

ENVISION SUCCESS

9 Ways to Overcome Stagnation & Excuses Now

Pick and choose any of the following to help you smash those excuses and feel great!

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Five mini-exercises to get past what's holding you back
5-20 minutes each

Your Time is NOW!

Watch this video any time you need a little extra boost!



URL: <https://youtu.be/v8qrOXE2oNo>

You Are More Than Good Enough

Here's an audio file I created for all the times you need convincing...it's only a few minutes, but oh so powerful!

Click to access the show via EnvisionSuccessInc.com/podcast or on Stitcher, or iTunes below:



On Stitcher

[Access the show here.](#)



On iTunes

[Access the show here.](#)

Procrastination Killer: Race the Clock!

Use this as needed to overcome procrastination, and feel proud about taking action...

This little gem is a priceless partner in the war on procrastination! Everyone has at least one already, plus they are easy to find and use. ***It is a seriously effective product you can use to get focused and get work done quickly.***

What is it? A Timer! Uh-huh, I mean a standard kitchen or household timer...or you can use the one that's built into your mobile phone/tablet.

Using a timer with the following technique will get you seriously focused. This can be a useful part of a daily routine to get your most important tasks done, especially when you do NOT feel like it. Or you can keep it in your "just in case" arsenal for when you really need to hit it.

The process I most recommend to clients (and use myself) is to get yourself prepped, set the timer, and go to work. *Let's break it down in case you're prone to being misled by its deceptive simplicity:*

Get Ready

Get all the usual distractions out of the way first: use the bathroom, refill your beverage, have a pen and notepad off to the side, turn off your computer notifications/close email & Facebook, turn your phone to silent and face down...

Set the Timer

Depending on the task, scenario, calendar, and energy level, select the appropriate amount of time. When in doubt, my advice is to set the timer for **20 minutes**. Definitely go for less time than you think you need. This is not about creating something perfect- this is "get shit done mode" time.

Note: Masters can work up to 90 minutes at a time with short breaks in between to flow with our natural human energy rhythms (recommended reading on this: *The Way We're Working Isn't Working*).

Get Work Done

Focus **ONLY** on completing the task while the timer is counting down. If/when other thoughts pop up, make a note off to the side, but don't allow yourself to be sucked into the trap of trying to complete anything else during this time—stay focused on the task at hand as much as possible! You may just be amazed at how effective this is.

Why This Works

This works well for three main reasons (among others):

1. It is a reasonable amount of time to actually get something done (even via smaller chunks)
2. By setting the timer, you're giving yourself permission to focus on ONE thing (often feels impossible without making this deal with yourself)
3. The countdown creates a race against the clock, a sense of urgency (that is often missing otherwise)

What do you want to see happen in the next _____ minutes?

GO!

Feeling Stuck? Take a Few Minutes To Get Moving Again

Use any of these as needed, and feel the surge of energy to take the next step!

PART I.

Any time you feel stuck, my number one recommendation is:

Ask yourself the question “How Can I?”

- It is NOT asking yourself what won't work, or what will be challenging. It is purposefully avoiding the avalanche of other “how can't I” thoughts, at least in the initial creative stages. Why limit your options?

DO: Clear your mind of other things before you ask the question

DO: Be open to what comes into your mind when you allow this process to work for you.

DO: Expect answers to come, and they will.

DO: Take action right then to keep things moving forward...don't delay and let self-doubt creep in.

DO: Learn to trust your intuition. You have genius within; use it!

"You have genius within; use it!"

PART II.

Here are some favorite scenarios for taking advantage of this technique:

1. **Alone in the car.** *(Yes, I talk to myself. Who cares?)* I often come up with my best ideas asking “How Can I?” in the car while driving between appointments or running errands.
2. **Take a walk, or going for a run.** I often prefer not to listen to any audio and I'll just let my mind wander and see what comes up. Many clients tell me they have their best results with these outings, especially in nature, like on a forest trail or beach.
3. **Go to [Starbucks] with a notepad and free-write.** Also by myself, or at least I would make a pact to focus separately for a period of time. This works for the same reasons so many swear by journaling. Answers and ideas definitely flow onto the page.
4. **Don your earbuds to tune out sounds.** I personally don't listen to music during “How Can I?” time, but if it works better for you, go for it.
5. **On your meditation pillow/other.** I breathe deeply, have some kind of daily reflection and ask for guidance from the divine connection within.

PART III.

How do you see yourself taking advantage of this technique?

How To: Embrace Success and Have It All

All fear lives in the imagination

Are You Afraid of Success?

