3 Roadblocks Holding You Back from Being a Goal-Getter & the 3 Lifechanging Mindset Shifts to Get to your Goal!
You are seeking external permission to validate the importance and value of your goal.

Seeking external validation for the goal that calls out to you from within, dilutes the power of your own resolve to pursue that goal - especially when you are met with (inevitable) obstacles.

It's your goal - it's on you to validate and fight for it. Makes sense?
Let's get to your goal, my friend!

Roadblock 2

Why This Is Holding YOU Back

You do not have a clear plan of where or how to start or accomplish your goal - and therefore you inadvertently allow other things/people to take your energy & attention away from your inspired goal. Months and years go by ...

Not having a clear plan leaves you without direction - so you don't have motivating tools to circumvent obstacles.

Not having a clear plan makes the starting and ending points unclear and intimidating. So you allow yourself to be distracted by other knowable daily tasks.

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Roadblock 3

Why This Is Holding YOU Back

You feel imposter syndrome or the fear of anticipated failure.

Imposter syndrome is exhausting, so is the fear of failure. And that is why you start making excuses to not start or finish or follow through on your goal.

Psst ... but what if you succeed, my friend?
Let’s get to your goal, my friend!

Roadblock 1

You are seeking external permission to validate the importance and value of your goal.

Make the mindset shift ... today!

Your own power created the yearning for your own goal - so your goal needs no external validation to exist.

It is only when you are truly living your goal-driven life, that you will be living life on your own terms - inspired, excited, a little scared, but ready to combat obstacles & ready to learn & grow from mistakes.

The validation you need is you living your own life, pursuing & accomplishing your own inspired goals, my friend.

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LET'S GET TO YOUR GOAL, MY FRIEND!

Roadblock 1

3 LIFECHANGING MINDSET SHIFTS

Let's get to your goal, my friend!

This is my goal ...
_______________________________________________

I don't need anyone's permission or validation to pursue my own goal because
_______________________________________________
_______________________________________________
_______________________________________________
_______________________________________________
_______________________________________________
_______________________________________________
_______________________________________________

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LET'S GET TO YOUR GOAL, MY FRIEND!

Roadblock 2

You do not have a clear plan of where or how to start or accomplish your goal - and therefore you inadvertently allow other things/people to take your energy & attention away from your inspired goal. Months and years go by ...

Make this Mindset Shift ... Today!

Ask yourself: "If not me, when who? If not now, then when?" The answer will always be YOU and NOW.

But to remain motivated, especially when faced with inevitable obstacles, you need to have a structured plan and then COMMIT to what needs to be done for each part of the structure.

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I am going to start working on __________ (my goal) _____________________________________________________________________ because if I don't start working on my own goal nobody else will.

These are the ___ main parts to accomplishing my goal and I will work on them by the given date

_ subtask __________________________ date ____________
_ 1. ____________________________________________
_ 2. ____________________________________________
_ 3. ____________________________________________
_ 4. ____________________________________________
You feel imposter syndrome or the fear of anticipated failure.

Nobody knows everything. Nobody is as qualified as YOU to pursue YOUR own goal. Nobody at all. Whenever you feel overcome with imposter syndrome or fear of failure, ask yourself: “Who is going to laugh at me or mock me? And why do I care?” The truth is, people of substance will only admire and applaud your efforts to succeed. Anyone else is not worth your time or consideration. Go get your goal!
Nobody knows everything. Every successful person has made several mistakes (the secret of their success is that they took the lesson and left the mistake).

I don't know everything. It's my goal, my dream, I will learn what I need to as I go along (often from my mistakes).

It does not matter if anyone doubts me, laughs at me, mocks me ... for pursuing my goal ... When I pursue my goal, I live my inspired life. If I allow the fear of other people's acceptance, then I am living their life, not my own.
1. Your internal power is what creates the yearning for your own goal - so your own goal needs no external validation to exist. Getting started, and believing in your own goal IS the only validation you need.

2. To remain motivated to follow through and accomplish your goal, especially when faced with inevitable obstacles, you need to have a) a structured plan and b) a personal commitment to push through & PRIORITIZE what needs to be done for each part of that structure.

3. Whenever you feel overcome with imposter syndrome or fear of failure, remind yourself: "Who is going to laugh at me or mock me? What goal are they pursuing? What does it have to do with me and my goal?" The truth is, people of substance will only admire and applaud your efforts to succeed. Anyone else is not worth your time or consideration. Go get your goal!

When you dive into your goal (with a plan), you actually start living the live you want to live ... & you automatically stop seeking or needing external validation. It's true freedom!