

# Mindset Mastery

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Checklist for Overcoming  
FEAR in Home Business



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Welcome to this exciting venture! You have started on the path to a new life, and while it can be a little scary, YOU can do this!

This checklist is something for you to refer back to when you are feeling challenged, or stuck.

You ARE going to have success. And, you ARE going to run into some speed bumps along the way. We all do! Knowing how to negotiate these is key to success!

When I started in Network Marketing, I was highly skeptical of whether or not it could really happen for me, the way it did for others.

It wasn't until I worked hard on my mindset, and shifting those limiting beliefs that had become a big part of my "reality" based on how I grew up. Maybe you have some of these limiting beliefs, too. Most of us do, and it doesn't mean you had a tough upbringing. It just means that for some reason, as we grow and get older, our belief that we can do, be and have anything goes away.

So, let's get started changing that, because it really is that simple. Just CHANGE your thinking!



- WHY did you join your business?
- What is the #1 thing you want to accomplish?
- What will this change for you in your life?
- What is the #1 Fear that stops you from taking action?
- Why is this fear present in your life? Don't overthink this, just go with the first thing that comes to mind.
- Who are the dream stealers in your life, either real, or perceived? Do you look forward to proving them wrong?



- What is the vision you have for your life?
- What will it take to make this a reality?
- How committed to making this a reality are you, on a scale of 1-10?
- When will you start?





Most of us have just a handful of people, either from the past, or the present who are stuck in our heads.

Maybe they told us we weren't good enough, or smart enough or \_\_\_\_\_ enough, back when we were children.

Maybe it's someone who laughed at us when we started our business.

Maybe it's our own negative self talk.

It doesn't really matter. What matters is moving forward, and taking those action steps to remove those old belief patterns from our mindset today.

Start each day with a few key things -

Prayer or meditation; gratitude; affirmations; visualization and then TAKE ACTION!