

00:00:00 Ah, success. It's what we're all after. Isn't it success in your career, success with your family, your community, your business, you really shifts health finance pretty much anything. Right. But did you know that there's also a dark side to success and in fact, without even realizing it, your current level of success may actually be sabotaging your ability to reach success in any other area or a higher level in your life.

00:00:30 If you're feeling like you've plateaued or like you can't quite reach at that next level of success, no matter how hard you try or how how's your work, it's time to try something different. Get excited because you are in the right place. And this episode is for you. This is part two of our two-part series, where I'm sharing 12 ways. Yep.

00:00:48 12. I know that's a lot because there's many ways where your success is probably holding you back. And I share what to do instead, if you haven't already go ahead and go listen to episode 31, where I share the first six ways your success is getting in the way today. We're going to talk about the rest, but don't worry. This isn't all bad.

00:01:05 This series is actually meant to help you look deeper within yourself. It's meant to help you have awareness, help you evaluate the success that you have had. Look at what you want to do next and how to get there through a different lens. This is about figuring out what factors of what has made you successful so far. You're going to bring it along to the next level and which ones your preach yourself are going to require you to let go of.

00:01:28 So if you've been successful so far, whether it's in life, in business and relationships, whatever your definition is, but you can't seem to reach the next level of success in your career, your bank, account, happiness, whatever it is, or you know that there is a next level for you. You got to listen up here between episode 31.

00:01:45 And this one, by the end of them, you are going to have ideas of where you may be blocking your future success. Most importantly, though, you're going to understand how to eliminate those blocks so you can create more wins, reach the next level and create more success that you desire in your life. Welcome to the Goalden Girls Podcast, where we believe you can have it all.

00:02:08 I'm your host, Lisa, Michelle, and I'm spilling tangible tips, go getting strategies and real life stories to inspire you to tackle your biggest dreams. You're a woman who knows you're made for more, get ready to leave the excuses and self-doubt behind by being vulnerable, sharing your truth and having honest conversations. So you can succeed on your terms together. We'll set goals.

00:02:31 You'll actually achieve by staying motivated, having fun and building a community of women, empowering women. It's time to tap into your best self, get confident and truly have it all Goalden Girl. Let's dive in. Hey there, Goalden Girl. This is part two in our dark side of

success series. Don't do I feel like I need a producer that can help add some sound effects in there,

00:02:54 but don't have one. So you just have to deal with my do do all right. Okay. In a so if you haven't already, I mentioned this is part two. So go listen to episode 31. That's going to get you started. He listened to that one and you're here. Now. Let me just quickly recap. So the last episode I shared six ways that your success is holding you back.

00:03:13 And today I'm going to share six more ways and also give you tips. Of course I want you to do instead. You're going to see where holding yourself back, get ideas on the types of habits you may need to create, and then go make that change. So you can have the wins that you want in your life. Remember this list that I'm sharing.

00:03:27 There's 12, it's quite a few, but it's a non-exhaustive list. These are just the most common things that I've personally come across. The ones I've worked with with my clients. And since you are exactly the kind of person that I love working with, I have a feeling these are going to resonate with you too. It is time to require my friend when your goal requires the next level.

00:03:45 It's time for you to look at what to hold on to and what to let go of. That's what this is all about. It's in the last episode, I shared six things that may be holding you back. Let me recap them for you. Number one, you're comfortable. Life is comfortable, so you don't actually need to change. There's no urgency.

00:03:58 And obviously to change that, give yourself some urgency. Number two, you've been successful so far. So you think you should be able to figure it out and you try and do it alone. And we did this a lot. We tried to do it alone with doing all the things and also trying to learn all the things. What I would say is don't do it alone.

00:04:12 Outsource, get help, learn from experts, accelerate your timeline. That's what you need to do there. Number three, you've got talent or you worked hard and now it's kind of easy. You're not used to things being hard. You're not used to the struggle. Shift yourself into a growth mindset and know that for you to get to the next level you're gonna have to,

00:04:27 you're gonna have to learn. It's going to have to be hard. It's going to have to be challenging. Number four reason where your success may be holding you back is because you've forgotten what it's like to not know. You've gotten used to being good at it, and you've forgotten how to suck. You've forgotten how to be learners. So to shift that you got to get ready to have a beginner's mindset,

00:04:43 ask a lot of questions, make out uncomfortable. What you're going to suck at things if you're new to it. And if you're getting to the next level, and that's a part of the process of success, number five, you still have old paradigms, always being you don't cut it for the next level. You're going to have to change. You're going to have to change how you show up,

00:04:58 how you act, what you're doing in order to be the next version of you. And number six, if you're the smartest person in the room, you already know this, you are in the wrong room. So you need to get yourself in the right room by adding value to the right people, by investing in mentors or masterminds, you're going to,

00:05:13 you've got to find people, ask, make friends. I told you about my awkward little story of how I make friends on the last episode, go do it, put yourself in the right rooms with people and become the person who you want to be in rooms with. That's how you're gonna attract them. Okay? So I was like a real quick synopsis,

00:05:27 but that was the six things that talked about in episode 31. If you haven't already go listen to that, he listened. Let's keep going. Let's chat. Here are six more ways that your success is working against you and holding you back and what to do instead. So number seven reason why your success is holding you back. You consciously or subconsciously,

