

June 16th 2021

# Women Bustin' Barriers

**VIP  
BONUS  
Coaching**



WOMEN  
NAVIGATING  
FINANCES

# Women Bustin' Barriers

## EXTERNAL

- Perpetrated by a single individual or group
- Enabled by SYSTEMS – sexism, agism, disability discrimination, heterosexism, racism.

## INTERNAL

- No forgiveness for past mistakes
- Ignorance
- Perfectionism
- Fear-3 Different Levels





To forgive is to  
set a prisoner free  
and discover  
that the prisoner  
was you.

- Lewis B. Smedes





When the milk is splattered all over the floor  
and those little eyes are looking at you for your  
reaction, remember what really matters.  
It takes 5 minutes to clean up spilled milk; it  
takes much longer to clean up a broken spirit.  
- Rebecca Eanes



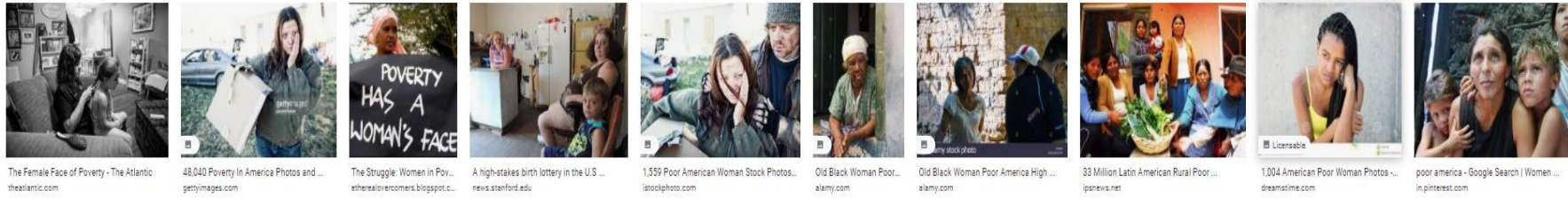
**WHAT YOU  
FEED  
YOUR MIND  
DETERMINES  
YOUR  
APPETITE.**

**-TOM ZIGLAR**

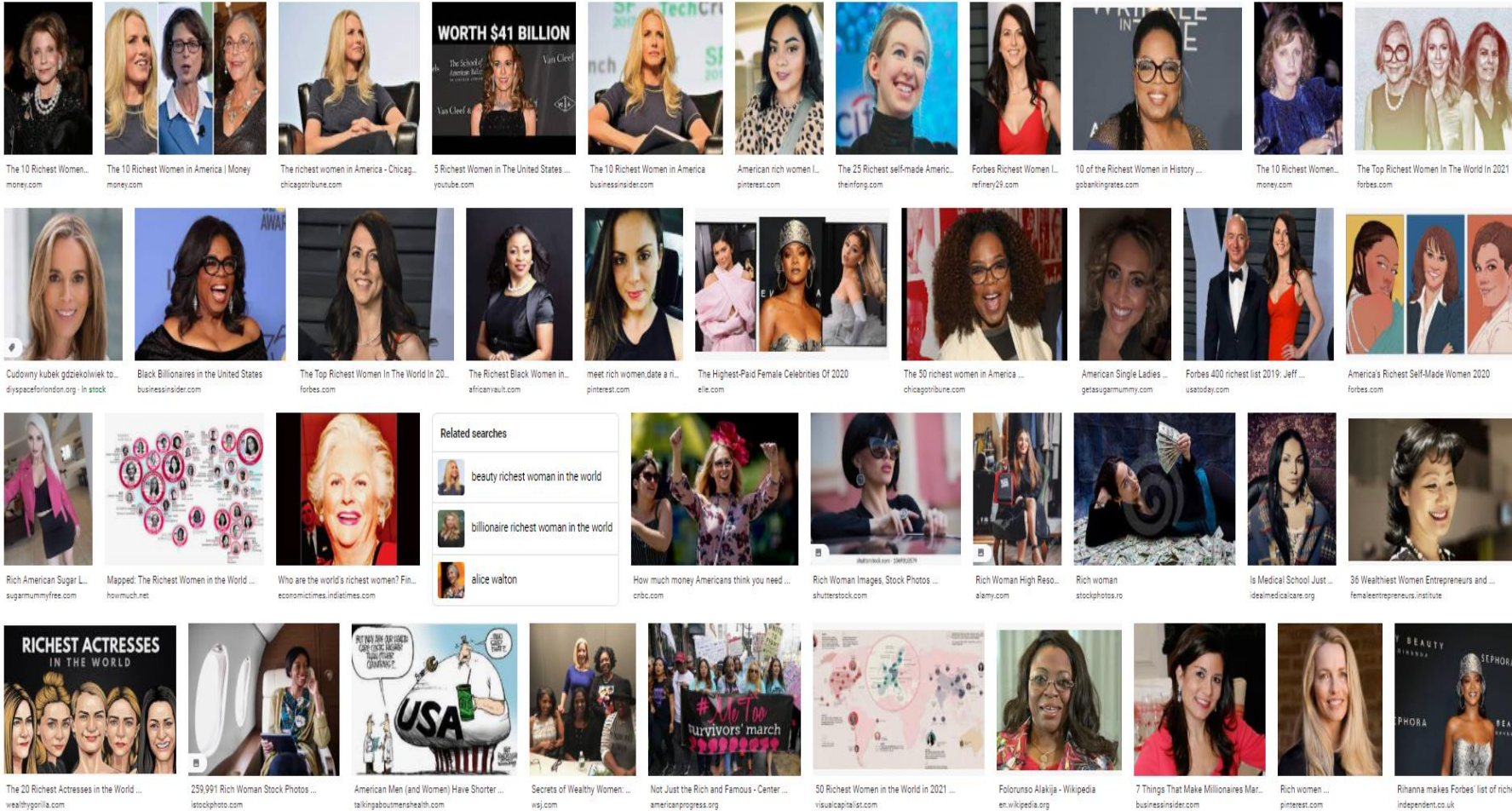
**ZIGLAR.COM**

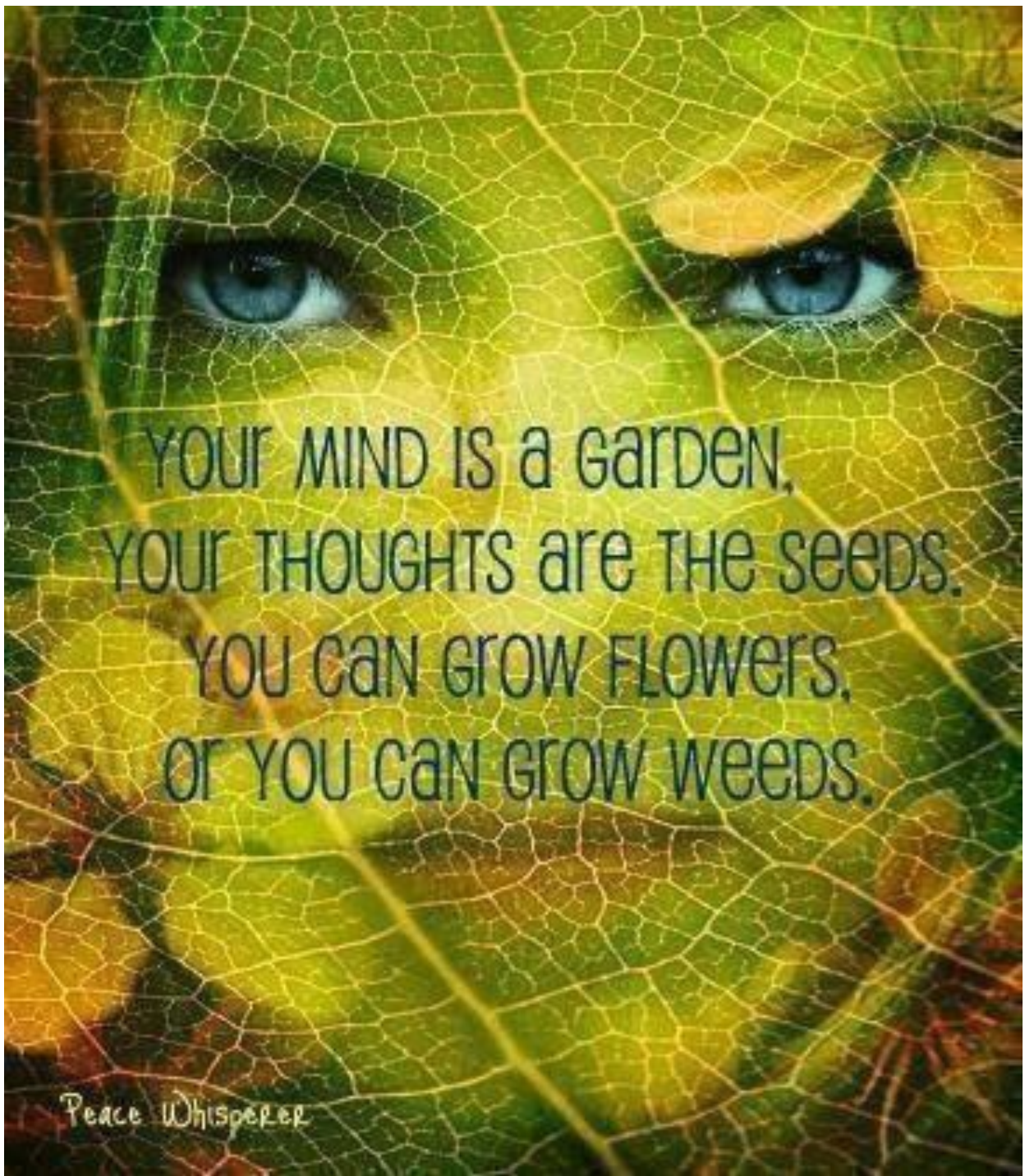


# Google Search: Rich Women?



# Google Search: Poor Women?



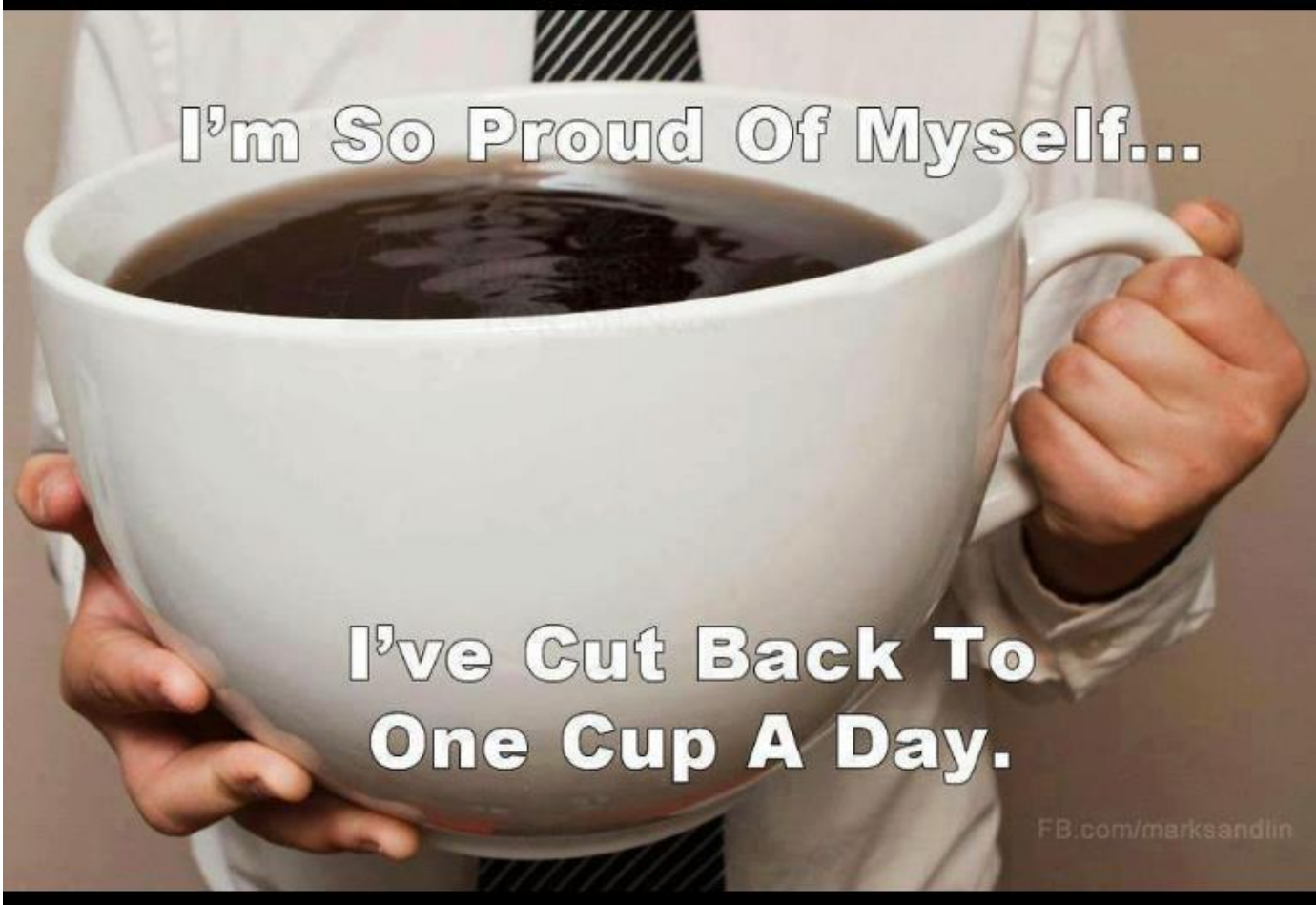


YOUR MIND IS A GARDEN,  
YOUR THOUGHTS ARE THE SEEDS.  
YOU CAN GROW FLOWERS,  
OR YOU CAN GROW WEEDS.

Peace Whisperer







And if I asked you  
to name all the things  
that you love, how long  
would it take for you  
to name yourself?



