



Inner Strength Assessment

Directions: Review the following list of Self-Sabotaging Beliefs and Fears and circle any that are holding you back.

Self-Sabotaging Beliefs

- They won't pay for this
- I don't know enough
- I'm not enough
- I don't have the right personality to succeed
- I'm a failure
- I lack focus
- I can't do this
- I'm not worth it
- I can't have it all
- My expertise is common sense
- Who would want what I offer?
- I have nothing to offer
- I can't compete
- I have to be fake for them to like me
- I'm not good at marketing
- I don't really need as much money as I think I need
- I'm not good at what I do
- Now's not the time
- I can't handle a busy workload
- I'll get overwhelmed if I attract too many clients
- I'm not a good speaker
- I don't have what it takes
- Who am I to do this?
- My target market is too small
- There are too many competitors
- My target market has no money
- I'm too disorganized
- I don't have all the answers
- I'm not motivated enough
- I shouldn't charge for this
- If I promote, I will seem like a used car salesman
- I won't be able to handle it
- I won't have any fun
- I'll have to do a ½ hearted job
- People don't want what I provide
- People won't pay my full fee
- I must discount to have clients
- I will spread myself too thin
- I'm not as good as she is
- I can't sell myself
- I'll never make good money at this
- They'll think I'm greedy and inauthentic



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Self-Sabotaging Beliefs (Cont.)

- My industry is too unstable
- This is hard work
- I won't be able to have a life
- It will all be taken away
- I don't have time to market
- I don't have money to market
- I never win; why even bother?
- I need to learn more
- It's not appropriate for a woman to promote herself or make money
- I'll have to pay a lot of taxes
- I don't like to sell
- I can't afford to get help
- I'm not a morning person
- They'll laugh at me
- I'm already too scattered
- I have to work too hard to succeed
- People won't like me if I'm successful or powerful
- Who do I think I am anyway?
- This won't work for my business
- It can't be easy; it must be hard

Self-Sabotaging Fears

- Fear of rejection
- Fear of overwhelm
- Fear of success
- Fear of failure
- Fear of what others will think if I promote
- Fear of humiliation
- Fear of making mistakes
- Fear of becoming greedy
- Fear of the unknown
- Fear of asking for money
- Fear of confrontation
- Fear of losing freedom
- Fear of what others will think if I make money
- Fear of growing too big
- Fear of losing it all
- Fear of being exposed



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Self-Sabotaging Fears (Cont.)

- Fear of not being enough
- Fear of not doing things right
- Fear of getting hurt emotionally
- Fear of feast and famine
- Fear of being vulnerable
- Fear of being fully authentic
- Fear of not fitting in
- Fear of not fully grasping concepts
- Fear of not having clients
- Fear of not having enough
- Fear of my deepest truth
- Fear of criticism
- Fear of my own power
- Fear of not being able to pay the bills

Next Steps

Process for Managing Limiting Beliefs:

1. Pick top 2 or 3 limiting beliefs or fears you want to eliminate.
2. Determine from where it is you got them.
3. Separate the fact from the fiction
4. Thinking objectively about your limiting beliefs ask yourself:
 - Does this really make sense?
 - Is there a possibility it might be irrational?
5. This belief may have protected you from something in the past, but it no longer serves you. Eliminate or neutralize the belief, let it go, and keep moving forward!



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Next Steps (Cont.)

Process for Overcoming Fears:

1. Pick top 2 or 3 fears that are REALLY keeping you stuck.
2. Determine from where it is you got these fears
3. Separate the fact from the fiction
4. Write down what the “worst-case-scenario” is should that fear come true
5. Walk INTO the fear! It’s never as bad as you think it will be. BIG results often come from facing your fear and moving forward anyway!

Additional Resources & Assistance

1. Take my complimentary Mindset Mastery assessment at www.TheGuiltFreeCoach.com/tools.html. There are only 20 short questions to answer and tally up for your score. It’s a terrific way to assess the strength and empowerment of your own inner dialogue.
2. If you are **ready to get out of your own way** and **move forward with confidence toward your goals**, and work well independently, then my **Upgrade Your Mindset & Undo the Guilt** 40-page guidebook is for you. Visit <http://www.theguiltfreecoach.com/online-store.html> for more details or to order your copy today.
3. If you are **tired of struggling alone** to reach your goals and want a partner to complete the process? The [Guilt-Free R.E.S.U.L.T.S.™ Action Group](#) can provide the **tools, support** and the **coaching** to achieve your goals.

If you are **tired of going through the motions** striving for success and **not reaching what you desire** I’m ready to get help you **get out of overwhelm** and **into action**

Contact me at 847-516-0190 so we can get acquainted and you can share your concerns.

Together we can find a solution!