

# MINDMotivation!

## Season One, Episode Two

### The One About - Success Blocks and Cop-Outs

As your success coach I want to show you how to fast track to where you want to go in both your emotions (positive) and your achievements (success). Most people I've coached didn't even realise they had blocks and old thought patterns stopping them from getting success or slowing them down, so they never get in the fast track lane... but that's not YOU (because you've signed up to MINDMotivation, Right!)



#### LET ME ASK YOU A QUESTION:

Would you fill a backpack with heavy builders bricks, and then put it on your back and carry it around with you all day? Of course, you wouldn't – I agree that would be stupid.

There's no sense or benefit in doing this, just as there's no sense or benefit in carrying around the weight of success blocks and cop-outs day in and day out. Yet many people do. They unconsciously carry them through their lives, like a heavy weight on their back that pulls

them down, stopping them moving forward and achieving their goals.

Check in with yourself and see which of these you relate to. Once you recognise a block that's stopping you and become conscious of it then it's easy and quick to bin it and throw it away, it does not serve you.

**Press delete and get rid.**

## **SUCCESS BLOCK #1**

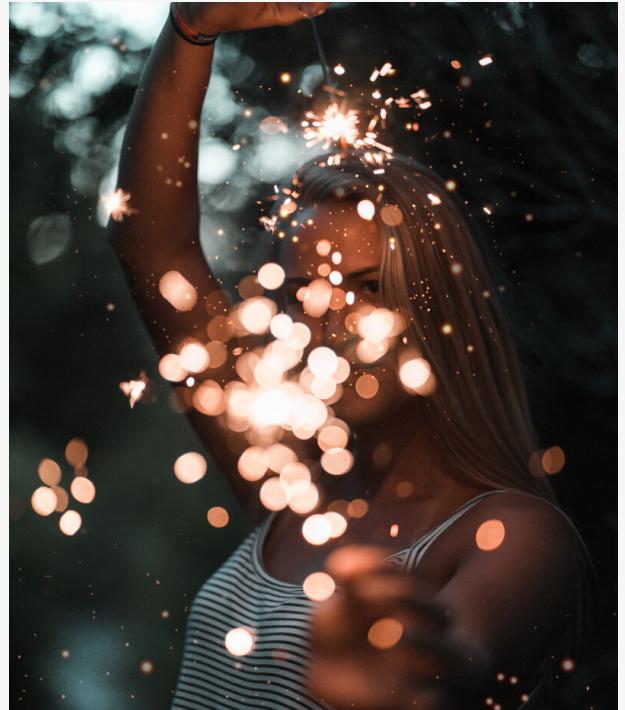
**...Believing some people are just born successful.**

Success and happiness are NOT dictated by our genes or our environment. Being a happy, successful and fulfilled person is not a gene given to one baby at birth and not to another. There isn't a fairy godmother sprinkling success dust over some and not over others.

And you certainly aren't at birth given a 'This is your life' tag on your toe saying one of the following:

- **You'll have a happy life**
- **You'll be miserable and a moaner**
- **You'll have an average life**
- **You'll go through life as a blamer and nothings ever your fault**
- **Oh, lucky you, you will have a phenomenal life**

There's no mystical power giving one person a brilliant future and another person a lousy one and no-ones just born under the right star sign.



Happiness, success and fulfilment are states and emotions that we create and control. Your destiny is just that – it's your destiny. It's in your hands and you are the only person in charge of the controls (unless you give away your superpower to others).

We are all born positive, powerful and full of imagination and potential. Who we become is dependent upon:

- **What we think about and focus on**
- **How we perceive and interpret what happens to us**
- **What things mean to us (positive or negative)**
- **What we do, the decisions and actions we take or don't take**

Yes, we are each born into different environments and some people are dealt a better deck of cards and more advantages at the start of their life than others. We each receive varying levels of love, education, financial and family support. Yet each person also has the potential to create the life they want.

We all know stories of people who in the face of adversity soar to achieve the life they want and achieve greatness. And also, people who are born to great privilege and throw away all opportunities. Successful people make positive decisions about what to focus on, think about and believe is possible. THEN, they ambitiously take massive action.

**They are proactive and not reactive to their environment and circumstances.**

**"How we all live our lives is determined not so much by what life brings to us as by the attitude we bring to life; and not so much by what happens to us as by the way our minds look at and interpret what's happened."**

## **SUCCESS BLOCK #2**

**...Success is down to luck.**

We have all heard people say, successful people are simply lucky and in the right place at the right time? Absolute rubbish!