**old fashioned**  
CHIVALRY MAKES A COMEBACK  
NOW AVAILABLE ON DVD






One's attitude  
toward oneself is  
the single most  
important factor  
in healing or  
staying well.

Bernie Siegel, M.D.





Everything you have ever wanted,  
*is sitting on the other side of fear.*

GEORGE ADDAIR



# How We HOLD Fear



PAIN

POWER

---

HELPLESSNESS ..... CHOICE

DEPRESSION ..... EXCITEMENT

PARALYSIS ..... ACTION



# 3 Levels of Fear-Dr. Susan Jeffers



Those that happen (life) &  
Those Requiring Action

Egoic/inner states of mind  
Sense of self—success/failure/being  
conned/helplessness/loss of image

I Can't Handle It!



IF you **KNEW**  
you could handle **ANYTHING**  
that came your way...



WHAT would you possibly have to fear?

Happy by Choice

God grant me the  
serenity to accept the  
people I cannot change,  
the courage to change  
the one I can, and the  
wisdom to know it's me.

Author unknown, variation of an excerpt from "The Serenity

Prayer" by Reinhold Niebuhr





Sometimes you don't realize the weight of something you've been carrying until you feel the weight of its release.

[powerofpositivity.com](http://powerofpositivity.com)



SOMETIMES  
THE SMALLEST STEP  
IN THE RIGHT DIRECTION  
ENDS UP BEING THE BIGGEST  
STEP OF YOUR LIFE.  
TIP TOE IF YOU MUST,  
BUT TAKE  
THE STEP.

