

# *Your Dreams, Challenges & Fears*

*Starting your own business as a coach, consultant, trainer or business owner of some sort is exciting but there are plenty of challenges along the way that you will face. Look at each challenge or setback from the view of what you need to learn instead of it being an obstacle.*

*It is likely that you will go between being really excited and then being in a state of overwhelm and that it is all too much. You are not alone - we have all been there and still are at various times.*

*You're signed up with a coaching academy or decided to start your own online business. You feel that it had been calling you. It just feels so right. You start learning the tools you need to be a coach or to get started in your new business and it is wonderful. You can't wait to get your first client/customer. You are nervous and excited.*

*You start with such eager excitement as you now envision the life you want by having your own business, working the hours that suit you and your family, the life of your dreams and enough money to give you freedom of choice - to do what you want to do, when you want to, if you want to - totally your choice.*

*Then you start to panic and feel overwhelmed as you come things such as defining your niche, creating a web site, autoresponders, optins, domains, low priced products, business facebook page, marketing templates, videos, audios, online, offline, blogs, other social networks, virtual assistants, charge out rates, client management systems, tool, processes, business name, intro session, ebooks, teleseminars, you sign up to everything and your email box becomes full and you see others creating great products. You become stuck, start having doubts, your head is driving you crazy, you think that you may not be good enough or can't do it. When this happens just STOP.*

*Just remember to take baby steps and breathe. You are going to be okay. You are on your own journey and will get there if you persist and don't give up. Everything that is new to us or takes us out of comfort zone will cause us to react or respond in some way.*

*By listening to the feelings it evokes we continue to grow and learn. **FEAR** is nothing but **False Evidence Appearing Real** and it is our limiting beliefs (LB) or wounded child (WC) in ourselves that hold us back. Trust your intuition and believe in yourself. A quote that I love from Denise Duffield-Thomas is:*

***“It is my time and I am ready for the next step”***

# Your Dreams, Challenges & Fears

*By taking this journey you will learn more about yourself than any personal development book, audio or course. Although your life will be enriched because of the resources you then read, listen to or attend.*

*Use this page to coach yourself to work through what you want or need and the action steps you need to take. You can then delete and move on to the next task once each one has been done or copy the page so you can keep a record of your progress.*

*Remember act **AS IF** the change has already happened. If you need too - close your eyes so you can picture (visualise) how you would like that area that you have chosen to look and feel like.*

*What do you want to achieve?*

*What do you want/need to do first?*

*How comfortable/confident are you with completing this task?*

*What steps will you need to take to get this task done?*

1	
2	
3	
4	
5	

# Your Dreams, Challenges & Fears

Is there anything (problems) that will prevent you from doing any of the steps above and what can you do to prevent this (solutions)?

	<i>Problems</i>	<i>Solutions</i>	<i>Date to Complete</i>
1			
2			
3			
4			
5			

Other things that you want to work on - put your ideas here so you don't forget but just work on getting one thing done at a time

<i>Topics</i>	<i>Confident/Not Confident</i>	<i>Resources/ People that can Help</i>

## *Comments /Reflection*



### *The Butterfly Effect*



*"The butterfly effect simply stated means that the tiny changes brought about by a butterfly moving its wings in San Francisco has the power to transform the weather conditions in Shanghai."*

**One Minute Millionaire - Mark Victor Hansen & Robert Allen**

*"The fact that tiny adjustments you make in your life today can cause enormous results later on."*