

# Activ8Change

Coaching. Facilitation. Speaking.

## Stop Blocking Your Success!

**Why you must let go of trying to be something you're not if you want to take yourself, your business or your career to the next level.**

Strain and effort ensue when we spend our energy trying to be who we are not. It's draining and it blocks us from realising even better results. When we try to be great with numbers and secretly it tortures our brain; when we try to be professional and conservative when we really ooze cheekiness and quirkiness; when we try to be the perfect stay at home mum when our soul aches for our own career and any other situation where we try to fit ourselves into some perfect mould.

Running my own business has brought the greatest lessons in this regard for me. Naturally I sit on the fence between an extravert and an introvert. In a nutshell, my strength lies with building a smaller number of quality relationships with people built on trust, loyalty and connection. What I'm not good at and what I actually hate (yes it's a very strong word but well deserved), is meeting lots of new people in big groups. The word 'networking' for that reason sends shudders up my spine.

But in my earlier days of business I thought this was just anxiety and fear. I told myself if I just exposed myself enough to these situations I would learn to love them. I had seen other successful businesses founded on their ability to build large networks and meet amazing contacts and I thought I had to emulate this too in order to be successful. So I pushed on through again and again. And I met some great contacts. But I hated every minute of it. It didn't feel natural and I knew I wasn't at my best.

Now on the other hand, my strengths of one-to-one long-term relationships coupled with my love of speaking in front of groups (go figure how someone can hate networking but love speaking!), have served me enormously. Why? Because these are equally valuable skills for building a successful business! These situations do not drain me of the same energy. I look forward to them and enjoy the interactions. They feel natural and normal for me.

For a while there, I had focused all my energy on the fact that I wasn't a good networker and contact quantity builder. I beat myself up and tried to be different. I thought I had to fix this or I would never be successful. All the while, totally devaluing my natural abilities to connect with others and share my expertise in a different way.

When we read a book of strategies for someone else's success or happiness, or have a role model we aspire to, it can be tempting to think we need to follow in their footsteps in order to succeed. But this is not the case. There are many paths to success, to happiness, and to health. Through letting go of trying to fit some mould of who we think we need to be and instead finding strategies and ideas that fit perfectly with our personality, we free up our energy for greater follow through and consistency. We are less likely to procrastinate, and more likely to act courageously.

If you were to do a quick audit of your work and personal life, what would stand out as areas where you have some image of who you think you have to be that is not who you are? Where are you playing by someone else's definition of what is required of you?

# Activ8Change

Coaching. Facilitation. Speaking.

Then think outside the square:

1. What result are you trying to achieve?
2. What are you doing to achieve this that does fit with who you are?
3. If you were able to let go of everything that did not fit with who you are, what specifically would you let go of?
4. What alternatives exist to help you achieve this desired result in ways that fit with who you are? What can you outsource? Who can you get to help you? What other ways can you do things to make up for those you let go of that serve the same purpose or end result?

Success and happiness are a reflection of not only what we do but also what we let go of doing. Choose this year to let go of everything that stifles your brilliance. At first it may not be feasible to let certain things go. Nonetheless, put a plan in place to outsource over time everything that does not allow you to shine and get even better results. Then keep your eyes open for ideas you had never even thought of to free you for what you *truly* do best.

Received value from this article? Visit our website [www.activ8change.com.au](http://www.activ8change.com.au) to receive free monthly tips and strategies similar this to get better results with less effort and strain in your work and life.

[You are welcome to forward this article on to your friends, family or colleagues who may benefit from the tips and strategies. However, please respect the author's copyright and send the article in its entirety. Thank you.]



By Sacha Crouch  
Owner; Business, Executive & Life Coach  
Activ8 Change  
[www.activ8change.com.au](http://www.activ8change.com.au)

Want support to create better results with less stress and strain? We specialise in helping business owners and senior executives change, improve or get better results with less effort and stress in their work and life. Don't just survive. Thrive! We also run seminars, facilitations and team coaching to bring everyone on your journey with you. Email [contact@activ8change.com.au](mailto:contact@activ8change.com.au) or call me directly on +612 9938 3905 to discuss your needs.