

THE 7 SIGNS YOU ARE HOLDING YOURSELF BACK FROM SUCCESS

DISCOVER THE AREAS THAT CAN BE
STOPPING YOU FROM HAVING SUCCESS IN
YOUR BUSINESS AND PERSONAL LIFE.



Lynsey Turner
coaching



“
*People who
avoid failure
also avoid
success.*”

-ROBERT T. KIYOSAKI



Hi, I'm Lynsey, a Success Coach for female entrepreneurs who face health challenges such as autoimmune disorders, peri-menopause, or neurodivergence. I work with you to enhance your energy, time management, and confidence, focusing on achieving your health, wealth, and happiness goals and helping you navigate your path to success, making life more enjoyable and less overwhelming.

Do you often question your self-worth or happiness? It can feel like for every step forward, two are taken back. Whether it's advancing your business, securing a sale, or creating meaningful relationships, a persistent inner voice might be telling you it's not possible.

When reflecting on your life, do you feel stuck or lost without knowing the reason? Your subconscious mind plays a significant role here, and you may not realise that negative thoughts and behaviours are convincing you that you aren't good enough, deserving, or capable of achieving your dreams.



If you find it hard to move towards your goals and embrace happiness or positivity, here are seven signs that you might be subconsciously hindering your own success:

1. Self-Sabotage

Imagine working for a company for years, developing skills without seeing a promotion or pay rise. Rather than addressing it, you might find yourself withdrawing and feeling resentful, perhaps even leaving a job despite better offers pending. This is a classic sign of self-sabotage where you might undervalue yourself, shun responsibility, or make impulsive decisions that prevent achieving your goals.



2. Not Living Up to Your Potential

You don't need to change the world or start a significant venture to realise your potential. It's about recognising your abilities and worth, and striving to be your best. If fear of risk keeps you from advancing, you're likely not living up to your true potential. Remember, failure is a natural part of growth and success.

3. Fear of Failure

Overwhelmed by the idea of "achievement"? Avoiding progress due to a fear of failure is a common barrier. This fear can trap you in a cycle of negativity, resulting in low self-esteem and heightened self-doubt. Recognising the thoughts and influences that keep you from success is the first step towards positive change.

"Success is not about being the best. It's about being better than you were yesterday."

- DARREN HARDY



4. Not Being Your Authentic Self

Feeling exhausted from a regular day might indicate emotional drain from not being your true self. In relationships or socially, if you hide your genuine self, it can be both tiring and unsatisfying. Authenticity is key to true happiness and building genuine relationships.

5. Settling for Less

If you doubt your worth, you might settle for less than you deserve in careers or relationships.

This often stems from a fear of failure and disappointment. Subconsciously, you might avoid pursuing opportunities that could lead to a more fulfilling life.

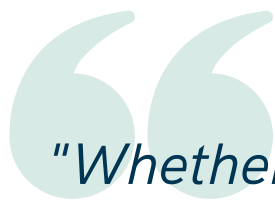
6. Living for Tomorrow

Do you often procrastinate or avoid taking actions towards your goals? Delaying or dreaming without action is a way of protecting yourself from the fear of failure. Recognising and addressing this can help you move forward and turn those dreams into reality.



