



*The Top 3 Things
That Get in the Way
of Your Success*

“A Success Strategies Workbook”

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The Top 3 Things That Get in the Way of Your Success



Most people have dreams of one day being successful or getting that great job or achieving a certain goal. Not all people actually reach that destination and many spend time on other things, get disappointed or just quit. What you may not realize is, that there are many factors that hold you back from the good that you desire.

Some of them are *real* and others are *perceived*.

Each of us holds a belief system that has been engrained in us from our parents, family, culture, values, society, church, etc. Beliefs cause habits. A multitude of habits is called a paradigm. We use paradigms to help us learn, speak and function in society. Sometimes however, paradigms become a negative force in our lives and the only way to move forward is to change the belief system, thereby changing the paradigms. For example, some people have a belief system about money that only highly educated people can make good money.

Paradigms are not always helpful in our lives and because they can be deeply engrained it can be difficult to change them. At one time people believed that the world was flat. Explorers proved them wrong. Their paradigm shifted to a new belief system which allowed for expansion and new beginnings that changed the world. We enjoy jet planes and cars because people's paradigms changed about transportation. We even have wrist watches now that can send and receive messages!

What things in your life can you identify as paradigms? List both positive and negative:

Positive

Negative

At times you may feel discouraged or stuck. Some may feel anxiety and depression. This comes from lack of knowledge or ignorance. Left uncorrected, it will turn into dis-ease in the body and eventually destruction.

You want to end up with ease and creativity. This is the only path to achieve your goals.

Let's take a look at the top 3 things that get in the way of your achieving your dreams:

- Your Belief System
- Obstacles
- Fear

Your Belief System

Wayne W. Dyer said, "A belief system is nothing more than a thought you've thought over and over again." As our beliefs are collected as paradigms in our mind, they can be found in both our conscious and our sub-conscious mind. Our conscious mind is our thinking mind and we can choose to accept or reject any thoughts that are present there. This is also where we can originate an idea.

Our sub-conscious mind on the other hand is our emotional mind. It cannot reject anything. It must accept all things. It cannot determine the difference between what is imagined or what is real.

A thought that is conceived can be achieved. That is, if there is nothing blocking it. Each time we look at things in a certain way we create a perception. This perception creates our reality. Can you guess what controls our perception?

Our paradigms.

Our perception changes when we alter our paradigms. Our paradigm does not want us to change. When we alter our paradigm, we can dive into the sub-conscious and change our outcomes. You see, it is the sub-conscious that controls our actions.

Your actions control your results.

Change the paradigm, change the results.

Let's take a look at your belief system. Is your belief system holding you back?

Take a few minutes to think about your own belief system. What things come to mind that present in your life that hold you back. Think about if they are real or imagined. For example, I may have a belief that people may not think that I am competent or as talented as I think I am. Is this real or imagined?

Record your answers here. Put an **R** next to them if they are *real*; put an **I** next to them if they are *imagined*:

List 10 things that hold you back

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

Place them here in this chart:

Which are real?

Which are imagined?

Which are real?	Which are imagined?

Next, think about these things again. Are they in your control or out of your control? Go back and place an **X** for in your control and an **O** for out of your control.

Place them here in this chart:

In your control

Out of your control

When you raise your level of awareness to see what is real, imagined, in your control or out of your control, you can begin to focus on changing your belief systems about them.

Action steps

- Pick one thing on your list that you can work on that is both real and in your control?
- Name 3 things that you can do to change your paradigm

- Write a daily 6 item TO DO LIST for the next day before you go to bed and include something towards changing your belief system on this item. When you feel you have done adequate work on this issue you can move on to another one on the list.



Affirmation: I am so happy and grateful now that I understand how power comes to and through me to achieve my success.

Obstacles

There is a Zen Proverb that says ‘Obstacles do not block the path. They are the path.’ In each of our lives, there will be situations, events, issues...even people that will seem as though they are blocking your path to achieve. Sometimes the road you are on may seem to have taken you to a dead end, a cul-de-sac or a grid lock at rush hour.

Obstacles don’t have to stop you. You can’t get past obstacles, you have to get through them. There is no going around them, over them or under them. They are like when the wind changes in sailing; you must adjust the sails or you will not move forward. Maslow said we are either moving forward in growth or backwards into safety. Do we want to keep moving forward into growth or backwards into disintegration?

