

How to Keep Your Mind Stress-Free

Every business goes through the cycle of having a wonderful vision of success, and then comes the development phase that includes all the creativity and hard work. Last, is the process of overcoming mental blocks that get in your way. This cycle of envisioning, developing, and overcoming goes around and around, and as your business grows, so do you.

The excitement of beginning a business provides adrenaline at first. It is like a honeymoon. Then, at some point, it feels like you've made it, and you've reach a plateau and you want to stay there where it is safe.

Safe from what? Fear. Discomfort. Unknown. The list goes on. Whatever it is, the drive for safety is a barrier between you and you fulfilling your vision.

Face it. As you grow, expand, and create something new, the process will bring up all kinds of mental blocks that will cause you stress. The stress comes from the tug between your vision and your mental blocks.

The mental blocks want to win. You hear all kinds of words like, "I can't do this, I am not smart enough, I don't know how, I can't afford it. And so on."

It is a state of mind, a way of thinking that keeps you feeling stuck. This is stressful because it feels like you are up against a wall with no way around or over it.

When your mind is clear and open the way is clear, your ideas and energy flow and you are productive, your business grows and you feel great.

A mental block is a fear or mind-set that keeps you immobilized.

What are some common mental blocks that business owners encounter?

- Comparing yourself with others.

- Fearing rejection by potential customers.
- Feeling stupid.
- Obsessing about things beyond your control.
- Thinking you can't afford it.
- Failing in your business.
- The list goes on....

How to Move Past Mental Blocks

1. Acknowledge what you do well and build on that instead of focusing on the things in which you feel less competent.
2. Remember that your power is in the present moment. The question to ask is, "What am I to do right now?"
3. Compete only with yourself and your original vision. Keep improving one small step at a time.
4. Keep your focus on your customers, not on yourself and your issues. It is not about you. It's all about helping others.
5. Find someone you can talk to who can see more in you than you see in yourself. This fresh perspective is essential in helping you to see expanded possibilities.

Play baroque music, get out in nature or go see a funny movie. Laughing is the biggest cure for all kinds of mental blocks and stress.

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