

Eliminating Obstacles

* Important of keeping energy high. Dance with obstacles/resistance as an opportunity!!

FOCUS:

* Investigate the 7 most common obstacles, distractions, and culprits than impede progress and success.

* Evaluate the obstacles and distractions in your life.

* Learn simple remedies to get you out of "stuck" and into "momentum!"

* Commit to THREE solutions to reduce the impact of obstacles in your life.

7 Obstacles, Distractions & Culprits

1. Lack of Clarity - Where there is resistance, there is often lack of clarity.

3 Areas of Clarity:

Check in with yourself:

* **Desire** - Scale of 1-10 -- i.e. lose weight, meditate, double income, relationship, out of debt, more clients, etc.

* **Vision** - Scale of 1-10 i.e. - clarity of what END result is --- what does it look like, feel like, refer to your Year long vision

* **Strategy** - Scale of 1-10 - the HOW i.e. What is your strategy to get back into working out, what days are you committed, map it out -- what key actions? Scheduled?

"Every moment of your life is infinitely creative and the universe is endlessly bountiful. Just put forth a clear enough request, and everything your heart desires must come to you." -- Shatki Gawain

2. Unhealthy Emotional States of Being

- What were your predominant emotional states last week?
- Were you... inspired, clear, excited, "in the flow", committed, resourceful, deserving?
- Were you...overwhelmed, stressed, stuck, frustrated, confusion?

Keys - Physiology, Focus, Language

3. Time Wasters

Email, TV, bad habits, smoking, alcohol, gossip, unhealthy snacking, social media, watching/reading the news, paper shuffling.

What are your top TWO time wasters?

What is ONE action you can take to lessen the impact?

1. CSI - TV - limit to 2 favorite shows. Cancel cable. DVR
2. Email - Only check twice a day. Set up folders and filters.

"Greatest amount of wasted time is the time not getting started." - Dawson Trotman

4. Low Physical Energy

4 big ones - 1) nutrition, 2) hydration, 3) exercise, 4) sleep,
daily rituals
veggie smoothies
8 hours sleep
exercise
fewer carbs

What is ONE thing you can do to positively affect your well being?

5. Lack of Focused Attention and Action.

How much energy is focused on a particular goal?

- * Want to write a book
- * Workout consistently
- * Attract a partner
- * Build an extra revenue stream

KEY - WILLINGNESS -- DESIRE Make it a must.

What 3 Action Steps you're willing to take this week?

1. _____
2. _____
3. _____

6. Time Constraints

We all get 24 hours in a day. What are your priorities?

WILD IDEA -- Imagine someone pay you \$1 million dollars to complete the top three actions you just named?

7. Not energetically open to receive.

2 Keys --

- 1) Create space energetically
- 2) Expand your sense of worthy & deservingness

Reality Check

1. Think about what you wanted to accomplish last week, but didn't. Where did your time and attention go?
2. Identify your top 3 culprits
3. Identify your top 3 solutions

The Ripple Affect

1 culprit can affect the other culprits -- lousy emotional state affects your ability to focus, sense of clarity, choices of self-care, etc.