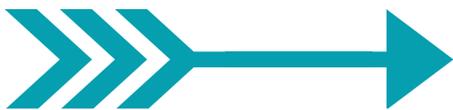




Stop Sabotaging Your Success!

The Top 3 Energy Alignment mistakes entrepreneurs make and how to avoid them

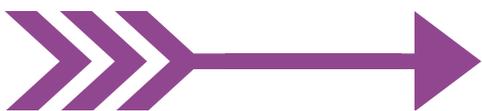
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#1

Not setting intentions and goals daily

There is something about putting pen to paper or even fingertips to keyboard. This process alone will aid in aligning your energy to the work at hand and help in calibrating your creative energy with your desired outcome. It's so easy for your ego to remain in a comfortable state of allowing. Allowing for distractions, shiny objects, self-sabotaging behavior and so many more derailing thoughts and habits. Unless you proactively trigger the energy side of your spirit body, the ego will gladly step in and run the show. However, all it takes is a little intention and goal setting at the start of your day to subdue the ego into taking a backseat so your energy can expand into doing more, showing up more, focusing more and becoming more.



#2

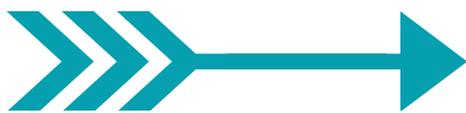
Holding your energy hostage

How often does that past decision you labeled a "mistake" take residency in your energy field? Let's be honest...every entrepreneur has past issues that they've not fully released. It's like without picking away at the battle scars you can't justify calling yourself an entrepreneur. Embrace the past, learn from it but don't live in it. There's a clear distinction between holding yourself accountable and holding yourself hostage. It's time to release the chains of the past once and for all, so you can step freely into becoming the most authentic YOU the world has never seen. It's time, your time! Now go illuminate the world!

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#3

Not making self care a top priority

If you're an entrepreneur, chances are pretty good that you're a multi-passionate workaholic. It seems second nature to work long hours and weekends, not to mention the sleepless nights to complete a few last minute tasks that are taking up space in your head. The toll this type of go-go-go stress puts on your energy systems is huge. Just imagine if you gave yourself time to refresh and renew. Opening up your energy to more ideas, solutions and creative aha's. I've worked with so many entrepreneurs who burn out simply because they are not giving themselves the permission to expand their personal energy by experiencing travel, connections, creative interests, working out, meditating, massages, etc. without guilt.



#4

Evaluating patterns

know I said we we're only going to be looking at the top three; however, I see this self-sabotaging behavior so often that it warrants mentioning. If something isn't working in your business and it's a pattern. It's time to dig deep and ask yourself some powerful questions. Self-sabotaging patterns can be: beliefs, thoughts, behaviors, actions, etc. Here are a few to get you started.

What is this _____ trying to tell me? What lesson do I need to learn? What do I need to commit to doing differently to move past this? Where is this belief coming from? If I have resistance to success, what is the origin? What can I learn about my own resistance?



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There's literally millions of questions you can ask yourself to get to the root cause. Keep going by asking yourself " what else can I learn?" You really have to allow yourself to go into those dark places that your ego keeps hidden. Only by uncovering the truth will your ego release the attachment (aka energetic constraints) thereby allowing the spirit energy to rise.

A great way to do this is a technique I share with students and clients that I call rapid energy recall. Get a pen and notebook and at the top put down 3 columns.

PAST

PRES

FUTURE

1st. Think about the pattern that comes up.

2nd. Under the past column write down anything that comes up as having anything remotely connected to the pattern.

3rd. Under the present column write down anything that is currently coming up for you related to the pattern.

4th. Find similarities and do the powerful questioning exercise around them. You should be able to dissect habits, patterns of thinking, etc. to get to the root cause of the reoccurring pattern.

5th. Rewrite what you will do differently to finally move past this pattern.

If you've enjoyed this FREE worksheet, I've got an amazing course, specifically for entrepreneurs like you who are ready to stop the struggle, float into ease, fully align with your true message and rock your business so you can grow, personally, professional and financially in a way that allows you to live consciously, joyfully and aligned.

Check out my Business BlockBuster Bootcamp and go deeper into releasing what's keeping you from the business success you know you were meant for.

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