00:05:47 wonder if you're deserving or worthy to have more. You think things like I'm already so lucky. Shouldn't I just be grateful for what I have. I have a lot who am I to want more well to that? I have a big effort. And you know what I'm talking about to that in episode 12 of Goalden Girls Podcasts, which is goal getting without guilt,

00:06:07 the truth about big goals. I talk about the two coins and I want to bring this up again because this mindset, I can't even tell you how many women I have this conversation with on a weekly basis. Here's how I see it. When it comes to wanting more in your life, when it comes to goals, there's like a positive coin and a negative point or a healthy one and a toxic one,

00:06:30 right? So each of these coins has a side. That's enough at each of them has a side, that's been goals and either one could be healthy or toxic or positive or negative. So let me talk you through what I'm, what I mean here. So for example, you could be the kind of person who has big goals and it could be because what you tell yourself is that you're never enough that you're not doing enough and not being enough,

00:06:55 that you're not successful enough, that you should be doing more, that you must do more. That if you're lazy, you're not productive. You're not doing enough. That is the, that could be what drives you to doing more and wanting more. But that's pretty negative. That's toxic. That's what we don't want. So that's the negative point on the other side of that negative coin is thinking that you have enough and that is not.

00:07:21 I'll tell you the positive side of this, but for now work with me or the negative side is this whole thing around who do I think I am to want more? I should just be grateful for what I have. I have more than so many others. I have more than my family. I have more than my parents ever had. I need to just be grateful and just be in the spot where I am.

00:07:38 It should be enough. I should like the job that I'm in. I should love, I shouldn't like my house and I just need to be okay with it. Can you sense the energy of those two? Like that is negative. And yet I know so many people are operating with those thoughts. Let me talk to you about the other point in the positive,

00:07:54 healthy coin. The other side of it, the other coin is you have been goals because you have a desire to have a contribution because you feel like there's more inside of you because you are driven. And you're excited about what you can achieve. That there's something in you that's like. I think I could write that book. I think I could speak on that stage.

00:08:13 I think that I could be a really great landlord or entrepreneur or mom or community leader or politician. That's, that's how you get driven in a healthy way or positive way. That's how we talk about goals and wanting more. And the other side of this, this positive coin is enough. I can do the same things, big goals on both coins and enough on both.

00:08:37 But this side of the positive coin, where we talk about enough, we talk about this in the sense of you have everything you need, that you're grateful for what you have. You appreciate it, that you know how lucky you are. You're, you're grateful for what you have in your life. And you Reverse that. And that's, that's okay.

00:08:54 That's beautiful thing. This, this whole thing, you know, what holds you back sometimes what holds so many people back is from, instead of having that sense of enough and reverence for life and having that be a positive thing, it becomes a negative thing that holds you back. It become it's your, your inner critic, that inner voice that tells you that you already have too much.

00:09:16 Who do you think you are? And that voice comes up as sometimes it at any level of success, but that can come up and that can really hold you back. So if you ever find yourself thinking or saying things like I already have enough, why aren't I satisfied? Why isn't enough. If you're making yourself guilty for what you have or guilty for what you want.

00:09:34 This is the negative side, and this is probably holding you back. Now. I'm just going to take the, probably out. This is holding you back my friend, cause it is one thing to be happy and grateful for what you have and have that be a positive thing. It is another thing to say, who am I? I already have so much.

00:09:51 I should just be grateful. That is holding you back. It is holding you back from bigger goals and it is holding you back from just enjoying this moment because you're making yourself wrong for being in gratitude. You're not even allowing yourself to be in gratitude, who has to go off on this all day, listen to episode 12. If you want to know more about this,

00:10:10 and again, I'm not saying that you need big goals. Only you, you need the truth of this, but if you authentically in your soul, if you want more in your life and your mind is telling you

that you're selfish anymore, or the voice of your family growing up says, you should just be grateful for what you have. There are people that have way less,

00:10:25 any of those toxic things that come up. You're never going to truly appreciate what you have and be really be able to go for what you want. I talk a lot about mindset in these episodes. Most of my episodes, cause it's so important and you need to work through those thoughts. You need to get yourself to a place where you can positively,

00:10:43 whether it's decide to choose to go for big goals or decide to be grateful or hold both of those things. But you got to be on the right coin. Episode five Goalden Girls Podcast is a great mini mindset class on how to reprogram your mind. So if this is something that comes up for you or really any of these things, go have a listen to that episode and work through it.

00:11:02 It's golden. I did not mean to say that, Oh wait. Number eight reason that your success is holding you back. Well, you start to fear success. Maybe you're thinking Lisa, that's crazy. Why would I fear success? Who is afraid of having a fancy title of having a wonderful relationship? Who's afraid of nice houses and lots of money who has unpacked this.

00:11:25 Now there are a lot of reasons I'm just going to touch on some of those common ones that I see. One of the biggest things I see is a fear, and this might be conscious of itself by the way, it's probably is not conscious. It's probably some conscious. Maybe you have a sense of it. Maybe you don't, but a lot of it ties back to not wanting to outshine those around you or a fear of leaving others behind.

