

7 mindset blocks that are holding you back





You don't have to believe
everything you think!



1

BELIEVING YOUR OWN EXCUSES

There's always going to be a reason for not doing something, and we can usually find it. That's when our excuses come in...

'I'm too busy; I'm too old; I'm too young; I've not got the right qualifications; I'll do it when the kids are older'

Watch out for your excuses and whether they're real.





2

SUFFERING FROM 'NOT ENOUGH' NESS

'Not enough-ness' can come in all shapes and sizes...For example, thinking *you're* not enough - to not having enough *time, money, space* etc

If '*not enough*' comes out of your mouth...ask yourself how true this is.





3

WORRYING WHAT OTHERS WILL THINK

This is a really common mindset block. What will your parents think? What will your friends think? What will your colleagues think? Will they think you're getting too big for your boots? Will they think that you can't do it?

Chances are they'll think you're amazing and will be proud. Focus on that.

4

COMPARING YOURSELF TO OTHERS

It's so easy to compare yourselves to others now we have social media. But all you're doing is comparing yourself to someone else show reel.

Instead just keep your eyes on your own paper.





5

FEAR

Fear is the *Mamma* of all blocks because it makes us feel like we can't do something. Your heart starts beating fast, your palms get sweaty, your voice croaks, your body shakes.

This is just your fight or flight kicking in. But remember fear and excitement feel the same, so focus on being excited rather than afraid.



6

IMPOSTER SYNDROME

Ever felt like you're living a lie? You don't have a clue how you got to where you are today? You're going to be found out any minute?

Yep, I hear you. It's so common it has a name... 'Imposter Syndrome.'

If this is you, you're not alone.

The thing is that you do deserve to be where you are, and you're not a fraud. Just keep going.

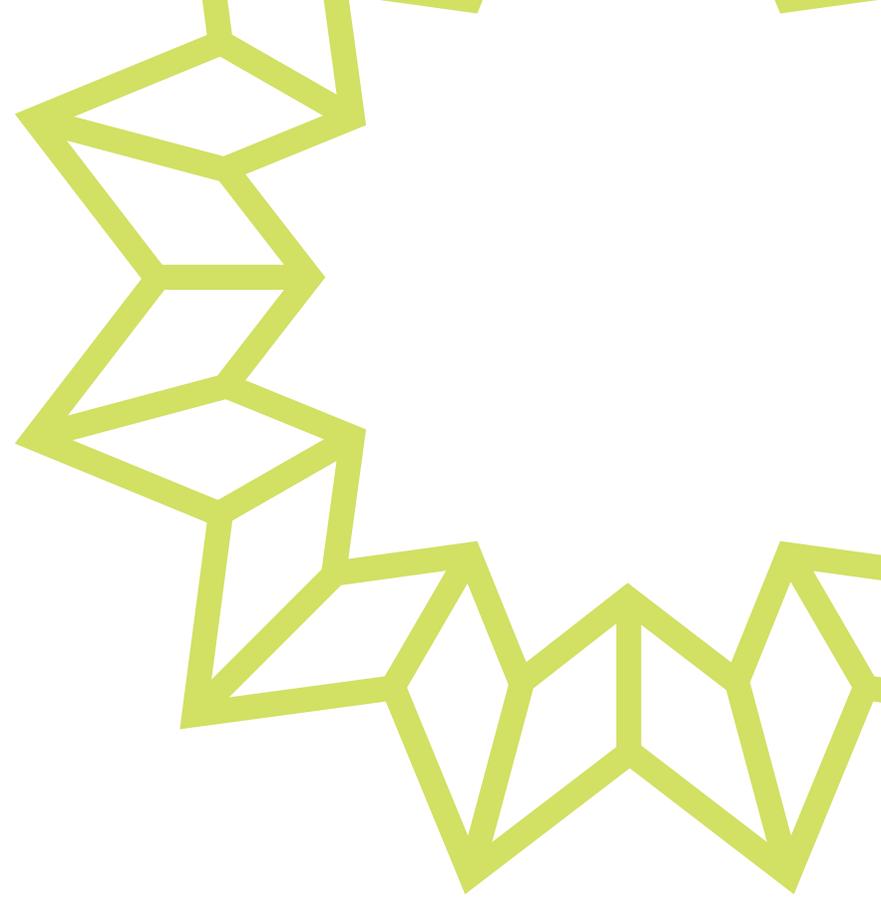
7

SELF SABOTAGE

This is a sneaky block as often we don't even realise we're doing it. When we sabotage ourself.

For example - you're about to go for that amazing job and you think...'Oh I'll go for it later' and then you miss the deadline.

Things likes that...Look out for sneaky ways you're sabotaging your own success.



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About Barbara Nixon

Barbara is a Leadership Coach, trainer, author of The Boss Hat, and founder of The Leadership Toolbox.

With over 20 years in the people development space, Barbara has worked in corporate, run a Training Consultancy and worked with hundreds of leaders at all levels to help them become the best they can be.

Barbara has worked in the UK, Europe and USA and she founded The Leadership Toolbox to give leaders at all levels access to simple, and practical bite sized development when they need it most.

Outside of work Barbara is married to Dave, has 4 children, is an avid reader, loves walking, holidays and generally having fun.

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