



"Obstacles and overwhelm, Eat my dust!"

6 Steps to Befriending the Things That Hold You Back

STEP ONE: START WITH THE END IN MIND

Visualize where you want to be by the end of the year, in one year, five years, ten years, etc. Write it down. Describe the details. Who are you with? What are you doing, wearing, living? Who will you need to be to be there? Writing is your secret weapon!

STEP TWO: WRITE IT DOWN

Write down all of the obstacles in your life. See them as neutral. Get it all out!

STEP THREE: BREAK IT DOWN

Use the Eisenhower's Box to organize the info, then decide what on your list is Important, Urgent, Not Important and Not Urgent. Find what's zapping your energy and delete and/or delegate

STEP FOUR: BUILD A SUPPORT SYSTEM

Join the Hollywood Gatekeepers Facebook Group. Spend time with people who make you laugh. Be intentional about it

STEP FIVE: BATTLE THE INNER BULLY

Listen and write down your thoughts. Give your inner bully love.

STEP SIX: TAKE ACTION

Speed of implementation. Let go of the energy suckers - indecision drain. What is the one thing you can do today?