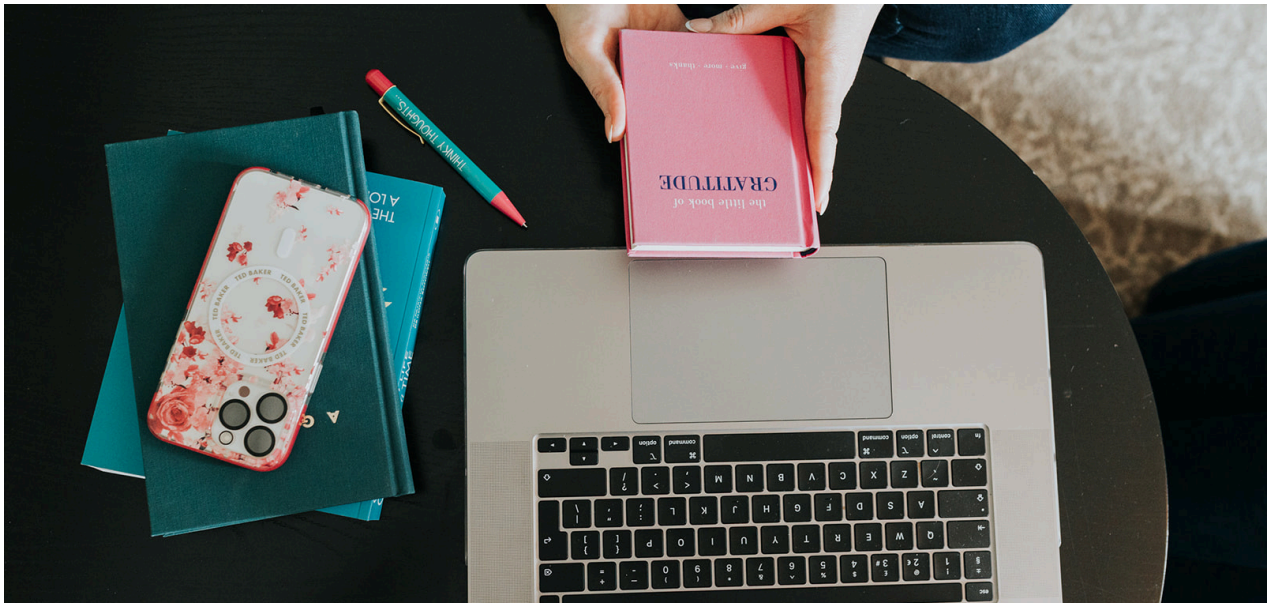
7. Harboursing Negative Thoughts

If you consistently think you can't achieve or aren't good enough, these thoughts can manifest into reality, affecting your behaviour and feelings. Identifying and addressing these negative beliefs is crucial to fostering a positive outlook and achieving growth in your business and personal life.



"Whether you think you can, or think you can't — you're right."

Understanding and acknowledging these signs are pivotal in breaking free from the barriers you subconsciously set for yourself. It's time to take control and initiate the changes needed to pursue and achieve success.



The following worksheets will help you discover each area that may be holding you back, these exercises will help you identify specific personal barriers that might be hindering your progress towards success and develop strategies to overcome them.

Take your time to answer these questions honestly and write down specific actions you can take to address these challenges.

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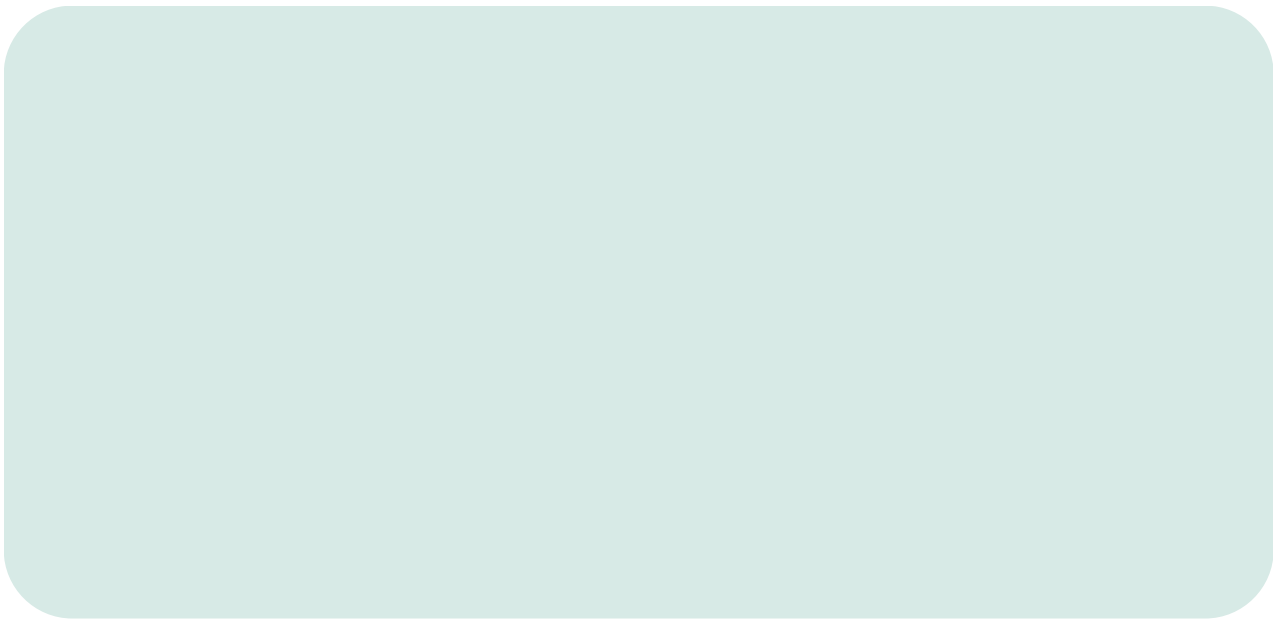
The first step towards change is often recognising and understanding the barriers you face, only then can you start making meaningful changes towards greater success.