I've been a bit surprised by fear of success being fairly common among many of my clients over the past 10 years. Like you, I would have guessed that more people were afraid of **failure**. But for driven, talented people --they know they can get things done. Sure, they don't want to fail, or look the fool in front of others, but more so they are afraid of WHO they will become when they achieve REAL success. I'm on a mission to debunk the myths behind this fear, to root it out, and help you move forward and experience the life you desire. This workbook is designed to walk you through 5 principles and some exercises to help you embrace, design, then LIVE the amazing life you deserve!

>PRINCIPLE ONE: You deserve all the good you desire.

Did you cringe a bit when you read that last bit? Maybe you thought: "What if I don't deserve a great life?"

If you've been following my work at all these past several years, you know how much this one gets under my skin. **Everyone deserves to be happy.**

By the way, happiness and wealth are NOT mutually exclusive. Nope, not even a little bit. This means there is nothing wrong with wanting to accumulate wealth for a level of comfort, in order to do more good in the world, or for whatever you want (the only caveat I hold firmly is that no one else is harmed in the pursuit of one's happiness). Think about it: a poor person has limited means for doing good and inspiring others.

Consider that we each have a duty to be our best for our own sake, as well as for others! It took me some real soul-searching to get right with this one. Fortunately I have found many examples of people that I truly respect that built prosperity, and use it for lots of good. *Give up the notion that you have to be a martyr to be a good example!*

What about being worthy, even if you don't necessarily want big wealth? Every human being has the right to learn how to be happy and to have a shot at creating the life they dream of. Chances are, you've been holding yourself back due to some old thought habits about the kind of person you are and or what is possible for you. Limiting beliefs and actions always come from a place of fear rather than love.

The first step to increasing your self-worth is to do a little sales job on your inner self. Open the door! Let some love in.

EVERYONE DESERVES TO BE HAPPY

List 10 reasons why you deserve to achieve a BIG goal (You absolutely do! *Channel your mom or best friend if needed.*):

1.	2.
3.	4.
5.	6.
7.	8.
9.	10.

➤PRINCIPLE TWO: All Fear Lives in the Imagination

Do you fear the unknown? Of course it is easier to *know* than to imagine, thus it is difficult to picture what life outside the Familiarity Zone might entail. This one is basically just human nature, but can be overcome by doing. All fear lives in the IMAGINATION. F.alse E.vidence A.ppearing R.eal.

The thing is, you've already proven to yourself you can stretch and grow many times throughout your life. Stop letting this one hold you back. Start now by identifying your fears.

WHAT ARE YOU AFRAID OF?

Naming your fears can weaken them, as can realizing they are not very likely. Jot down what you are afraid might happen by moving forward & consider the real-life probability:

➤PRINCIPLE THREE: You have the power to recreate yourself.

Start questioning any beliefs you have held that misled you into thinking that being successful means being someone you might not like. I.e. ***"What if I get too busy, or become an asshole?"***

Ha! That could happen if you're not successful too. REAL SUCCESS means having clear priorities and following through with what you said you were going to do. If that includes having a lucrative business, enjoy home-cooked dinners with people you love, take your family on the best vacations, and x, y, and z- that's great!

We are ALL a SELF-fulfilling prophecy. Expect good things for yourself, and you will see over time that's who you will become.

WHO DO YOU WANT TO BECOME?

Note some attributes you like about your future self (include qualities you like about your current self and other people you admire):

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>PRINCIPLE FOUR: You Can be Effectively Productive AND Enjoy Life Fully

I tend to be "all or nothing" so I get it- it seems difficult to imagine being a Go-Getter AND being good at relaxing.

It really only takes presence of mind. Seriously. It is that simple. *Be here and now with whatever you are doing.* Appreciation of each moment breeds peace of mind and joy! *(If this seems difficult for you, the first step is probably to allow yourself to explore and learn this skill. Find experts to help you master this critical component to the art of having it all.)*

EFFECTIVENESS -AND- ENJOYMENT

Where could you see yourself being focused more on the present moment, and what positive ripples are possible?

<i>work tasks</i>	<i>relaxation moments</i>

>PRINCIPLE FIVE: Celebrate what's already amazing.

A proven practice for greater happiness and empowerment against common fears is to express gratitude daily. For even better results, also celebrate something positive on a weekly basis, even if it seems small. It all adds up!

CELEBRATE SUCCESS!

Identify one thing you can celebrate right now. Decide how best to celebrate it, and take action. Good job!

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Embracing Success

Principles To Live By

1. YES! You deserve all the good you desire.
2. Take a step out of the *Familiarity Zone* toward what you want.
3. Decide who you WANT to become, and keep your priorities.
4. Be here when you're here, and there when you're there.
5. Celebrate your life daily!



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♥ Heather Legge