

WHAT'S HOLDING YOU BACK?

10 FACTORS THAT MAY BE HOLDING YOU BACK

Are you:

Spreading yourself too thin? If everything's a priority, then nothing's a priority. You don't have unlimited resources and can't be in two places at the same time.

Waiting for things to happen by magic? If your hopes and dreams haven't become a reality to date, what makes you think sitting around waiting is productive?

Afraid of failure? If you stop focusing on all the reasons why you *can't* do something, you just may surprise yourself when you see what you *can* do.

More talk than action? When you do nothing, nothing happens. It's that simple.

Unwilling to make the commitment? Everything worth striving for requires a certain level of sacrifice to achieve success. If you're not willing to make the commitment, don't complain about the outcome.

Trying too hard to please others? Make *your* priorities a priority. If you're trying too hard to please others, you may fail to satisfy your *own* needs.

Intimidated by the work required? You don't get what you want; you get what you deserve. Very few things come to those who don't work hard. When you work your tail off for something, it isn't luck.

Doing things for the wrong reasons? Stop trying to keep up with the Joneses. If you're spending your whole life chasing rainbows, you'll never catch up with your dreams.

Focusing on the wrong things? Keep things in perspective. Material possessions get old and wear out. Memories last forever.

Waiting for the perfect time to act? There's never a perfect time. Avoid regrets and do it now.