After completing this worksheet, review your answers and action plans. Commit to implementing these actions within a specified timeframe.

WORKSHEET:

1. OVERCOMING SELF SABOTAGE

Think of a recent situation where you might have sabotaged your own success.
What triggered your behaviour?




List three ways you can address these triggers next time they occur.

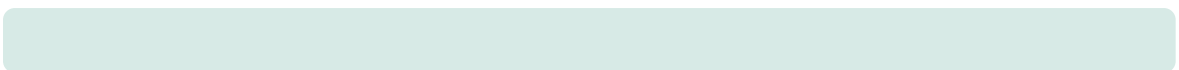
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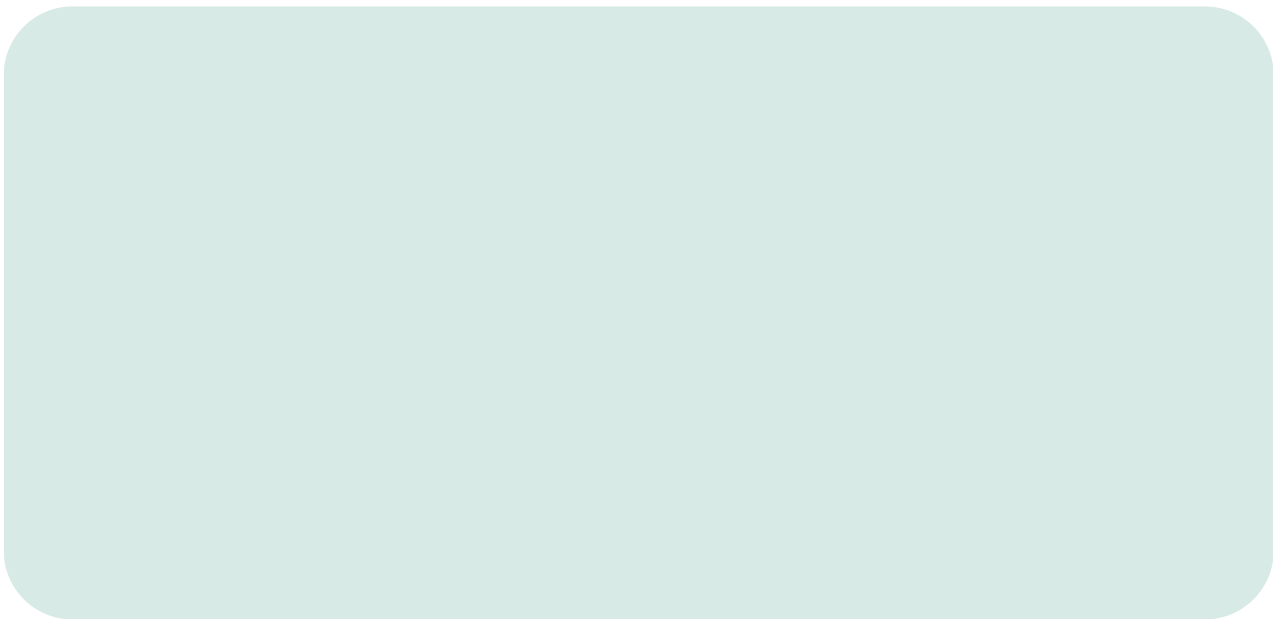
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WORKSHEET:

