

**Unlock Your Success:
Overcome Your Biggest Obstacle
and Achieve Your Business Dreams**

JANET LEWIS.COM
XOXO



Embarking on the journey of creating your own business comes with its fair share of challenges and obstacles.

But what if the biggest obstacle you face isn't external, but rather within yourself?

With this guide you will discover the keys to your success and take action to turn your dreams of starting your own business into a reality.

THREE KEYS



Power of Determination



Overcoming Self Doubt



Rewriting Your Self Talk

TAKING ACTION



OVERCOMING OBSTACLES





The Power of Determination

Life's challenges often test our resolve, but when you truly desire something, you become **UNSTOPPABLE!**

In the journey of starting a business, unwavering **DETERMINATION**, and a clear understanding of your "**WHY**" are pivotal.

Determination fuels the **RESILIENCE** needed to **OVERCOME** obstacles and setbacks that are inevitable in the entrepreneurial path.

It's the **DRIVING FORCE** that propels you forward, even when the road seems daunting.

Your "**WHY**" serves as your North Star, a constant reminder of the **PURPOSE** and meaning behind your business endeavor.

Whether it's solving a problem, making a positive impact, or realizing a personal dream, knowing your "**WHY**" infuses your work with **PASSION** and helps you **NAVIGATE** challenges with a sense of purpose.





Overcoming Self-Doubt

As dreams grow bigger, so can self-doubt.

Self-doubt can be a silent **SABOTEUR**, hindering progress and stifling creativity. It's crucial to **RECOGNIZE** that self-doubt is a natural aspect of any new venture. However, it's essential **NOT** to let it define your journey.

Battle self-doubt by acknowledging your **ACCOMPLISHMENTS** and focusing on your **STRENGTHS**.

Surround yourself with a **SUPPORTIVE NETWORK** of mentors, peers, and advisors who can provide **GUIDANCE** and **ENCOURAGEMENT**.

Cultivate a **GROWTH** mindset, understanding that failures are steppingstones to success, and view each setback as an **OPPORTUNITY** to learn and improve.





Rewriting Your Self Talk

Harnessing the power to **TRANSFORM** negative self talk into **POSITIVE** is a skill. It all starts with replacing self-criticism with **SELF-COMPASSION**.

If you find yourself engaging in negative self-talk, take a moment to **PAUSE** and **RELECT** on what might have **PROMPTED** these thoughts.

Following that, assess the **REALISM** of your self-talk, as often, you'll discover that it doesn't align with reality.

Embrace past failures as **LESSONS** that are bringing you closer to your goals.

By rewriting your self talk, you'll increase your self-belief but also **ATTRACT** opportunities and collaborations that **ALIGH** with your **VISION**.

Changing your inner dialogue can drive you closer to **ACHIEVING** your **GOALS**.





Taking Action

The real **STRATEGY FOR SUCCESS** is to **TAKE STEPS** towards making your dreams come true.

Ideas alone are mere whispers in the wind, and dreams are but fleeting visions. It is through your unwavering **ACTION**, fueled by **DETERMINATION** and **RESILIENCE**, that these whispers transform into **REALITY**.

Cast aside the shackles of doubt. Replace hesitation with **BOLD STEPS** and procrastination with **UNWAVERING COMMITMENT**.

Every great journey begins with a **SINGLE STEP**, and every **ACHIEVEMENT** emerges from the courageous embrace of **ACTION**.





Overcome Your Biggest Challenge

Your Journey Starts Now

Utilize our comprehensive worksheet to gain **CLARITY** and **STRATEGIZE** effectively.

Answer vital questions that guide your **ACTIONS** and **MINDSET** transformation.

The path to success starts with **CONQUERING** your internal hurdles. By adopting a **PROCATIVE MINDSET** and following a well-thought-out **STRATEGY**, you're already on your way to realizing your business aspirations.

Embrace the **PROCESS, TAKE ACTION**, and **TRANSFORM** your obstacles into steppingstones.

Get started today and embark on your journey to **ACHIEVE** your business dreams!





Overcome Your Biggest Challenge

Record your answers to the following questions.

1. What is “one thing” you want to do or achieve in the next 3-6 months?

2. What is your biggest challenge?

3. What are the negative thoughts that you have about your “one thing”?

4. How can you change the negative thoughts to positive thoughts?

5. What are the excuses you are telling yourself, so you don’t make this “one thing” happen?

6. What are the real reasons why you should do this “one thing”?

7. What are actions you should be taking to make this “one thing” a reality?


8. When are you going to take these actions?


9. Who are you going to talk to this about that can help support you in taking these actions on time?


10. How are you going to feel if you accomplish this “one thing”?

Congratulations!

You're one step closer to your goals! Remember, progress is all about taking those small steps, one after another, towards your dreams.

 **Keep Stepping to The Next Stone:** When you're facing difficulties, envision the incredible feeling of accomplishment that awaits you on the other side. Embrace the struggle, for it's shaping you into the person you're meant to become.

 **Visualize the Feeling of Achievement:** Imagine the satisfaction and pride you'll feel when you conquer the "one thing" you've set out to accomplish. Use this vision as fuel to persist and overcome any obstacles that come your way.

 **Your Dreams Await:** Your dreams are within reach, and every step you take brings you closer. It's the collection of these steps that form the extraordinary path you're walking. Trust in your



abilities, stay committed, and keep moving forward, no matter how small the progress may seem.

🌍 Spread the Positivity: If this handout has inspired you or helped you in any way, consider sharing it with others who might benefit from its message. Your support can create a ripple effect of motivation and empowerment.

The journey is as important as the destination. Cherish every step, celebrate each accomplishment, and embrace the challenges. Your determination and perseverance will light the way towards a future filled with success and fulfillment.

Here's to your ongoing success and the wonderful journey that lies ahead! 🌈🌻

Until next time!

Janet

PS. If you liked this guide and need help with a current challenge be sure to Book Time on www.janetlewis.com

