first thought, you will have difficulty seeing other possibilities. As a result, it creates the feeling of little control over the situation, which stalls engagement and motivation. Ask others how they see it to open your mind to other possibilities.

- He doesn't like me.
- They are talking about me.
- She doesn't care.
- She is lazy.
- He isn't honest.
- He is so selfish.
- I can't do anything about it.
- That tastes terrible.





Inner Critic

This barrier to success is a strong force within each of us. You can call it a saboteur, a gremlin, a destructive thought, or give it a fancy name, but plain and simple your inner critic tells you, No Can Do! Your inner critic tells you not to try, never take a risk, always take the safe road, and to compromise your life by playing small. The dominant message from your critic's warnings is you are not good enough to do what it is you want.

Regardless of evidence to the contrary, the critic's annoying voice in your head says, "it ain't going to happen." The debilitating message bubbles up in many forms: "I'm not smart enough, experienced enough, attractive enough, rich enough." It all comes back to the aggressive block, "I'm not good enough to cut it." The inner critic is deeply rooted and carries the most intense emotional charge of all the blocks. When it whispers, motivation sinks. The thoughts it plants in your head take you to a place of dread and worry which results in doing anything you can to avoid pain,

- I'm not effective.
- Who am I fooling here?
- I'm not smart enough to do this job right.
- I don't deserve success.
- I'm too disorganized

embarrassment, and ridicule. You can even be scared of succeeding for fear failure might follow. Begin to recognize and call out the whispers of your inner critic. Replace them with supportive and encouraging words to draw upon thoughts that will build you up and move yourself forward.

Summary

Each of the five blocks are obstacles that prevent you from reaching your highest engagement and energy toward what you desire. They create thoughts that diminish who you are in your roles in life. They block the flow of your innate powerful and creative abilities. As you work to identify, challenge, and reframe them, you will move forward in ways you never thought possible! The work to get there is deliberate and difficult, but you can do it! (Don't let that inner critic tell you that you can't).



Are you ready to become a Block Buster and play all out on the big screen of life?
Sign up for a free discovery session today. www.cpbcoaching.com/book-online

You were made to run the great race in life and feel like a winner!
Claim your unstoppable destiny today. www.cpbcoaching.com/connect

13 No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, 14 I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us. Philippians 3:13-14