

Eliminating Mental Blocks Workshop For Aspiring Female Entrepreneurs

Life Changing Principles to Jump Start Your Business

Introduction: Stacy A Cross

- Always Had An Entrepreneur Spirit (The Business Mind)
- No College Degree
- Overcame a 9 Year Gambling Addiction
- No Mentors until I Bought Them
- Middle Class
- Kidnapped

After Principles Were Applied

- Started The Comfort Killers / On Grant Cardone TV
- Sat With Power Players in Entrepreneurship
- Grant Cardone
- Kevin Harrington
- Elena Cardone
- Gordon Bizar
- Gloria Mayfield Banks
- Billy Gene ...Many More

My Mission

- Teach Millions How to Get Uncomfortable
- Teach A New Mindset
- Lead People
- Create Wealth
- Influence

Negative Blocks

- People
- Beliefs
- Thoughts
- Environment
- Societal
- Educational
- Religion
- TV / News

NEGATIVE BLOCKS - PEOPLE

- Childhood
- Parents / Family
- Friends
- Co-workers
- Husband / Wife

NEGATIVE BLOCKS: BELIEFS

- What were you told over and over as a child
- Money doesn't grow on trees
- You have to go to college and get a stable job
- Be careful
- You can't be rich – it's hard
- Being rich is not spiritual “the meek will inherit the world”

NEGATIVE BLOCKS - ENVIRONMENT

- “Going for a Haircut”
- Your home surroundings

How do we overcome these negative blocks?

- Affirmations
- Positive Self Talk
- Meditation
- Visualization

How do we REPROGRAM?

- The 4 Step Process to Living a Successful Life
- The 3 C's Of Change

4 STEP PROCESS TO LIVING A SUCCESSFUL LIFE

[THE COMFORT KILLER PROCESS]

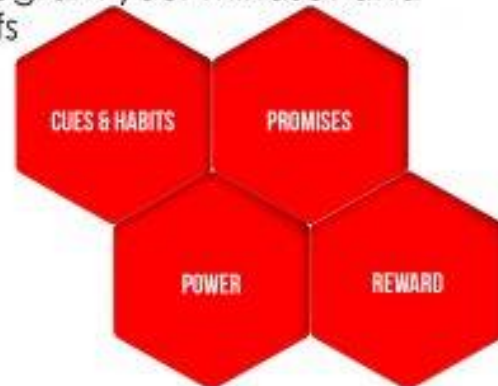
CONFRONT

Learn what has been holding you back & redirect it



COMMIT

Reprogram your mindset and beliefs



DECISION

How to gain total freedom in life



CREATE

Creating a lifestyle that works for you and makes you happy



The Entrepreneurial State of Mind

- Innovative
- Creative
- Focused
- Productive
- Risk
- Strategic
- Solution Oriented
- Revenue

Think Like A Business

- Employee vs Entrepreneur
- Random vs Strategic
- 80% vs 20%
- Income vs Paycheck
- Outsourcing vs Time Wasting
- Authority vs Amateur
- Plan vs Winging It
- Investing vs Spending

Why Not You?

- 6.6 Billion Dollars Spent This past Black Friday
- Arby's bought Buffalo Wild Wings for 2.9 Billion Today
- BitCoin Surpassed \$10,000 on the stock market
- Trillions of dollars are moving everyday
- 1,700 New Millionaires created EACH DAY
- 10.8 million millionaires in the U.S
- 27.9 million small businesses in the U.S
- Why not you?

The Money Mindset

- Money is energy
- If you have energy you can have money
- Create more energy for more money
- Money likes to move
- Money doesn't have a conscious
- Making money is not bad
- Create solutions, find voids, do things better than your competition

Goals and Purposes and Plans

- A purpose is something you do. “What is the purpose of answering the phone this certain way?” our customers are greeting in a friendly manner
- A Goal known objective toward which actions are directed with the purpose of achieving that end.
- A *plan* is a short-range broad intention thought up for the handling of a broad area to remedy it or expand it, or to obstruct or impede an opposition to expansion.

Continued..

- The attainment of a goal necessitates that certain actions be carried out in the real world which effect some change for the better and a step closer toward its accomplishment.

You have to go out there and create action into the real world.

Goal: Deposit 100\$ in Bank

- Wake up
- Shower
- Put on clothes
- Get in car
- Drive to bank
- Deposit 100\$
- Achievement!!!

Goal: Find a business lawyer

- Take out a sheet of paper
- Research on the internet for business lawyers
- Take time to read their website, offerings
- Make calls and ask specific questions (estimate, consult, fees, offerings)
- Narrow list down
- Make an appointment
- **Achievment**

Goal: Start a Business

- What do you want to do
- What solutions does your business bring
- Who is your target market
- How much funding will you need
- What is the structure of your business
- Who else is doing a business like yours
- Go secret shop these businesses
- Start a podcast interviewing these people

Goal: Start a Business

- Do you need a partner
- What is the name of your business
- Register business
- Create a website
- Create social sites
- Start writing
- Begin Lead Generation
- Begin product dev.

Overcoming Mental Blocks

- You don't need permission
- Create the persona you want to become
- You are the expert
- You are the authority
- Write a book
- Dive in head first with no cap
- Test and Measure and Try again
- Have no shame in asking for money