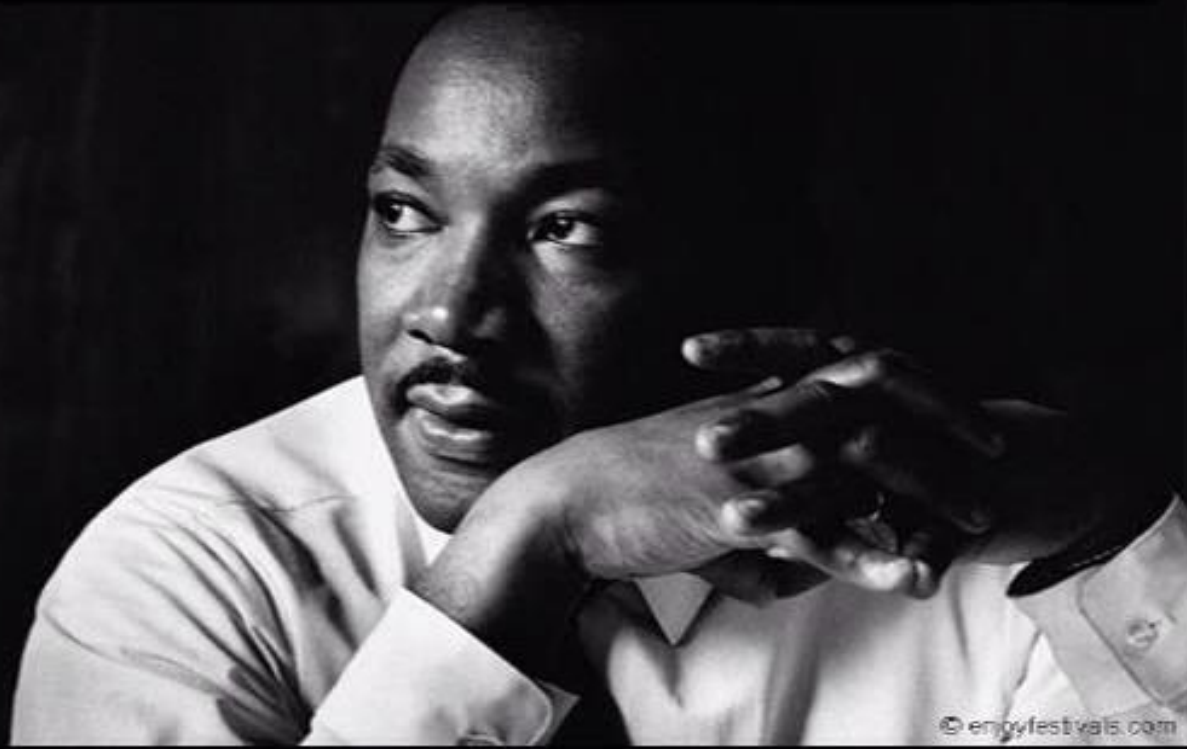


**IT DOESN'T  
REALLY  
MATTER WHO  
I USED TO BE.  
ALL THAT  
MATTERS IS  
WHO I HAVE  
BECOME.**



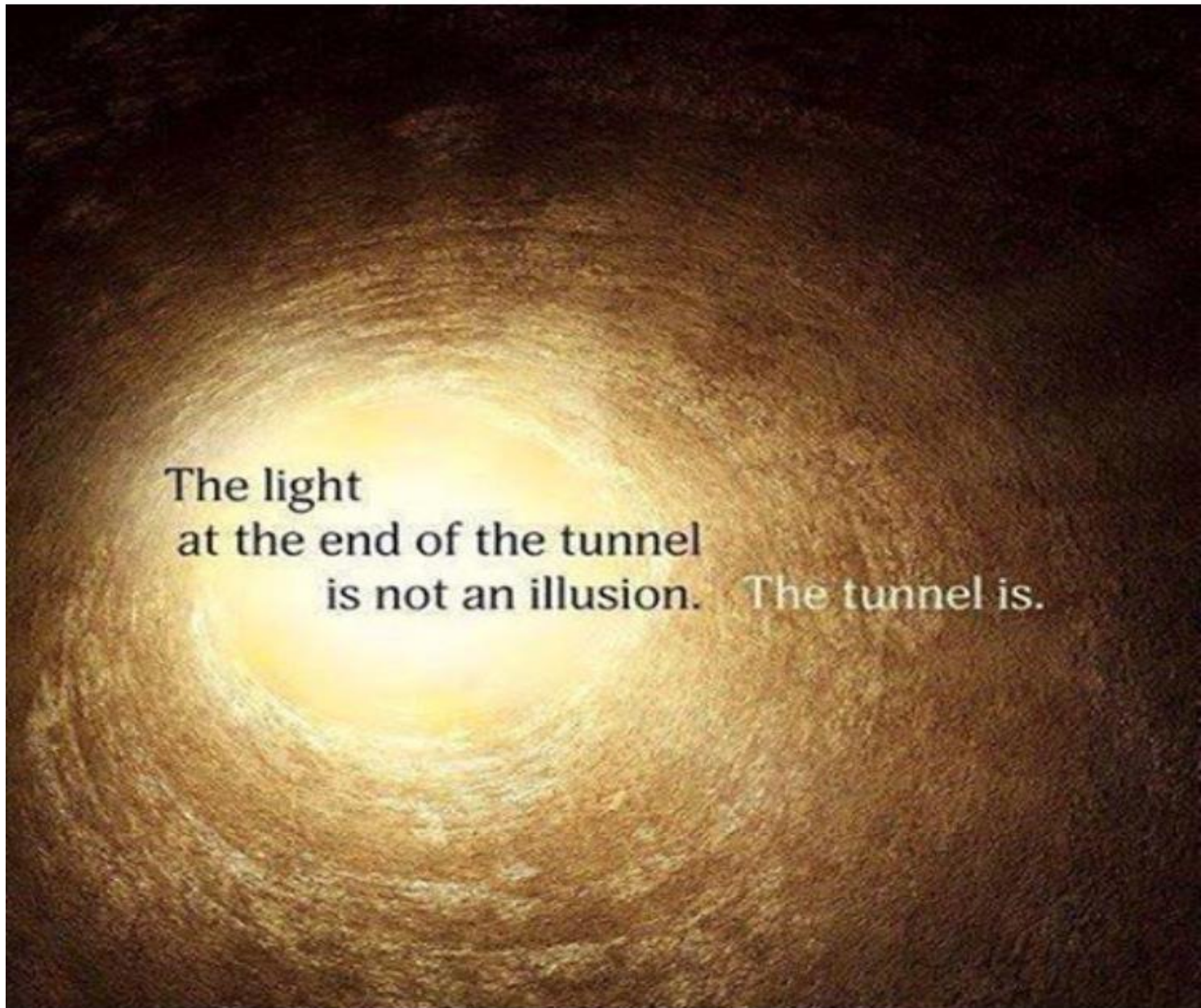