Never see success and happiness as something that falls easily and often into the hands of others. If you think like this, you could spend a lifetime waiting for happiness, success and fulfilment to happen to you.

Alternatively, and way better is you can go out and make it happen. Being happy and successful is not down to being lucky and in the right place at the right time.

I have used the following mnemonic for many years to emphasise precisely the role luck plays in your happiness, success and fulfilment.

**LUCKY = Labour Under Conscious Knowledge YOU.**

In other words:

**Labour – when YOU work**

**Under – with**

**Conscious – aware, mindful and present in the moment**

**Knowledge – use learnt skills and information**

**YOU – own it and take massive personal action**

Your destiny is not down to luck, it's down to your decisions, focus and the actions you take. The next time you hear someone who is happy, successful and fulfilled described as 'lucky', look closely and you will see a person who is working hard with skills and knowledge.

They're creating and seizing opportunities, taking personal responsibility for their decisions and implementing the actions necessary to achieve their goals.





**"Success is working with all you have for all you want."**

### **SUCCESS BLOCK #3** **...I'm just unlucky.**

A taxi driver said to me 'Luck, huh. The only luck I have in my life is bad luck and if I didn't have that then I wouldn't have any luck at all'

If you believe that the only luck you ever get in your life is bad and that you're in the wrong place at the wrong time most or all the time, then, guess what, that is precisely what you'll get. If you think it, you'll attract it!

Even more worryingly, if you believe you are unlucky then you must also think that you have little or no control over your circumstances. As a result, you may not be taking responsibility for your life and making it as you want it to be. This may sound harsh but it's important that you recognise that this may have simply become a habit and way of thinking for you. The good news is that you can stop doing this now by taking ownership of your life and dictating the path it takes. And as the saying goes:

**'Don't believe the world owes you all you desire. The world owes you nothing. It was here first.'**

### **Try This Exercise!**

**What do you believe NOW about success blocks?  
What have you said to yourself or believed in the past that has pulled you back from success?**

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# SUCCESS COP-OUTS TO GETTING WHAT YOU WANT

## Cop-out #1 – I don't have time, tick tock.

I've heard this 100s of times.

How many times each day do you think to yourself or say to others 'I just don't have enough time; there aren't enough hours in a day'? Like a rolling mantra. This self-talk (what you say when you talk to yourself) will only increase the feeling that you absolutely do not have enough time. Believing this will make you feel anxious and frustrated and is one of the biggest triggers of stress and stops success and happiness coming to you.

At the end of the day do you often think to yourself, 'I forgot to do X/I didn't get round to doing X/I should have done X, I didn't call Y or I forgot to email Z'?

How many times do you go to bed at the end of the day and drift off thinking of all the things you didn't do, only to wake in the morning feeling overwhelmed by your to-do list for the day ahead?

Do you relate to this? Am I describing you at times? Then let me ask you what I ask those who tell me they are always time-starved: what's your favourite TV programme? What do you watch most on NETFLIX? How many hours do you spend on social media?

**24 hour days** - The one thing that's equal in us all is time. We all have the exact same time each and every day of our life: 24 hours, 1440 minutes, 86,400 seconds. Time is non-negotiable. So isn't it obvious that the difference between people who live happy, successful and fulfilled lives and those who do not is how each person decides to use – or misuse – their precious time? It's what we do with time that's important. We each make decisions on the activities we fill our time with. Think about this:

## Are you efficient or effective? Are you doing things right or are you doing the right things?

Is what you fill your time with making you as happy and as successful as you could be? Is how you use time giving you your best life yet?

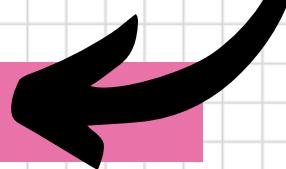
Ask yourself: 'Am I filling my time with life-enriching experiences that generate feelings of happiness, success and fulfilment or am I watching other people's lives acted out in TV soaps or in DVD box sets or following social media for hours each week?' It really is that simple.

Time is never the barrier to people getting what they say they want. Lack of time is merely an excuse and a cop-out.

You always have a choice about what is important to you, the decisions you make and the actions you take. What makes some people happy, successful and fulfilled, and some not, is the decision to go after what is important to them. Then they focus all their energies upon getting it.

