

5 stories

sabotaging your success

and how to re-write them

self-limiting story #1

I DON'T HAVE ENOUGH TIME

I'm a single mum, homeschooling her high-needs son, trying to run my own business. If any one knows this story, it's me! I honestly believe I DON'T HAVE ENOUGH TIME!

*But truth is, everyone has the same 24hours in a day.
Some of us use them well, others use them wastefully.*

What we actually don't have is focus and self-discipline. If you think you don't have enough time, try tracking your time for 72 hours and see what you actually spend your time doing - chances are that you spend longer than you realise scrolling your phone, answering emails, worrying about others, telling yourself stories or waiting for others to do things that you can't control - and **subsequently you're not in control of your time.**

re-write it

"What if I have all the time I need to achieve all the things I want?" is the question I ask myself when I feel i'm starting to get overwhelmed by time. Where your thoughts go, your energy flows, so you need to change the story you TELL yourself, and watch as you start to bend time!

self-limiting story #2

I DON'T HAVE ENOUGH MONEY

"I so want to _____ but I JUST can't afford it". If I had \$1 for every time I've said, and heard, this I really would be rich!

But truth is, we spend money on what we prioritise or value.

Most of us don't prioritise ourselves over every other expenditure in our life.

What we actually don't have is a clear vision of what is important. I invested in myself as a single mom, on benefits, on a below-average income. HOW? Because I told myself that if I didn't change, nothing was going to change. It was a priority.

re-write it

Switch up your story to "I'm choosing to spend my money on this right now" instead of "I can't afford it". That re-write alone will change the whole energy of your money story, and also help you to start becoming conscious to your spending choices & habits.

self-limiting story #3

WHAT WILL OTHER PEOPLE THINK

"What will people think of me if I start making more money than them?"

"If I say no, then I might upset someone and I don't want to do that"

"What if I say something and offend someone? I don't want to make a scene"

If I could give you just one truth it would be this - we cannot control what other people think. And so denying what we want, holding ourselves back and settling on a life that is full of saying yes when you mean no, playing small when you want to serve, and charging peanuts when you want to put your prices up will make no difference to what people think.

People will always think what they want to think, and they will almost certainly have a different opinion to you as to how you should run your life! Misery loves company, and there will always be people who will not celebrate your success as you hope. BUT, there will also be many who will!

re-write it

"What other people think of me is none of my business" - This is my daily mantra - and absolutely critical if you want to create a life that is full of YOUR dreams. Mind your own business, and let others mind theirs - this alone will change your life.

self-limiting story #4

WHAT IF I FAIL

We are a nation afraid of failing - fear of failing is probably the #1 cause of unmet goals and un-lived dreams in the women I work with.

We are so afraid of the shame and embarrassment of failing, that we have stopped trying

But who is it really who is warning you of all those horrid things that will happen in the event that you may not get it right first time? Who is this voice that's telling you the world will end if you try, and fail, this time? Our inner mean girl is who - otherwise known as our Amygdala - or our fear centre. Years ago its job was to keep you safe from saber-tooth tigers, now its bored and likes to tell you that fear is everywhere, and its not safe to follow your dreams and take a few risks.

re-write it

"What if you fail?...but darling, what if you fly?" is one of my favourite quotes.

But what I teach women when we work on failing is Love yourself enough to do this. When your done on this earth do you want to have memories or regrets? Next time you say what if I fail...re-write it and ask yourself instead, ***what if I fly?***

self-limiting story #5

IT'S TOO HARD

Another of my favourite stories, I LOVE to play the martyr and tell myself that everything is too hard. I have enough woe-is-me stories to entertain for years, but telling them only keeps me stuck.

But if you want to soar, not settle, you have to swap your story on this one. You have to get used to feeling uncomfortable, because to create change, you MUST leave your comfort zone

We do hard things now, so that we can create the life we want. If you don't want to have to do things that feel uncomfortable, if you don't want to grow, if you don't want to make those dreams happen, then by all means - ditch hard things, but don't complain that life isn't what you want it.

But if you're gonna hang out with me, you're gonna learn that my philosophy is **change the story, not the dream**. We can, and we do, and we will continue to do hard things, but with the assurance that they are taking us ever closer to all we dream of and more.

re-write it

"What if this was easy?" - This is the question that I turn my too hard story around to. Too little time? Not enough support? Can't find a way through? ...*What if it was easy?* I keep telling myself this over and over until my breath softens, and my shoulders relax, and my mind slows, and then I begin again. Because the privilege is ours each & every day.

got more stories?

come work with me

So, are you ready to make some changes in your life? Is it time to create more memories and less regrets? **Well - Goodbye, old stories. Hello, new you!**

IT'S TIME TO OWN YOUR PAST - AND RE-WRITE YOUR FUTURE.

With 1:1 coaching we start by getting clear on what you want—more joy, more money, more clients, more freedom, more time, more holidays. **You didn't come this far to only come this far** - and it's time to step into all that you were made for.

"Mary Houston is the best kind of coach and human. She's deeply empathetic, wildly resourceful, and so full of expertise that it's impossible to let yourself down in her care. Hire her."

SUSAN HYATT - MASTER CERTIFIED LIFE COACH & BESTSELLING AUTHOR OF BARE

book a free 30min call here