*Faith is taking the first step even when you don't see the whole staircase.*

~ Martin Luther King, Jr.



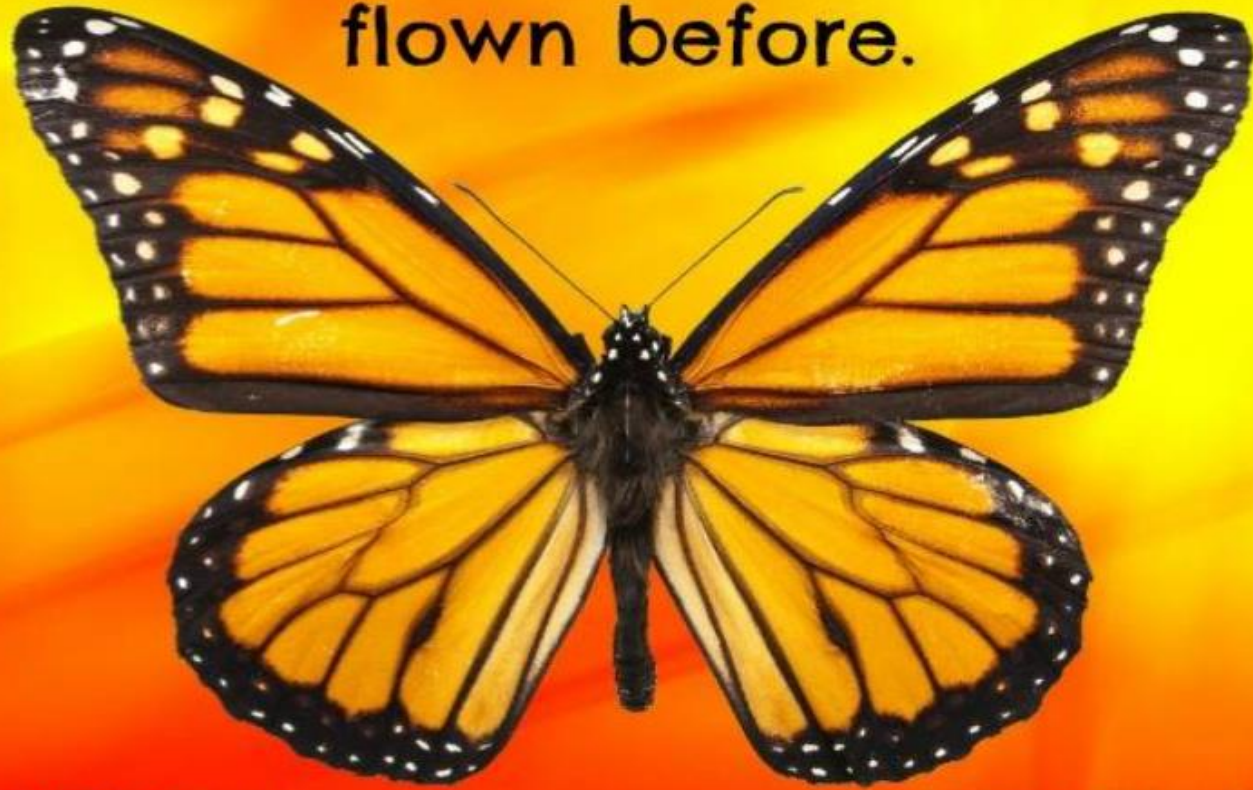
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David Fishman on Twitter