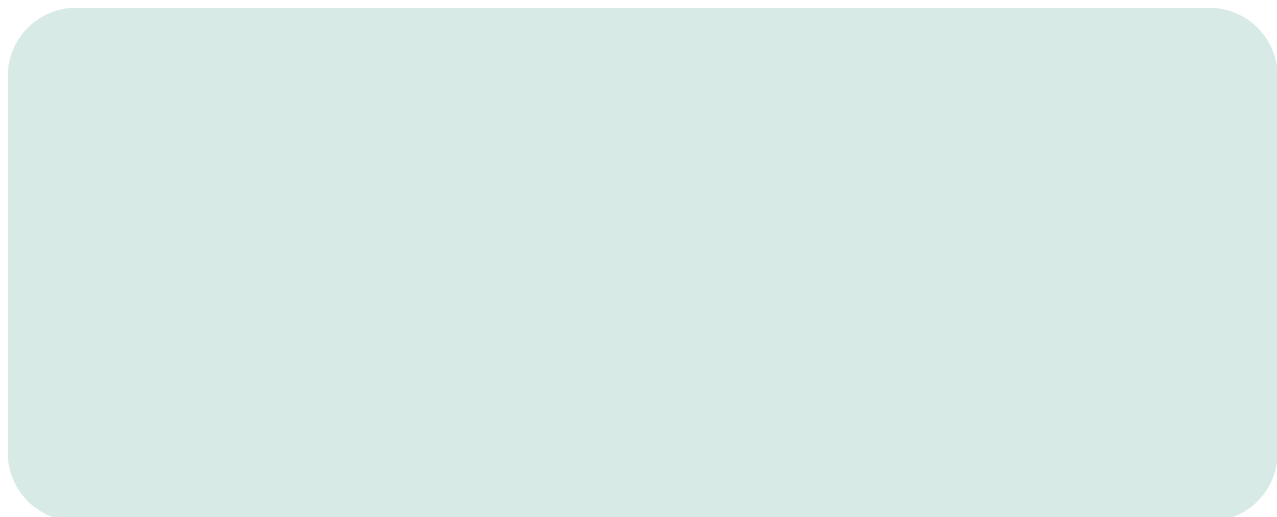
2. NOT LIVING UP TO YOUR POTENTIAL

What are your key strengths and talents that you are not fully utilising?



Identify one goal that aligns with your strengths and plan small, manageable steps to achieve it.

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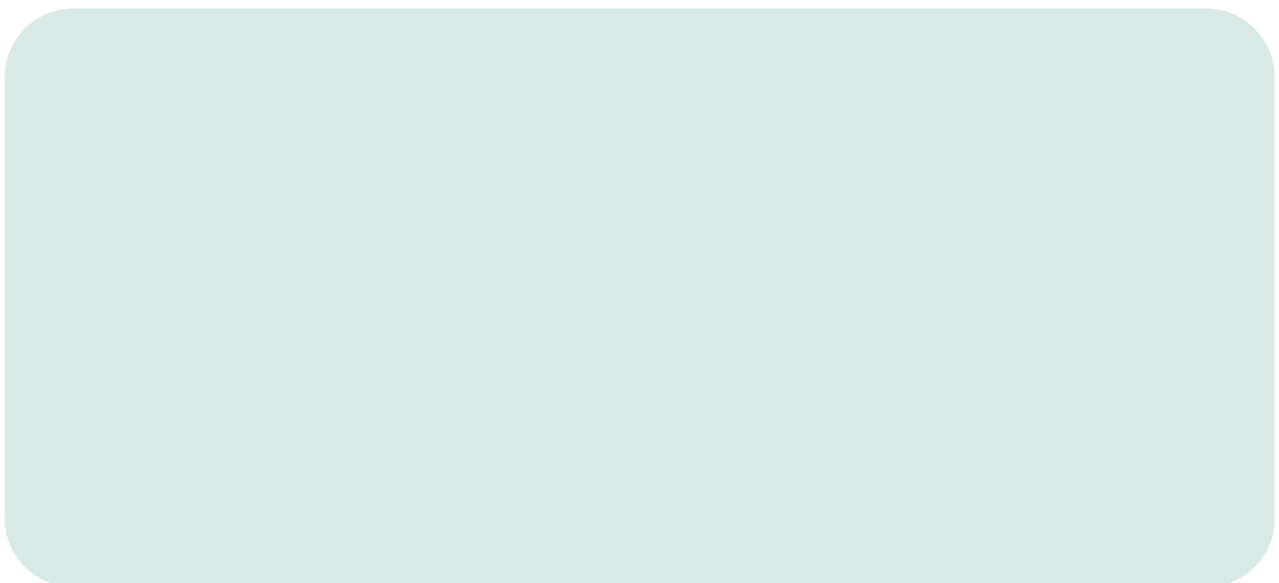
WORKSHEET:

3. FEAR OF FAILURE

What is your biggest fear when it comes to achieving your goals? Why does it scare you?