00:11:46 There can be things that come up here around if you're being ostracized, fear of not fitting in or not staying humble. And I'm curious if any of these things are resonating for you because they really do for me too. This is something I have to continue to work through. Think about. This is the way to think of this. Maybe limiting you think about how successful people around you are talked about and treated when you were growing up.

00:12:06 How did your family talk about it? How were people treated in your school class when they did really well, whether it was in sports or academics or in music, how are they treated? How does your family, if you had a, a wealthy uncle or a successful aunt or cousin, how do they talk about that person? Did they ever, did they say,

00:12:27 did they support it or were they, was there jealousy where they cast, where they ridiculed or they, the black sheep of the family where they cast it in the school and these things are so common. We see this happening and this limits an incredible amount of women, myself included. Sometimes I really have to work through this another way to think about this too.

00:12:48 Or one of the ways that we can fear success is being afraid of what people are going to think about us when we get successful. And this can tie a lot to not wanting to out shine

or being fear of leaving others behind or being ostracized. It, having people think things like you've gotten too big or that you've changed, you know, the tone,

00:13:03 right? Like that, Oh, she's changed or he's changed. Right? And they don't mean it in a good way. Has that ever crossed your mind? Like you don't want to be that bright. You don't want to be the one that's changed. At least that's what we think. But at the end of the day, if you want to be successful,

00:13:18 if what you have in your heart, your desire that you have, if it matters, then you've got to be the one that they say she's changed. That's just got to be a part of it. And I know that the sphere really holds people back. Hold it, hold me back too. Sometimes I'll be completely honest. I also, I don't know if this resonates for you guys,

00:13:35 but I'm sharing from my experience. I remember hearing a lot of things around thinking that you're better than others, just because you've been more successful and that's just not true. It can be the other people's perceptions of it. And maybe, I mean, I'm sure there's some jerks that do act like this, but just because you're more successful doesn't mean you actually think that you're better than others.

00:13:55 So I mean, maybe that really my question here is does anyone not fear what others think? I think this is such, I think that's born and bred into us and it comes from evolution, right? Like back in the day, talking about like thousands of years ago, our entire survival was based on our community. It was based on fitting and it was based on belonging.

00:14:14 And so we had to fit in to continue on. If we were outcasts, we literally would not survive. Like that's how that's how dire it was. But in these days today, I find so much more often that we are limited because we are so afraid of being ostracized. And we're afraid of not fitting in that actually holds us back. So I want to say this,

00:14:33 that like, this is normal. If you feel this way, like I said, I am curious if anybody doesn't struggle with this, but you, I want you to be conscious of it. And this is something that I'm on a journey on. I'd remind myself up to, I heard this last year and I just was like, Oh my gosh,

00:14:46 I really don't. I'm going to put this back on my desk, as I'm saying this and wherever this, but if you're not pissing people off, you are not doing cool enough things. That is just the truth. Someone is getting mad at you. No matter what you do, you might as well make yourself happy. Am I right? So some of these things might automatically be resonating for you.

00:15:03 You might be able to like, Oh yeah, yeah. I heard that. I know what you're talking with. Lisa. Another way to check in and see if you may have fear of success is to see how you think about other success people. How do you, do you judge them at all? And if you're judging them, chances are you're judging yourself again,

00:15:20 consciously or subconsciously. Do you judge them for working so much for having so much money and not donating it or for not spending it in the right places? Or do you judge them for what they would have had to give up to get that best-selling book? Or, or did you judge them for not doing a good enough job on the screenplay they wrote?

00:15:35 What is it that you're judging people for? If you're judging someone else for it, that will not only tell you where you might have severe insecurity, but if you're judging someone else, you're not going to allow yourself to become it. No matter how badly you think you want it, you're going to hold yourself back. Let's talk about a few others,

00:15:53 limiting beliefs around time and money. Ooh. If I had a dollar for every time someone brought this on up, how many of us heard you have to work hard for money growing up? There's so many. Oh my gosh. I could do an entire course on money mindset, but I'm still working through myself. So there's a lot that comes up around.

00:16:09 I have to work hard for money or have to work a lot, to make more money. And a lot of people get caught up in what, like what would it say about you if money came easily to you, what would it say about you? If you made more money than your parents that can often trigger some limits and we can hold ourselves back because we don't want to be that person who doesn't have to work hard for the money because of that say you're lazy.

00:16:30 Does that say, you're not like, what does it say about you? Another big one that comes up is fear of worthiness. Do I know enough? Am I smart enough? Am I good enough at this? My too poor? Not pretty enough. Not enoughness like so much fear of worthiness can come in. Am I, am I good enough to really get that level of success?