Today  
I will spread my wings and  
do my best to  
**FLY** higher than I've ever  
flown before.



[carolCCmiller.com](http://carolCCmiller.com)

[positive-focus.com](http://positive-focus.com)



She  
believed  
she could  
so  
she did



**You can not wait for the fear  
to subside before you act.**

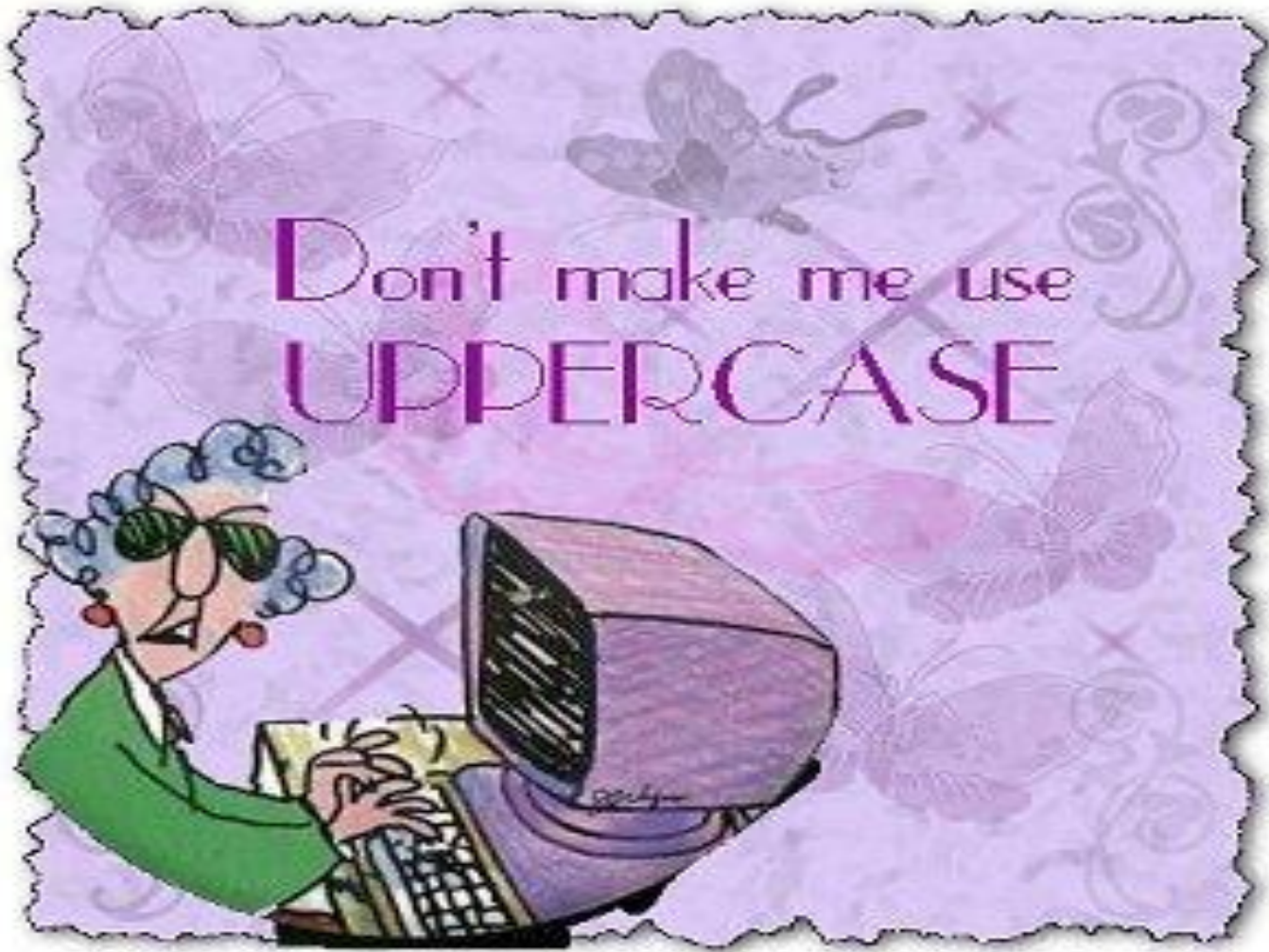
**It doesn't.**

**Action trumps fear  
...every single time.**

**ANNVERTEL.COM**







Feel the Financial Fear & Do It Anyway!

As each year goes by,  
I definitely love the  
person I am becoming,  
far more than I loved the  
person I once was.

If you are not seeking to  
improve as you age,  
if you do not see  
yourself blossoming into  
a human that you are  
proud to be,  
then you are  
only wasting years,  
you are not  
truly living them.

-Samuel Decker Thompson



# WHAT'S NEXT?

Write down where are you, (then write down where I might say you are) and what got you here, so you can move through the forgiveness & take corrective action, using words like “next time” instead of “if only”.



# 3 EASY NEXT STEPS to get unstuck and/or progress

**DREAM/your WHY**

Where do you want to be in	Jan 2022	3 Yrs	5 Yrs	10 Yrs	20 Yrs
Physical Appearance/Fitness/Overall Health					
Working FT/PT/not working for money (or % of last 2)					
Where do you live?					
Vacation Destinations					
With what Charities will you volunteer or donate?					