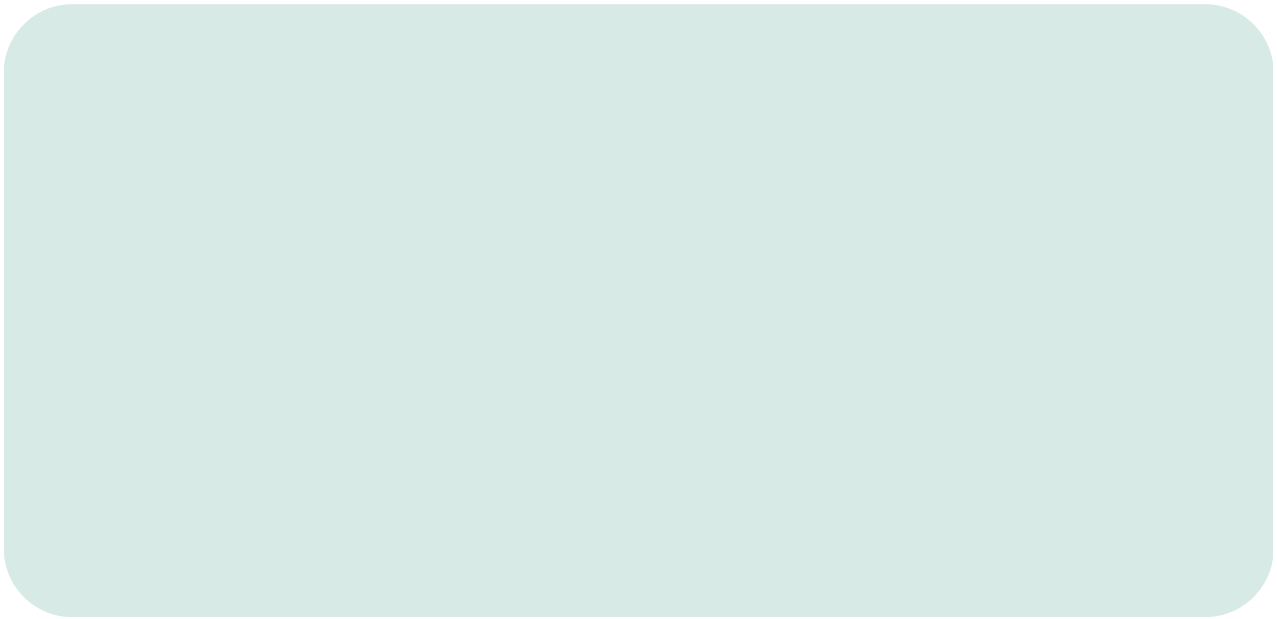
Describe how you can reshape this fear into a motivating factor rather than a barrier.