When we keep our eye on the horizon, our goals are in front of us. The only limits we really have are the limits that we place on ourselves. Look at people who run track with artificial lower legs. Skills of courage, determination and imagination are what is required to move through obstacles.

Bob Proctor says, ‘We are only limited by weakness of attention and poverty of imagination.’ Obstacles can take many forms. Sometimes they can appear to be people. It takes courage, inspiration and determination to move forward past the terror barrier. There can be people who are in our lives that support us through the obstacles; the wind beneath our wings.

What obstacles are in our lives?

Take a few minutes to think about your own obstacles. What things come to mind that present in your life that hold you back. Think about if they are real or imagined.

Record your answers here. Put an **R** next to them if they are *real*; put an **I** next to them if they are *imagined*:

List 10 things that are obstacles in your life:

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

Place them here in this chart:

Which are real?

Which are imagined?

Next, think about these things again. Are they in your control or out of your control? Go back and place an X for in your control and an O for out of your control.

Place them here in this chart:

In your control

Out of your control

Action steps

- Pick one obstacle on your list that you can work on that is both real and in your control? _____
- Name 3 things that you can do to change your paradigm.

- Write a daily gratitude list about what you are truly grateful for each day. Include things that have not happened yet. Keep it in the present tense.



Affirmation: I am so happy and grateful now that I am able to conquer my challenges with ease. I have unlimited capacities to achieve.

Fear

Marianne Williamson said, “Love is what we were born with. Fear is what we learned here.” We either act out of love or we act out of fear. This is the same for our thoughts. Fear can literally stop us in our tracks, pull us back, and sometimes sabotage us and our own efforts. Some fears are real and stay with us for a long time.

Here is a list of some common fears:

Fear of failure
Fear of success
Fear of disapproval
Fear of losing control
Fear of change
Fear of money
Fear of rejection

Some fears are real and are there to protect us and keep us out of danger. We have a Fight or Flight mechanism that is built into our Autonomic Nervous System. It prepares us to get out of danger if we need to. Sometimes we accumulate fears from childhood that are associated with things that are forced upon us either by accident like a balloon

popping or unintentionally like when you might have been forced to say hello to a clown up close and it scared you because you did not understand.

Sometimes we need outside help to move us out of fear. This can include doing a physical activity like dancing in your living room, listening to comedy, playing a good song that either motivates you or makes you happy. Try not to use food, alcohol or drugs to help you with fears. Sometimes nature, animals or playing with children can help. Remember to be kind to yourself when fears come up. Acknowledge them and get right back on the bicycle and start peddling. The longer you stay motionless, the worse it will be for you and the longer you will stay frozen in the fear.

You may have heard the acronym F.E.A.R.: False Expectations Appearing Real. Fear does not have to overcome you. It only happens that way if you give it the power. Don't let fear empower you. We really need to calm down, not slow down.

Don't trade fear for your dreams. Acknowledge the fear and move on. This takes practice and focus. You can literally visualize moving through fear into victory. Successful people use vision boards to help them with this.

Take a few minutes to think about your own fears. What things come to mind that present in your life that hold you back. Think about if they are real or imagined.

Record your answers here. Put an **R** next to them if they are *real*; put an **I** next to them if they are *imagined*:

List 10 fears that hold you back:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

Take a few minutes to think about your own fears. What things come to mind that present in your life as fears? Think about if they are real or imagined

Record your answers here. Put an **R** next to them if they are *real*; put a **I** next to them if they are *imagined*:

Place them here in this chart:

Which are real?

Which are imagined?

Next, think about these things again. Are they in your control or out of your control? Go back and place an **X** for in your control and an **O** for out of your control.

Place them here in this chart:

In your control

Out of your control

Action steps

- Pick one fear on your list that you can work on that is both real and in your control? _____
- Name 3 things that you can do to move you from fear into freedom.

- Create a vision board of things that you see as successes. Include things that if fear was not in the way, you want to attract into your life.



Affirmation: I am so happy and grateful now that I release my fears and let love envelope me

Now that you have identified, reviewed and created action plans for the blocks to your success, it is time to put the plan into motion and unleash your creativity! You have infinite power within you to achieve success.

Review your workbook often and as you work on the issues you have identified, go back and pick another one off your list. Keep in motion and stick to your action plan. Modify it as needed. Soon you will see changes in your life and you will be manifesting the good that you desire!