00:16:49 Another one, it can be fear of desiring more. And on the surface, this may not come to mind as a fear, because like I said, you know, of course we want it all. We want the mansion. We want the hot husband, the amazing job, all the money we can go to Amazon. If we can, Amazon prime,

00:17:02 all that, thank you. I'll take that. But this is a sneaky fear. And even though it's sneaky, it's still very real. And this comes across sometimes, or it can be a fear of coming across as being greedy or selfish. Often, this feels, you can tell yourself this and trick yourself as be realistic or selfless. And a lot of those things kind of talked about before,

00:17:24 but it's a little different, like I'm already so blessed. I don't need more. Or how dare I want more or I already have a great life. Why would I think I deserve more? However, there's nothing wrong with appreciating what you have and feeling blessed. In fact, I say, go for that. That's important. But the underlying tone in both of these messages of fear,

00:17:42 it's a fear of desiring more. It's a fear of not being deserving and a fear of not being worthy. There's a lack in there too. Like how dare I want more because I already have so

much. And if I'm taking, if I have so much that I'm taking away from somebody else, like that's lack that's scarcity. It could be like,

00:17:57 you're not, you're afraid that you're not good enough to have more. And if any of this is sounding familiar, you're not alone. That like I CA I've talked to a lot of women about this. This is something and men, these are the things that were we learned and we absorbed through society. This can also be your inner credit coming up and it manifests itself.

00:18:13 As fear as that knot in your stomach all over again. That's a very real fear. And I want you to know that you can have both. You can be satisfied with your life and grateful and you should be, and you can want more. So I encourage you to lean into your value, lean into what you believe is possible for you lean into love and not follow that fear.

00:18:33 If you have any of those. And I didn't even, that's not even all of them, but those are some examples of fear of success. If, whether it's conscious or unconscious, if you have those, you are self sabotaging yourself. You are not going to take action. You're not going to reach levels of success that you want to. If you're afraid of it,

00:18:48 your mind is going to protect you in any way possible. Your body is going to protect you. The circles that you're in are going to protect you. They're going to keep you safe, which is they're going to keep you stuck exactly where you are. Again, this is where mindset work can really help. And even just, you know, awareness is a great first step,

00:19:02 but go listen to episode five of Goalden Girls packets. If you haven't already go work through that, work with a coach, be the mastermind, get some support to help you uncover and rewrite your mindset and attitude towards success because you'll never ever do anything that you're judging yourself for. You. Won't let yourself do that. And my friend, if you really want your success,

00:19:22 you can't be afraid of it. Okay? Number nine reason why your success is holding you back and what to do. Instead, you hide your success and you dim your light. Now this one ties the one above. If you're afraid of success, for any reason, chances are you might be hiding it. And this actually limits you because no one knows what you're doing.

00:19:40 The impact of this. Let's let's talk about some examples. What is the impact of this? Well, if you have a business you're not asking for testimonials and you're certainly not sharing them. You're not sharing the great work that you're doing on your website or social media. You're not asking for recommendations. You don't, you're not getting the sharing. What the great things that you do.

00:20:01 If you're in a corporate job and you're, you have this fear of success, then you're probably not tooting your horn at your performance review. And you're not telling your

coworkers or your boss, what you're up to. And that is not going to help you reach the next level. If you don't share what you're up to. Even like in your personal life like that,

00:20:17 you're that you run half marathons or that you're learning to play the saxophone or your salsa dancer or whatever that is. Well, when people don't know they can't help you. And they also will be able to support you. So when people don't know that you're doing great work, they don't hire you. When your boss doesn't know what you've done, you don't get the performance review that you deserve.

00:20:40 You don't get them, the promotions and the opportunities that you think you deserve. Your coworkers. Like you miss out on opportunities. Even with friends, you know, or coworkers, if they don't know that you are learn to play this expo and they don't invite you to come jam with them, right? They don't ask you to come run with them.

00:20:53 You, you get overlooked. You don't get the opportunities that you in fact deserve. When you are fate of success, you end up hiding it and dimming your light and that limits where you're able to go your success and your progress. They stagnate. When you're confident, though, when you're confident with your existing level of success and your future level of success,

00:21:14 then you can shine it. But until you do that, you're actually going to be stifling your growth because no one knows how awesome you are. So if you're listening and this is resonating right now, I want you to look at whatever goal it is that you have. And I want you to decide to toot your own horn in the next week. That's right.

00:21:33 So if you have a business, you're going to share some testimonials on your social media or your website. You're gonna ask for a positive view on Google. If you're in a career, you are going to start yourself a folder called I called mine, Lisa rocks. You can use your own name there and get some great reviews from people that you've been working with.

00:21:50 Share something that you're celebrating with your boss this week, whatever that is this week to your heart. If it's something that you've been doing in your, in your personal life, you know, share it with your colleagues, share it with your partner, share with a friend, be competent in what you're doing this week. This is my challenge to you.

00:22:03 Do not dim your light. And also as you go and do this, as you go to your own horn, as you celebrate, pay attention to what you feel and what fears are coming up, what thoughts are coming up, and then you know exactly where it is that you've got to go and what mindset you need to turn around so that you can really shine your light so that you can stop being afraid of success and go get that,

00:22:24 go get whatever that is that you're looking for. The number 10 reason why your success is holding you back is because you focus only on strategies, tips, and how tos and you

never go deeper. And that holds you back. We've talked a lot about mindset. I'm going to keep talking to you about it. Here's the truth. When you desire to achieve something new,

00:22:43 you fundamentally have to become a different person. This means you have to change your mindset, your habits, and your actions. So let's first say what actions cause yes, you do have to change that. So to a certain extent, you do need to listen to tips and strategies. It takes a certain behavior to get great performance reviews and then get promoted.