My aim as your coach to get you to change your perception of time, value it more and accept responsibility for how you use it, because it is precious. As a result, you'll see time as a friend to work with on the journey of life and not as the silent enemy conspiring against you. What matters in your life is not time itself but what you do with your time.

## Try This Exercise!



**Time used or wasted? List 3 activities you do that help you create the life you want.**

- 1.
- 2.
- 3.

**Why do you do them, what are the benefits for you?**

- 1.
- 2.
- 3.

**List 3 activities you do that waste your time (be honest) - actions that move you away from the life you want?**

- 1.
- 2.
- 3.

**Now List 3 positive changes you can and will make NOW**

- 1.
- 2.
- 3.

**Use your answers to motivate you to make positive changes, take control of your time and get excited by it. Make positive changes now to how you value and use your time because it is not only your most precious commodity, it's your life.**

## **Cop-out 2 – Procrastination: are you a doer or a gonna?**

Ask yourself, are you a doer or a gonna? This expression comes from my Dad who always said: 'There are two types of people in life, the gonnas and the doers'. The gonnas are always 'gonna' do something yet they never get around to it and usually blame everything and everyone else for it. They are full of excuses and nothing is ever their fault.

## **'If you're going to procrastinate, then procrastinate later!'**

And then there are the doers. They are the opposite of the gonnas and they keep focused on what they want, continue to learn, grow, take action and make what they want happen. Doers take the action that is necessary so that what they want becomes what they have.

Decide right now to be a doer not a gonna in life.

## **Cop-out 3 – Blame culture**

Blame culture is a quick way to stop success! don't blame others for the things you want but don't yet have or the things you have not achieved. Take responsibility for yourself. It's empowering when you do this as you are putting yourself firmly in the driving seat of your own life and not being a passenger, tagging along on someone else's ride. Don't look to anyone or anything else to create your life for you. Creating your best life yet is about taking responsibility for yourself and not waiting on others to do it for you.

## **Cop-out 4 – I can't do it**

In my coaching work people often say to me, in a voice full of emotion, 'I can't do it'. Mostly that's not what they feel or mean. What they really mean (yet are not saying) is something like:

- "I can't do it because I don't know how to"
- "I can't be bothered to do it" (lazy)
- "I can't do it because I don't want to" (choice)

For example, when someone says any of the following: 'I want to learn a new skill or get a new career ... but I can't because of X' or 'I want to get fit' or 'I want to save money ... but I can't because of X', they are selling themselves the line that it's not their fault or responsibility. This is not true and will give them absolutely nothing except a condition I call 'Excusitis' (excuse overload).

When you say the words 'I can't' you block your positive energy, potential and personal growth. My role as your success coach is to help you to expose what may be preventing you from achieving the level of success you want. I want to get you to explore your thinking and perceptions, so you come to your own conclusions as to the best way to progress with your life. I want to get you to accept the consequences of thinking or saying:

*'I can't do it because I don't know how to.'* Now you know what the block is you can unblock it with training, knowledge, practice and support.

*'I can't be bothered to do it.'* Now the truth is out, connect to the benefits of doing it – think about WIIFY, or What's In It For You, and then use this motivation to take action, or let it go.

*'I can't do it because I don't want to.'* If it's something you don't have to do then stop wasting your time and instead focus on what you do want to do. If it's something you don't want to do but must, at work for example, then commit to doing it, give it a deadline, do it well and then move on to what you want to do.

When you think 'I can't' you will not seize opportunities and you will block positive energy coming to you. Be aware, someone else who does not suffer from excusitis will be right there to grab that opportunity. The only difference is that they thought 'I can do it' and you thought 'I can't do it'. Remember, whether you think you can or whether you think you can't, you are right both times!

It's over to you. Whenever you hear yourself using the excuse 'I can't do it', stop. You now have the solution. Get rid of the condition of excusitis and replace it with the motivation you need to take action. You'll feel like a winner every time.

Also, when you decide to go after and achieve something you previously thought you could not do, I guarantee you will get back the very best feelings of fulfilment and personal pride. Your confidence and self-worth will soar.

## **"Focus on personal gain and you forget the pain"**

### **Cop-out 5 - Age and education**

Do any of these statements sound familiar to you?