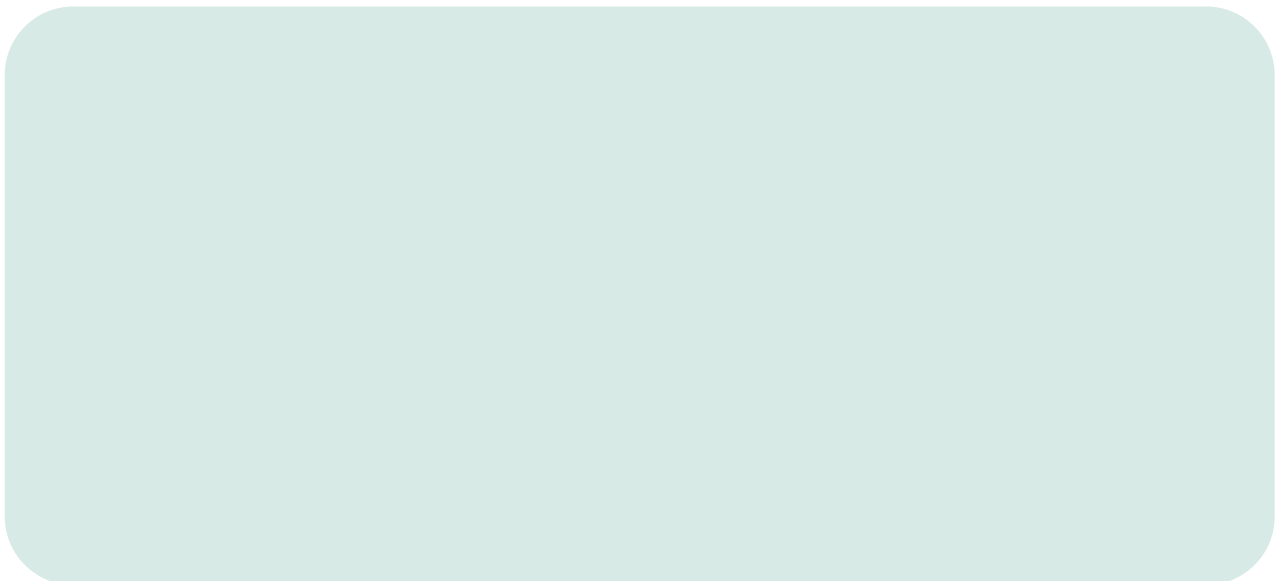
WORKSHEET:

4. NOT BEING YOUR AUTHENTIC SELF

**In which situations do you find yourself masking your true self?
What are the feelings associated with these situations?**



Choose one scenario where you can practice being more authentic and note what actions you will take to embrace your true self.



WORKSHEET:

5. SETTLING FOR LESS

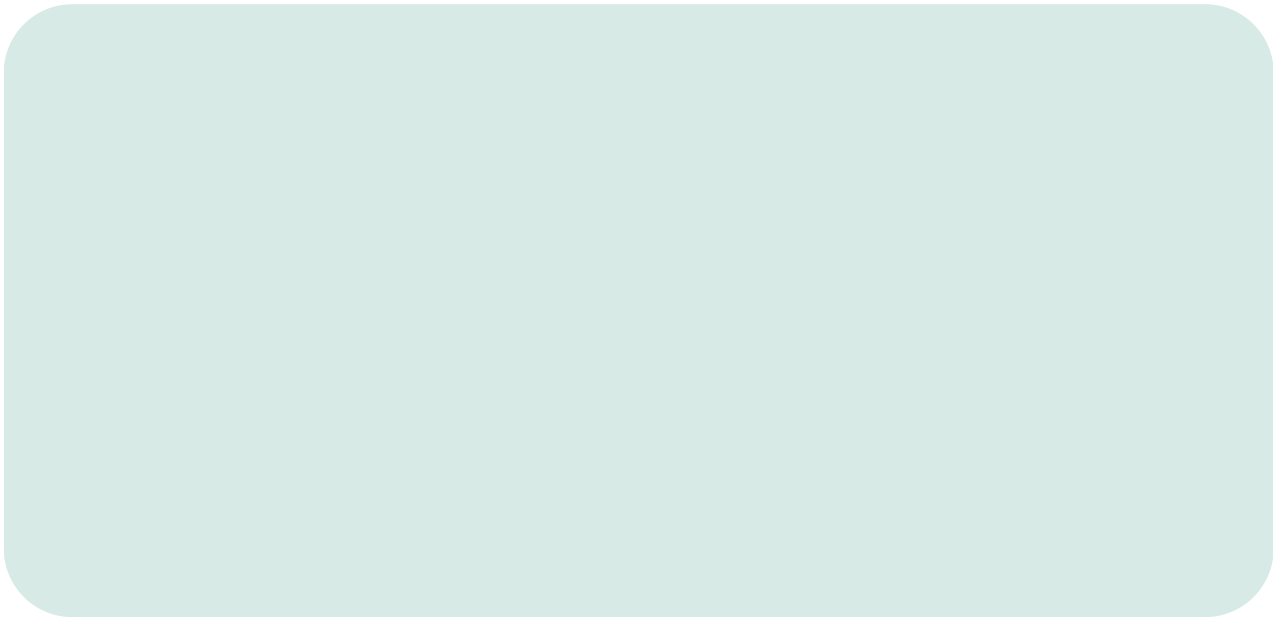
Identify a recent decision where you settled for less than you deserved. What would have been the ideal outcome?