00:23:00 It takes different tasks and behaviors to be a great leader. Once you are a manager to then become a senior leader or a senior manager or an executive, it takes certain behavior to take a leap and start a business. It takes different to grow your business and to scale your company and sell it if that's what you want to do. But you also have to go beyond that because that's just not enough.

00:23:22 I was having a conversation with a fellow entrepreneur the other day. She was telling me about how she's been stuck at the same level in our business for four years. And she was super frustrated. She couldn't figure out what's going on. She was showing up consistently. She was growing her team. She worked with one of the top coaches in her industry and she still couldn't seem to break through.

00:23:41 So I asked her if she knew what it was actually going to take to get the next level in business. And she said, yes, here's the thing I'm going to just poke in here. Most of us know what we need to do. You probably know what you need to do. We did some digging with her and it turned out that there was one key thing she needed to do to make a difference.

00:23:57 She'd be doing only other things. But there was this one thing that she was still really hesitating on. She told me right away that she didn't have the money for it. And then she realized that she'd been lying to herself about that just recently. She actually encouraged her husband to invest thousands of dollars on himself, but she had a double standard for herself and she was not willing to do the same for her.

00:24:17 So we did some more date. We do a lot of when I work with people, we do a lot like whys. Why this, why this, why this? We get to the deeper. And as we did the Digger deeping, she realized she had a severe fear of failure. In this one arena. She was willing to invest in other things.

00:24:32 She was willing to invest in her husband. She was willing to show up and do other work, but not this thing, this one thing she was really afraid of now that she knows that she is working through it. Can you believe it? Of course. Right? Sometimes awareness is so much she can use any of the strategies that I share in episode five of this podcast,

00:24:47 to help rewire her mindset. Even after our conversation, she was like, Oh my gosh, this is so silly. I kept them. I've been doing this, I'm getting over it. And I'm investing in

myself in this thing. But the point is though that if all she'd been doing was just continue to try and follow the strategies like she's been doing for the last four years.

00:25:03 Even though she's been showing up consistently, even though she's been doing some great things, she was still stuck. This is what we needed to go beyond a strategy. Because even when you know what needed to do it doesn't mean you're always doing it. We need to go be on the tactics and figure out what's actually going on behind the scenes. We all have these things.

00:25:19 We all have stories. We're replaying in our head, limiting beliefs. We have, we are all blocking ourselves. And this is one of the biggest mistakes. I see people making, thinking that you just need to work with an other expert. That's done it before. Don't get me wrong. There's a ton of value in that. I mean, I just told you in the last episode that that's a big mistake to not work with experts.

00:25:39 There's a ton of value. Our real estate mentors have been very helpful in showing us the way, but truthfully 90% of what we're learning from them is their mindset and their attitude and the way that they are tenacious and showing up. And I combined that, that I'm learning with the coaching that I do for myself and the coaching that I get. And I combine that with the thing,

00:25:57 the, how that they do teach. But let me tell you a lot of how they, what they're actually sharing. I can't always duplicate all of them cause we have different situations and you're going to find this everywhere else. So what I'm mostly learning from them is mindset. And that's where we need to go to, we need to go beyond the strategy and tactics.

00:26:13 Here's the truth that not a lot of experts will tell you, let me just quickly say, this is not about like talking to your accountant or your lawyer or a doctor about how things, this is about different kinds of experts who have been there before. Even if you know exactly what someone did, even if you know exactly what a social media expert has done,

00:26:31 even if you know exactly what, what I've done with my real estate or somebody else has done, or even if you know exactly how I progress in my career, you're never going to be able to perfectly replicate the when and the how of what I did. Never because this moment, the opportunities that I've had, that, that, that person has had,

00:26:49 that the other person has had. They're all different and we're never going to be able to replicate it. So we all need to. And if you're listening to this and you're plateaued, you need to go deeper than just strategies and tips. And if you're still operating in this level of like, Oh, I'm just going to follow the step by step step to get there.

00:27:03 You're never going to get there. If you asked a hundred gold medalists, how they did it, how they got the gold medals, you're gonna hear a hundred different routines, a hundred

different paths to get there. There's going to be some similarities for sure. But the countries, they come from the era, they, they compete in the sports they compete in.

00:27:20 That's all gonna be so different. You can't just operate on strategy alone. If you asked a hundred different best-selling authors, like what was your exact blueprint? How did you get a best seller? You would hear different answers in different paths. Some will have had successful businesses and then wrote a book about it. Some will have had big, tragic losses and wrote something about it.

00:27:37 Some had ghost writers help them. Some wrote for 20 years with no one reading a book before they wrote that they wrote until all of a sudden they had one hit the bestseller list. There's not, it's not always about the step-by-step. And if you want to get to the next level of success in any area, you've got to look at mindset work.

00:27:53 So if you are working with an expert, whoever you choose to work with, make sure they're incorporating this or work with a coach or join a community like Goalden Girls when it opens so that you can be surrounded by others who are also evaluating the mindset. Others who are also leveling up challenging themselves. And Hey, if you're not ready to invest yet,

00:28:09 that's okay. I that's. All right. We're not already. That's why I have this podcast. I want you to listen to these episodes. I want you to start making progress now. And not necessarily only when the program registration opens for anything. Okay. And maybe this time around it won't be the right time. What I want most for you is to just get started.

