

## Are you sabotaging the success of your business and the money you could earn?



*There are some key signs which I see in my clients which are blocks towards them earning their full money potential, so I thought you could self-assess yourself to see if you are sabotaging yourself?*

*How many do you say 'yes' to?*

1. You leave your tax return until January to finish, leaving yourself really stressed with the deadline approaching	
2. You were never good at Maths, so you ignore the finance stuff until you really have to do it!	
3. You don't set yourself daily, monthly and yearly goals and review them regularly to see how well you are achieving your success. You have no vision board in place.	
4. You have no business plan in place, so you have no structure which brings all elements of your business together, so that you can see a clear picture	
5. You think meditation is a waste of time and don't practice it night and morning for 15 minutes a day. How do you meditate?	
6. You never take time out for you. There is always too much to do. Relaxation is not a priority.	
7. Your office, house and car are all cluttered, messy and in need of a good clean.	
8. You have a number of broken things and unfinished 'projects' around the home, office and garden.	
9. You don't make writing up your expenses a priority, so are not clear on all the numbers relating to your business. You have no idea how much you earn per day or month.	
10. You have no profile picture (or one which is not including your face) up on Facebook, Twitter and Linked in. Your visibility is obscured and you are not fully willing to show off your talent/gifts to the world.	
11. You aren't networking because you don't like having to pitch for business, it fills you with fear or you just don't understand why you would build relationships with people who will not buy your products/services.	
12. You have a long term chronic health condition such as depression, diabetes, heart condition, fibromyalgia, ME, chronic pain, asthma, etc, which you are either ignoring or you are losing time out of your business to manage your condition.	
13. You have debt which is not well managed and you are feeling terrible because you are so worried about how to pay back the money.	
14. You think that clients are more important than you, so you don't book a holiday as customers come first or you are waiting to have enough money available before you will take the holiday.	
15. You are lacking confidence in your abilities as you 'don't feel good enough.'	

*If you have said 'yes' to any of the above, you are affecting the profit that you make in your business. Ultimately, everything above relates to your behaviour and the choices you are making. If you can't make the changes consciously, then you might need some help to reprogramme your thoughts, behaviour and emotions. If you would like to know more, I offer a complimentary 20 minute telephone call. Now is the time to take action. What are you waiting for!! Ring me on 07815 904848 or email Liz Almond at [liz@insightfulminds.co.uk](mailto:liz@insightfulminds.co.uk).*