



*"Cherish your visions and your dreams, as they are the children of your soul;
the blueprints of your ultimate achievements." – Napoleon Hill*

Congratulations!

“You’re About To Learn Success Tips to Transform Your Business....”

I hope you enjoy your Special Report:

**The Top 3 Mistakes That Can Block Your Success
....and How To Master Your Mindset & Transform Your Business so you start attracting
more clients, more opportunities, more confidence and more money!**

***“No problem can be solved from the same mind that created it.”
~ Albert Einstein***

There are more heart-centered entrepreneurs than ever before, in every field imaginable. So many people are doing great work, using their special talents and gifts to help others. Unfortunately, in the United States, over 70% of these businesses fail in the first three years.

Why is that? Basically, because these *solopreneurs* have a variety of blocks in their way. I’m referring to the unconscious blocks that they’ve been carrying around with them...some since childhood, and some they’ve acquired more recently. Some of the most common blocks are: **fear of success, fear of failure, not deserving/worthy, procrastination, feeling overwhelmed, lack of clarity and focus, lack of trust (to delegate) and stress.** Not until you release those negative blocks will you realize how big a part they have played in your life. Not until you release those negative blocks will you be able to replace them with positive beliefs, thoughts and behaviors. Once this replacement starts, you will find your experiences start to change and you’ll be attracting more positives - **more clients, more opportunities, more confidence and more money.**

This report will help you:

- Identify 3 key mistakes that **block your success** and stop your transformation
- Realize why your **dreams aren't becoming a reality**
- Get the **best results** for your time and investment
- Attract more **abundance** into your life

Here are the Top 3 Mistakes you want to avoid....

Mistake #3 That Can Block Your Success: Not Being Grateful

This common mistake will make or break the type of things we are attracting into our lives. No matter how good our intentions are, if **we don't take time** to be grateful and appreciate both the big and little things in our lives, then we won't get as many of these good things coming into our lives.

I encourage my clients to write in their **gratitude journal** daily. Sure, many of you have heard about doing this, but did you realize how great an impact this can make on your emotional state?

I recently read an article by Rick Hansen, Ph.D, where he discussed how the brain emphasizes negative experiences. He mentions how and why our brain does this - why so often we're focused on the negative, seeing the glass as half empty, expecting the worse and being fearful, at the end of the day focused on the negative - not the positive.

He concludes by stating we can help emphasize and store positive experiences through conscious attention- by focused on positive experiences, deliberately creating more of them and enjoying them and making them last longer. One of the easiest ways of doing this is by keeping your gratitude journal, and reminding yourself during the day of all of the good things that have happened.

Also, Dr. Martin Seligman, of "Positive Psychology", conducted an experiment with people who considered themselves severely depressed. These people wrote down three positive things that happened to them each day for 15 days. They reported that 94% had a decrease in depression and 92% felt their happiness level increase.

Imagine how fabulous the benefits will be by writing down positive things daily!

1. So, the **best way to start** is to get a journal that you like. It doesn't have to be fancy or expensive, but you should like the cover of it. Using a special pen for this is a nice added touch.
2. **Everyday**, write a few (some people say 5 ...some say 10...but it doesn't really matter as long as you do this regularly) things that you're really grateful for. It's great if you can set aside the same time every day to do this.
3. **Be specific** of what you're grateful for - and write why you're grateful. For example, "I'm grateful for this workshop that I will be presenting at. This will allow me to share my gift with so many people, helping them become more confident and make more money".
4. Amazingly, **once you start** appreciating these things, the Universe keeps giving you more of them. And they come very often and frequently. Think about when someone compliments you on a certain outfit you wear - or meal you cook- you're more likely to wear that outfit/ cook that meal -many, many more times. Well, it's the same thing with the Law of Attraction. As you appreciate and recognize these things, the Universe keeps bringing you more of them!

I help and teach my clients how to bring more gratitude into their lives thru the use of EFT (tapping). This helps them reach their goals faster and makes the journey more enjoyable.

For example, a client (let's call her Susan) I worked with was feeling **overwhelmed** with her schedule of several upcoming events. Over a 10 day period, Susan had 3 workshops to give. Needless to say, she wasn't excited about them and felt **a sense of dread**. Susan was also **procrastinating** preparing for them. By clearing out the negative thoughts quickly for her through EFT, she was able to change to an **attitude of gratitude** and became very **excited** about these opportunities and **appreciative** that she had been chosen for them. Interestingly enough, over the next week, Susan received some emails about a few **more fabulous opportunities** for her in the future. She continued to be really happy that she was attracting all of this into her life and business. Ok, I know this is a great story showing a **wonderful outcome**, but I want to share something else with you. Susan also told me in the past, whenever she would feel overwhelmed like that, usually something would happen to sabotage one of her events. Maybe she would get sick...or the people who hired her would cancel the event...or her computer wouldn't work..she wouldn't enjoy the experience....something like that. This time, Susan didn't have any sabotaging going on. All of her events went **very smoothly!** Once you start changing your energy, it's amazing how your **experiences start changing!**

Mistake #2 That Can Block Your Success: Using The Wrong Words

Do you know that the words you use can affect your emotions? Choose your words carefully- this is essential because your habitual vocabulary helps to shape your experience.

Do you use these words frequently to describe anger: **FURIOUS, RAGE**, or **LIVID** or do you use words like: **mad, upset or annoyed**? Notice the difference in your body when you say the different words. The first three are much more intense than the last three.