00:28:28 Okay? So go listen to episode five and do this work. Like that's a free way to do this. I give you seriously a mini mastermind or a mini mindset class in there. Go do this work. Get your journal out. Talk this out with a friend or a mentor. Just promise me. You'll stop focusing on just tips and strategies. Figure out where your mindset and beliefs are keeping you stuck,

00:28:47 whether it's consciously or unconsciously rewrite them. I recently heard of awesome and Williamson quote that I just love him to share. That resonates right here, which is let go of your story. So the universe can write a new one for you. That's what it's going to make my friend to rewrite your story. I don't know that you can do it. Okay.

00:29:06 Two things. I'm so excited. Okay. Number 11, you achieved success, but it wasn't what you wanted. It left you feeling empty. I got a few stories on this. One of them is Alison she's brilliant girl. She was in her twenties. She said, I'm going to be 30. And I'm going to make six figures. And I'm going to be a manager by the time I hit that age.

00:29:29 And of course she's smart. She knew what to do. She got it done. She was all of those things. By the time she hit 30 by 34, she was burnt out. She was exhausted and she was

unhappy. And she was extremely confused. Cause she was like, well, I achieved success. I got what I wanted. Why am I so miserable?

00:29:47 And when she did some reflecting and figuring out what she realized that she didn't even really like leading people, she just thought she wanted to be manager. Cause that's what you're supposed to do is move up. She didn't like managing people or being a people leader. And when it came to money, she sure she had money, but she didn't actually get quality time to spend with her husband or to travel or do things that she wanted to do.

00:30:08 So both of these things that she had, that she thought she wanted, these goals that she'd set were actually not even giving her what she wanted often when you know what you don't want. It can also give you a lot of clues as to what you do want. So what she realized was, okay, she didn't want to be leading people, which means she wanted to be an expert,

00:30:23 a specialist in what she was doing instead of having to worry about all the delegation stuff. And when it came to money, money, wasn't obviously what she wanted. She wanted time freedom. And so she was able to figure out a new goal and figured out a new definition of success that was hers and hers alone, which took her a few years because these things big changes always do.

00:30:43 She transitioned to a different role for awhile. Her husband saved up their money. They also ended up building a real estate empire, and they were able to retire really early in their, I think it was late thirties and now they sail around the world for a couple months. Every year they enjoy their time. Their real estate ends up paying it. They work odd jobs here and there.

00:31:04 And they're so happy that is success. That is success that they actually wanted. What I see though, so often is people hit success or hit their goal and then wonder why they're empty. And it's because you haven't set the right goal. It's because you didn't actually know what it was that you wanted. And to combat that always, always, always go back to how you want to feel and craft goals.

00:31:25 From there. I have another client recently who recently had six figures, like super exciting. It was a huge goal she had for years. And she was like, I don't feel any different. I'm still burnt out. I'm still confused. And she has now had she's revamped her bowl because it's not about the money for her to it's freedom that she wants regardless of the dollar figures.

00:31:44 What she realized is that her six figure Mark, it was meaningless because she was still tethered to her business and tethered to other people's expectations. So check in with this, all right, you may have achieved a certain level of success. It might be coming from a place of, I tick all the boxes, but if you've plateaued, maybe it's because you're standing on the wrong mountain Top.

00:32:03 You got to check it and look back sometimes and make sure you're still climbing the right Hill. Go back to how you want to feel. What is that you truly want and craft your goals from there, define success based on how you want to feel and what you want to experience and make your definition of success, yours alone. Okay. 12 thing.

00:32:21 The last thing I got here, and again, these are in no particular order. You're afraid of failure. Okay. Here's the thing. Sometimes I think after you have some initial success, fear of failure actually gets worse. I've noticed that when you have nothing to lose, you have nothing to lose and you don't fear anything. But once you have some success,

00:32:41 it can be a little bit scarier. I'll give you an example. When I first started my business, I got so much positive feedback on my first few blogs. And I got so much good feedback that I was actually scared to write more. I was like, what if the next ones don't go as well? What if people don't like it? What if people unsubscribe these seriously?

00:32:59 The things that went through my head, like I was terrified. Obviously four years later, I had to get over this and realize that some of my emails, some of my blog posts of my social media posts are going to flop. They're going to fail someone. Isn't going to like them. People are going to unsubscribe. People are going to there's many less popular ones.

00:33:14 There's going, could be quote failures. I found that the same thing happens with so many people that you get some success and then you're afraid of failing. You're afraid of losing it. Or you're afraid of people seeing you fail. This happens to authors after they get a bestseller. And then they have to follow that up with another book. How do you do that?

00:33:29 Or if you've got an Oscar winner, how do you follow that up? Or you know, maybe you've got enough money that you're comfortable. Like how can you now risk that maybe you don't want to risk not being able to pay your mortgage or not being able to give your kids a future you want. This is the funny thing is that sometimes we think I've seen this work both ways that when you have nothing,

00:33:50 you're not afraid, but I've also seen people say, I'm not going to try something until I have some stability. But those same people often when you have the stability, then you also get afraid of losing it. This is where the awareness is. This is not about having a perfect track record. That's not something that we should be aspiring to having a life you desire that you feel on purpose,

00:34:10 right? That you're enjoying. That's what you need to, that's what you must aspire to. That's what's worth it, right? You have to fail your way to success and Winston Churchill. I love his quote. Success is the ability to go from failure to failure without losing your enthusiasm. If you can't remember the last time you fail, then you're too comfortable.