What can you do differently in the future to ensure you do not settle for less?

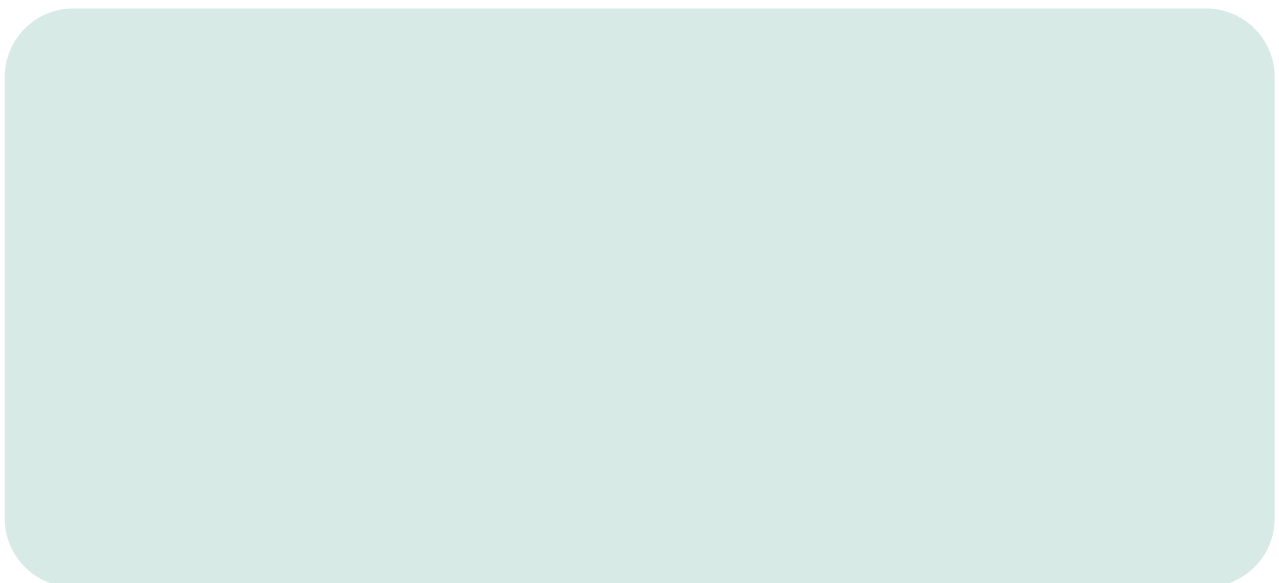
WORKSHEET:

6. LIVING FOR TOMORROW

What are you postponing right now that could positively impact your life?



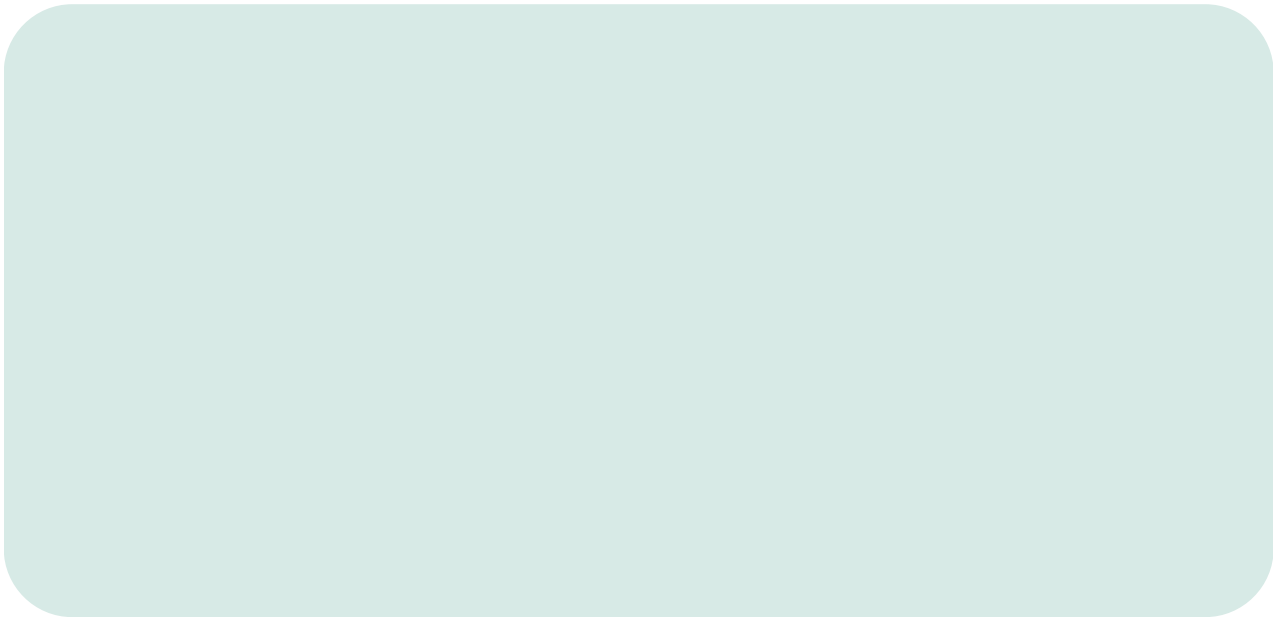
Set a deadline for taking the first step and outline the support or resources you need to follow through.