- 'I'm too old to do it'
- 'I'm too young to do it'
- 'I don't have enough experience'
- 'I didn't get a degree'
- 'I'm not qualified enough'
- 'I won't fit in'
- 'I'm over qualified'

These are all related to good old 'excusitis'. Be careful, it's highly contagious. Get rid of it and change your thinking. Lack of self-belief is your only obstacle to getting what you want.

Here are some interesting facts:

- At seven years old Mozart published his first musical composition.
- At 100 years old Captain Tom raised £30 million+ for the NHS

Age and education are not barriers to living your best life yet unless you see them as such.

Should anyone ask you 'What's your best age?' always answer 'Right now's my best age!' Think about this for a moment and realise that age is only a number – unless you allow it to become a label that restricts and stops you getting your best life yet. Don't let it.

Age has nothing to do with achieving your dreams when you compare it to passion and determination. Put passion and determination in your days and all excuses disappear.

***Just remember: It's never too late  
to become the person you want  
to be. Just start now!***

**Think of the excuses you have used in the past, the things you passed on (and wish you hadn't) and all because of cop-outs.**

- 1.
- 2.
- 3.

**write down your answers to the following questions:**

- 1. What cop-outs have you used in your life?**
- 2. What impact has this had on you?**
- 3. What cop-outs have you got rid of?**
- 4. What will you do differently in the future?**

# Solutions to when we feel overwhelmed by time and life demands



At some point in our lives we all struggle with conflicting demands on our time and feel overwhelmed. At such times I have a selection of coping mechanisms to call upon so that I can delete the feeling and quickly move on to feeling back in control. You can too if you use the following tips.

## A. Compare diaries

When you feel overwhelmed stop and focus on someone who fits an inordinate amount of life into their days. I think of what their 'to-do' lists must look like and by comparison I immediately feel back in control of my own. It works for me, so try it and if you don't know someone like this think of someone you've read about and admire.

## B. Focus on what's important

Write down a list of all the things that you think you need to do. Putting your thoughts on paper is de-stressing and calming as it gives you a sense of order. Now divide your list into:

- **What's essential and must be done today that will move you towards your goals?**
- **What's desirable and could be done today?**
- **What's nice to do yet could be left for another time?**

The next step is obvious; clear what's essential before you move on. Then if you don't get everything done in the day, the tasks left will not cause you to feel stressed as they are non-essential.

## C. Ask yourself, am I being effective or efficient?

When I am being effective – then I am doing the right thing.  
When I'm being efficient – then I am doing the thing right.

Both are necessary but always go for doing the right thing! It's not enough to be busy. The question is, what are you busy doing? It's no use spending five hours tidying the office files if you run out of time. This helps you to check that your time is focused on what's important and on what will move you towards what you want to achieve and not away from it. It's a quick and easy way of thinking and ticking off tasks and activities in order of priority.

## D. What's the impact?

Here's another strategy that works for me when that to-do list is long. Ask yourself these questions:

- **What is the impact of doing this now (high or low)?**
- **What is the impact of not doing this now (high or low)?**

There's your answer. Sometimes the impact of not doing something far outweighs the impact of doing it and moves you to prioritise and take the necessary action. It quickly sorts out your priorities for the time you have available and shows you where your energies are best used to get you to where you want to be.

## E. Stop – breathe deeply and be present & mindful

When you feel overwhelmed and stressed, stop, sit in silence – even if it's only for a very short time – and breathe deeply to still your mind and body. Focus on your breathing. Breathe into a count of 5, hold that breath for 5 and breathe out slowly to a count of 5. You'll soon begin to feel less stressed and much calmer. Visualise a positive scene: see a picture in your mind of something that calms you easily and quickly. I see a beach I know and love. I've done this so many times that I get an immediate feeling of calmness. (It feels so real I sometimes find myself reaching for the suntan lotion.)



Success blocks and cop-outs disappear when you consciously become aware of them and face them head on. THEN commit to your own Mind Makeover, to create your best positive attitude, with the result that:

- **Perceptions become realities.**
- **Problems become opportunities.**
- **Negative focus becomes positive energy.**
- **'I can't' becomes 'I can'.**
- **Fear of taking action becomes faith in taking action.**
- **New goals are imagined and not goal planning is not an option.**
- **Desire and self-belief hit a new high.**

You now know the success myths and cop-outs that consciously or subconsciously may be holding you back from unlocking your potential, taking action and living your best life yet. Make sure you throw them out of your life. NOW.

*and remember, with your thoughts, you  
create your world,  
Sharron X*

*p.e. See you on episode three!*