00:34:27 And it is time you fail. If this is kind of like that, if you haven't pissed someone off lately, you're also not doing cool things. So if you have resupply to, or if you know that there's a next level for you and you're not getting there and you're not pissing people off, or you're not failing, I just gave you two really easy,

00:34:41 solid places where you're holding yourself back and that's, what's keeping you stuck. So it is time to fail. It's time to piss some people off. Here's an example, really simple of what you can do. One of the things that I have set out to do, and I started in 2019 is to do 50 failures a quarter. So approximately 28 month,

00:34:59 basically almost every day. I want you to challenge yourself this, this quarter. I'm actually challenging myself to fail a hundred times. Cause I've got some big goals. I know that I need to break through. So that's what I'm going for. This is my challenge for you too. Don't just listen to this episode. Actually go and implement these things.

00:35:14 Try it. Maybe you don't have to try 50. Maybe you try, you know, 10 failures a month. I guarantee you. If you're not failing, you're too comfortable and you are not going to get to where you want to go. And my friend, I care about you. I love you. I want you to get results. So I want you to start failing a heck of a lot more.

00:35:32 All right, there is 12 ways that you are blocking on success and what to do instead. Let me just sum this all up. Number one, you are too comfortable and you don't actually need to change. So you don't number two, you've been successful so far. So you try and do it all alone. Number three, you have natural talent or you're good at something.

00:35:49 And now you're not used to things being hard. You're not used to the struggle. Number four, you forgotten what it's like to not know, and you're not used to sucking. So you've forgotten how to learn. You've forgotten how to suck. Number five, you have old paradigms and always being that. Aren't cutting it for the next level. Number six,

00:36:03 you're always the smartest person in the room. Number seven, you consciously or unconsciously, wonder if you're deserving or worthy enough to have more. Number eight, you fear success. Number nine, you fear your success and you dim your light. So you don't outshine others. Number 10, you focus only on tips and strategies and never go deeper. And that holds you back.

00:36:22 Number 11, you achieve the success, but it wasn't what you actually wanted. Number 12, your fear. You're afraid of failure. That's a lot. Hey, let me boil this down to something sustained for you to reach your next level. No matter what it is, whether it's more freedom, more, love, more joy, more time or money.

00:36:44 It's going to require you to change, change what you do, change how you think change, who you surround yourself with Mel Robbins. I've had like a lot of other quotes that are

coming up today because they're just so good. Now Robin said the price of your new life is your old life fire, right? Like, are you willing to give up your current life for what's possible for you?

00:37:06 And if you're not and that's okay, but don't make it. Don't make it harder for yourself. And if you're willing to give up your current life for what's possible for you and you are in the right place, because this is what it's all about. I talk a lot about mindset and I talk a lot about community in this episode and on my podcast for a reason because when women come to me and they're stuck and plateaued,

00:37:28 and when I have found myself being stuck and plateaued, this is what makes the difference. Chances are, I'm guessing that you probably know what it's going to take. You probably know the actions to take what you should be doing, but for some reason you're not doing it. Chances are, it's probably one of the 12 reasons or maybe five of the 12 reasons,

00:37:45 maybe all of the 12 reasons, either way. I want you to get to take action on the things that are going to move the needle for you. The things that are going to get you off of this plateau that are gonna get you climbing the mountain. If that's the, that's the problem and taking the next step towards what you desire, whether it's a thriving business,

00:38:01 the freedom to stay home with your kids or a vacation home or whatever it is that you're looking for to be successful at that level, you have to recognize that your goal, what is going to require the next level. You have to see that look at what you currently are doing, that you need to hold on to and what you need to let go of being able to shift this and how you show up being surrounded with the right people.

00:38:21 That's what helps you create change. I know that you've been successful so far. Life is comfortable and you feel like you probably should be happy, but something is missing. There's a reason why you're here. You're listening to this episode because you're feeling one of two ways. You're bored. You're stuck, you're addressed. You don't really know where you're going.

00:38:38 You're a little directionless, cause something is missing and you don't know what or how to get there. Or you've got these big ambitions. You know what you're working towards, but you're exhausting yourself. You're burning out and you can't seem to get further. And all these things feel really overwhelming because you're already exhausted and your energy is low and you don't know what's happening.

00:38:55 You don't know how to get through it, but you know what you're doing, isn't working. And that is why create a Goalden Girls Mastermind. If you have plateaued, if you are stuck, if this is what you're feeling like, this is for you. Or even if you, I should say this before, too, like if you have a new goal,

00:39:11 a new level that you're working towards and you think any of these blocks might get in your way, be proactive. My friend, get ahead of this. Come into our mastermind. Goalden Girls Mastermind is for the woman who loves the intimacy and accountability and mindset shifts that come from working with one-on-one coach with the network collaboration, community, and support that comes from a mastermind.

