

# TAILORING *your* MIND

Five top tips to truly tailor your MIND for business success

## **ONE – GET BEHIND YOURSELF**

No one gives a shit, let's be honest. Friends, family, and old colleagues will be little to no help when it comes to YOUR business succeeding and moving forward. Be thankful to those few amazing people in your life that take the time out of their day to support you, share your information and review your work.

Show them gratitude and thanks but accept that this will be a one women job for the foreseeable and then... ACCEPT IT AGAIN!

## **TWO – MOVE PASSED THE PERCEPTIONS OF OTHERS**

Understand that you are making people uncomfortable. You are challenging the status quo. The premise for most common pathways and institutes, school, college, university, apprenticeships, is for people to learn a skill that will make them 'useful' or 'sought after' in SOMEONE ELSE'S business... To help them get a 'REAL JOB'.

It is difficult for others to understand how you can take a leap of faith based solely on you and your own skill set. It goes against 'the norm' and what we have been taught about how we 'earn a living'. It is much easier for people to rubbish the 'risk' you are taking than for them to question their own abilities, future paths and direction in life.

## **THREE – GET CLEAR ON WHAT MOTIVATES YOU**

Working in your own business can have the negative voices in your head working overtime and it is only you that can stop them in their tracks. Having a clear understanding on what motivates you and WHY you are doing this can make it much easier to keep your mind in check when doubts creep in.

Affirmations, vision boards and visual time lines are all useful tools to help you keep your eyes on the prize...

#### **FOUR – MAKE THINGS HABIT**

Work at developing a routine to positively start your day. I get we are not all morning people and that is OK. Your schedule means you don't get up to Noon? Fine. Just make sure that when you do get up you find out what works best for you to get your head focused on what you have to achieve that day.

It might be a shower, meditation, coffee, a ran or setting the alarm early so you can appreciate lying in bed for 15 minutes before you get up.

Learn what works for you and make it a HABIT. We need help to keep our mind in the right place and introducing routines and habits are one of the simplest ways to make real long term SUSTAINABLE changes to your mind-set. Consistency is key!

#### **FIVE – GET HONEST. GET REALLY HONEST**

Do you know what you are doing? You can have days where you feel doubt but do you know what your big goals are and do you have a plan to achieve them?

Do you have a skills gap? You don't need to know how to do everything all at once but you do need to know what YOU don't already know. Only then can you plan to fill the gaps.

Are you fully committed to making this work? If you are already working on plan B, C and D for when this doesn't work out, you need to check your commitment to PLAN A!!! Options are good; planning to fail is something quite different!

*Lisa Marie Hamilton*