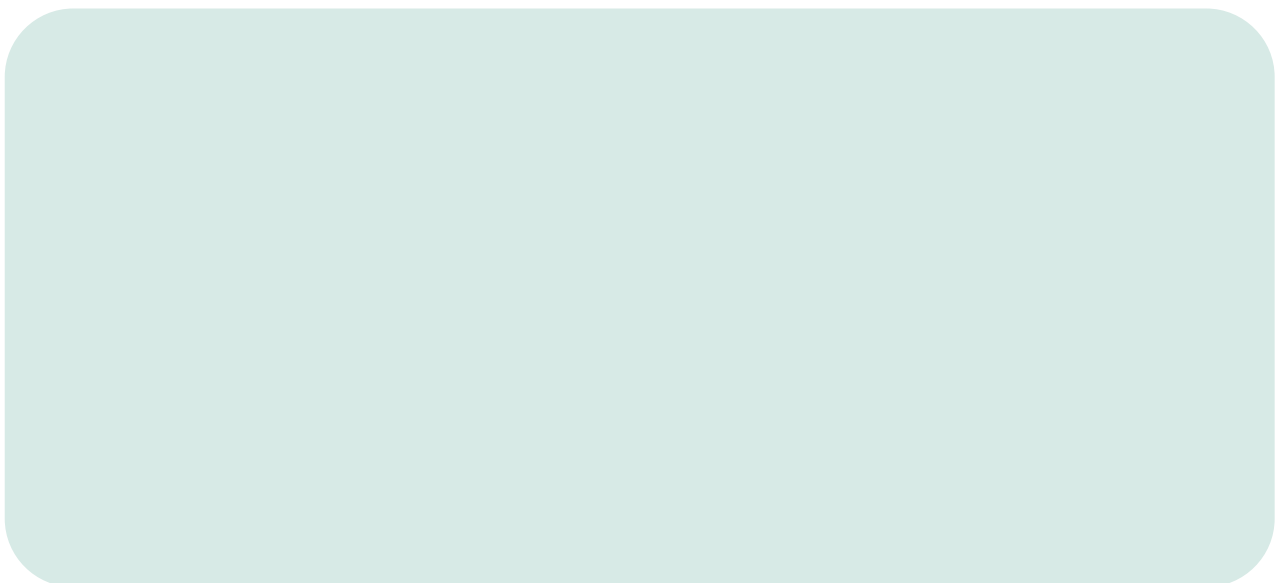
WORKSHEET:

7. HARBOURING NEGATIVE THOUGHTS

What negative beliefs do you often find yourself thinking? How do they affect your actions?



Write a positive counter-statement for each negative belief and practice saying these affirmations daily.



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Thank you

I hope you have found this useful and have been able to overcome some of the areas that have been holding you back. After completing the worksheets if you feel you would benefit from 1-2-1 support and would like to have a chat to find out how I can help you, click on this link to book in a free discovery call. <https://calendly.com/lynseyturner/20min>

Follow me and connect with me here.



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