00:39:32 So if you never heard of a mastermind before, I'll probably do an episode on it. Cause I know I've been getting a lot of questions about it, but a mastermind is basically a group of people that come together. And the idea is that you get to draw from everyone's mind and not just your own. What's unique about Goalden Girls Mastermind is that it's not just a group of people chatting,

00:39:48 but it's actually structured. And I combined content and structure of an online course in personal growth with the mastermind, with the coaching. So we cover topics like how does that goals, mindset, time management habits, balance productivity, and a whole lot more. And we combine that with community, with collaboration. And of course, you've got me to kick your butt with some coaching and accountability.

00:40:11 What I love about it when I think it's so unique, is that, is it three in one? And that's, that's what I wanted to create was something different. A blend of a traditional mastermind. One-on-one coaching that well it's group coaching, but you get to work with me and personal growth coach or personal growth course. So what's really cool about this is that you are going to get the support to create a growth mindset.

00:40:31 And you're going to learn a whole lot more about this. You're going to figure out what it's going to take to get you to the next level. You're going to get the accountability and the support to take action, because it's not enough to just know you actually need to be able to do that. To step up in your career in your family and your health in your community,

00:40:45 in your business, in your life. You're going to get in the room with the right people, with people that are so brilliant. And every year I'm just blown away by the level of women that are in there. We're going to help figure out why you may not be as happy as you want to be. Figure out what it is that you want and get you a plan to get there.

00:41:00 A plan that doesn't overwhelm you. And probably most of all, because we do that. Yes. Over six months, we keep you moving through fear. I challenge you. We challenge each other. And I literally just get so excited sharing this. I care so deeply because I know what happens if you don't, if you don't keep going. I know that if you don't take action,

00:41:21 that if you just listen to this and you turn off this episode and you, you don't think about it again. Well in one year, you're going to be in the exact same situation. You're going to continue to wonder why you can't crack that next revenue goal while you're finding yourself bored at work or why your relationship feels more like your roommates than your lovers.

00:41:39 I know that if you're here listening, there's something in you. There's a lot in you and you're not willing to make that happen. So this year our mastermind is going to run from January to June, 2021 pre-registration is happening right now. That means it's like early, early, early birds. So it's some great discounts. If this episode just came out and you're listening at the beginning of November,

00:42:01 semi dab, let's chat. If you are listening later, let's say maybe December, send me a message and I'll let you know. Cause I don't know, spots are still gonna be available. This group is super limited. No more than 15 women. And I have a feeling that it might settle this year because I've been getting a ton of messages about it.

00:42:17 And I'm also going to say if you're listening, like in future years or after, after basically December, when it's sold out, hop onto the wait list, [Lisa michelle.com/mastermind](https://www.lisamichelle.com/mastermind). And you'll be the first to know next time. When it, when it opens up for this year, I didn't want to do like a big splashy launch in November. Maybe not at all.

00:42:34 I just want to open up to loyal listeners. People that I believe this could really serve. And that's you. So I'm going to send a few messages to people I know are interested. I'm chatting about a here, but that's how we're getting started. So if you want to know more, send me a message. You can also go to Lisa,

00:42:48 [michelle.com/book](https://www.lisamichelle.com/book), a call to book a call. This feels important to say too, I'm not a sales pitchy person. This is if you book a call or if you send me a message, it's just a chance for us to connect. This is not about me making you or forcing you into a program. If it's not the right time. If I don't believe it's right fit,

00:43:08 I will tell you, and it's not the right time. Now, maybe next year will be, but this is a chance for us to connect for me to know what is that you're looking for. And I will give you the honest truth about whether I think our mastermind can help you or not. So if you're listening to this and you're interested, go ahead,

00:43:23 go book a call before the spot sell-out or message me. They are limited. We might even sell it before I even announced this publicly, which would probably be close to the end of November. So if this is for you, I don't want you to miss out. You don't want to miss out. Let's Connect I can't wait to hear from you.

00:43:40 So now my friend, you know, you know how your success might be holding you back and you know what to do about it. I hope you've been able to look deeper within yourself, but now you're able to evaluate the success that you've had. Look at what you want next and how to get there through a different lens. You now know where you might be blocking your future success.

00:43:58 And most importantly, you know how to eliminate those blocks. So you can have the wins that you want and create the success in your life. You've gotten this far. Okay? Like you are brilliant. You are talented. You are amazing. Remember that this is only about the next level of growth for you. It's not saying that there's anything wrong with you.

00:44:17 This is just about where you're going. Next. You are capable of anything and everything. And I want you to use your success so far as evidence of what is possible for you and let it fuel you to create everything you dream of and more. Thank you so much for listening. I hope you enjoyed this episode. Hop on into our next episode.

00:44:36 Our next one is going to be all about our real estate journey. Super excited and nervous to share about it. Here we go. Doing something scary, getting uncomfortable. Thank you again so much for listening. You are truly amazing. Have a great day. Thank you so much for listening. If something spoke to you, send me a message by sharing this episode and tagging me on social media.

00:44:58 If you know someone who loved to hear this episode, please share it with them too, because I love surprises. Make sure you subscribe to the Goalden Girls Podcast today. It's the only way to find out about bonus surprise episodes and make sure you don't miss a single beat on your golden journey. Thanks again for listening. And I will talk to you in the next episode of the Goalden Girls Podcast.