**STOP UP LEAKS & INCREASE EFFICIENCY!**

Drop SHOULD from your vocabulary: Evokes guilt & upset = total draining emotions. [You lose POWER EVERY time you say “should”]  
 Eliminate mindless/impulse spending IN FAVOR OF investing towards above goal(s).  
 Stop Loans/Gifts to kids/friends (unless your future years are completely financed now or will be in next 10 yrs.)  
 Identify ALL expenses into FIXED or EXTRANEIOUS -use a “F” or an “E” or color code the budget I’m sending you. Then begin to trim or reduce various E expenses, or even Fixed expenses, IN FAVOR of investing towards above goal(s). [Move swifter with less baggage/Boats clean off barnacles/Planes get washed more often to amp up performance.]

**SCHEDULE BUILT-IN BREAKS** – pilots/workers/doctors/nurses/school teachers.....why not YOU??

Entrepreneurship offers ESCAPE....yet it has to be designed...written into plan.

STRATEGIC COACH – I thought my office would grind to a halt when I was away....they admitted they were sad to see me return.....since I was so disorganized....it strained everyone.....INCLUDING me. Yet we increased efficiencies as a result!

3 TYPES of days for entrepreneurs-as per Dan Sullivan, Founder, The Strategic Coach

**FOCUS**-80% is spent selling/closing/with clients

**BUFFER**- 50% as Focus/50% as FREE

**FREE**-24 CONTINUOUS hrs of NO BUSINESS—phone/fax/text/WhatsApp/FB/social media/tiktok/reading bus books/listening to bus podcasts....NUTTIN’ Honey!



# We Can Do It Women™