Notice how you feel after you say these words, “I’m....**depressed, jealous, desperate, horrible, exhausted, stressed, scared, overwhelmed...**”

Now notice how you feel after saying these words, “I’m**amazing, fabulous, fantastic, confident, terrific, lucky, fortunate, a winner...**”

You can choose your words and change your words very easily to get the desired response you’d like.

1. Here’s a great suggestion, from James Baraz, co-author of “Awakening Joy”. Next time, instead of saying “**I have to....**” try saying “**I get to....**” and notice the difference. It’s amazing how changing one word can make all the difference in how you look at something.
2. Another one of his suggestions is when you “have to” do something, add this phrase to the end of the sentence,”**and I am truly blessed**”. For example, in my client’s Susan’s case, she switched from saying “*I have to give three workshops this week*” to “*I have three upcoming workshops this week to give and I am truly blessed*”. Trying saying those two options aloud and notice the difference. By adding those 5 words, it’s amazing how you feel when saying them!

I teach my clients how their words affect their emotions and how the words they hear affect their emotions, too. They notice the change in their emotions through the use of EFT (tapping) - very often going from the negative extreme to the positive extreme in the same session.

Mistake #1 That Can Block Your Success: Not Investing In Yourself

Despite your best intentions to make these changes, many people don't want to spend the time or money it takes to transform.

People will spend money on all sorts of things, but it's usually very hard for them to spend money on themselves. But, as I tell my clients....**we can't see the tip of our nose.** We can't guide ourselves to success. If you ever get an opportunity to ask a someone who's successful, they'll tell you that they're working with a coach or mentor. And that coach is working with a coach. This was a very powerful lesson for me and has made a huge difference in my own **fast-track growth.**

No matter how great we are at what we do....**we can't see the tip of our nose.** It's important to work with someone who is objective, who will see things in us...both **our greatness and areas for development.** Someone who will help provide **focus, suggestions, solutions,** and **accountability** for us.

Look at it this way. Would you want to work with someone who wasn't investing in themselves? Would you want to work with someone who stopped taking classes, furthering their education with the latest advancements and techniques? Or would you rather work with someone who was constantly educating themselves, learning the latest advancements and/or working with a mentor? Your clients feel the same way. **If you're not willing to invest in yourself, neither will your clients!**

You can start to invest in yourself and create your transformation

Here are some of my **preferred suggestions** to start investing in yourself.

1. One of my favorite ways of investing in myself is to read more or **listen to audio books** in the car. To keep **changing, evolving, expanding and learning** new things is so important for our energy. Some of these authors are guests on my radio show. To check out my radio guest schedule, go to: <http://www.successcoachingwithKate.com/media>.

Here are some of my **best-loved** books:

“**Broken Open**” by Elizabeth Lesser

“**Truth, Triumph & Transformation**” by Sandra Anne Taylor

“**Ask and It is Given**” by Esther and Jerry Hicks

“**The Biology of Belief**” by Bruce Lipton, PhD

“**The Four Agreements**” by Don Miguel Ruiz

“**Awakening Joy**” by James Baraz & Shoshana Alexander

2. Another way to invest in yourself is to take **classes**, go to **workshops** or enjoy new **experiences**. Check out the community education programs in your city or www.meetup.com. They have programs in all different subjects, from meditation, Tai Chi, Law of Attraction to groups going out to dinner or dog lovers. Everything you could possibly desire....and if it's not there, you can create it.

3. **Hire a coach/mentor** or **join a teleseries program**. There are many different ways you can work with someone. It's important you find the right person - someone you resonate with. Very often, people will work with more than one mentor at a time to help them with different areas they're stuck or struggling in. You can work with a coach/mentor individually or in a group. Your decision-making with often depend on your timing(how quickly you want to see results) and your finances. For the **fastest results**, work with this person individually. You'll get one on one attention to your personal concerns. The other option is through a teleseries. Although, you won't always have time with this person one on one, you'll benefit from being part of a group, where people have similar issues. There's a lot of **power** from that type of learning environment. Also, you'll probably end up with some new friends or people to partner with once the program has ended, which is a huge plus. If you're not sure which is the best solution for you, I recommend to speak (or email) with the coach for her/his suggestions.

****EXTRA BONUS TIP:** Pay it forward! Whether through tithing, donations or your time. Or to use an expression I've heard, “**lift as you climb**”. Meaning don't wait until you're making tons and tons of money, start to give while you're growing your own business. It will come back to you tenfold!

Did you enjoy this special report?

I hope you got valuable information that will help you start to transform to have more success in your business with more clients, more opportunities, more money and more confidence.

It's my intention to give you powerful, life changing results that are proven to attract more **abundance** into your life in a way that is easy, fast and with your best intention as the end result. My clients find they make their **transformations very quickly and easily**, in ways they never thought possible, through the use of EFT (tapping). The most common comments I hear from clients at the end of a session is that they now feel energized, focused, happy and excited. Later, I hear how their income has doubled, tripled or more since they've started working with me.

“Cherish your visions and your dreams as they are the children of your soul, the blueprints of your ultimate achievements.

~Napolean Hill

If you're interested in learning more about my “Success & Business Mindset Mastery Blueprint”, contact me to apply for a complimentary strategy session.

Tapping to Success,

A handwritten signature in black ink, appearing to read 'Kate', with a stylized flourish above the 'e'.

Kate Beeders

Business Mindset Mastery Expert

Kate@successcoachingwithKate.com

www.successcoachingwithKate.com

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Kate@successcoachingwithKate.com