

BREAK FREE CHECKLIST

Visualize **3 potential roadblocks** or what scares you the most that stops you from seeing success in your business.

Write down those 3 potential roadblocks and make a list of everything you would need to do to **break free** of that.

Make a commit to **1 hour a day for 1 month** to step out of your comfort and do the hard things on your list of goals.

Remember These Mindset Strategies:

1. Embrace Fear
2. Go *beyond* your comfort zone
3. Create a system to help you learn when you've failed
4. Fill up your calendar even if you don't have potential clients
5. Embrace Confidence
6. Don't forget the 5-Second Rule: 5, 4, 3, 2, 1...
DO IT NOW!

IF YOU'RE NOT
AFRAID, YOU'RE
NOT GROWING