

March 2022 Coaching Session #1

Freelancer's Mindset



WP STUDY GROUP

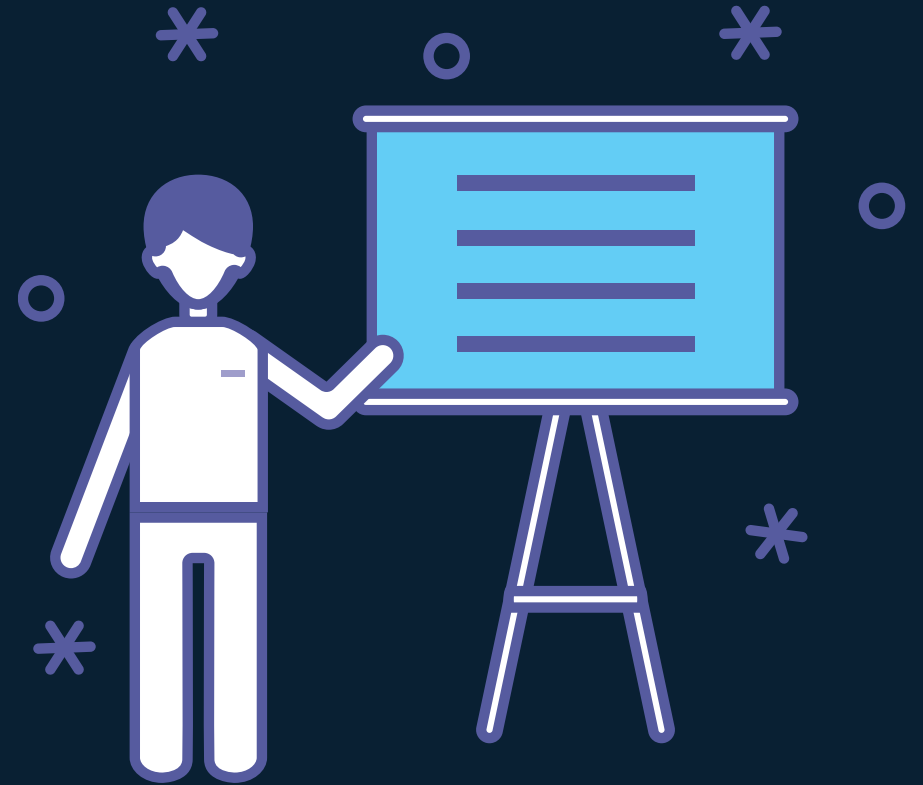
Meeting Agenda

- ❑ Introductions – 5mins
- ❑ Questions & Suggestions – 10mins
- ❑ Micro-training: 4 Mindset Blocks and how to deal with them
- ❑ The Hotseat – 20mins

AGENDA

Introductions

- Name and location
- What you are doing or want to do
- What your best skill is and what you hope to learn
- What you ideally want ie clients, mentors, opportunities for speaking etc



Questions / Challenges

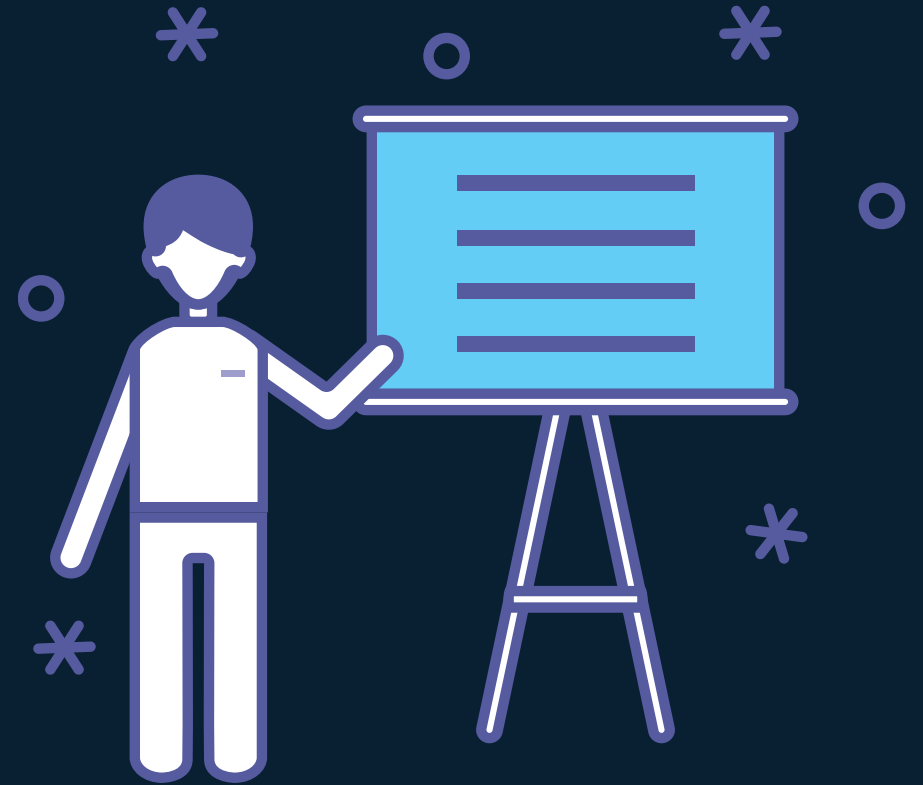
1. State your win for the month of January
2. Feel free to drop in any challenges or questions you may have

Tip: Interact and make this a conversation



Mindset Matters

We are having a quick look at where your mind is and some self sabotaging habits you may not realise you have.



Let's Thank Karen!

<https://lotusbusinessresources.com/4-warning-signs-that-you-are-your-own-worst-enemy-and-how-it-will-hold-you-back-in-business-and-life/>

4 Warning Signs That You Are Your Own Worst Enemy and How It Will Hold You Back in Business and Life

1:11 pm by [Karen](#) — [Leave a Comment](#)

If you (or your business) are not performing at the level you had expected; it may be that you are your own worst enemy. Crazy as this may sound, the most common reason people get held back in business is because they are engaging in self-defeating behaviors. So, how can you tell if your behavior is holding you back?

Filed Under: [Business Coaching](#), [Entrepreneur Assistance](#), [Life Coaching](#), [Mental Health and Wellness](#), [Mindfulness](#), [Small Business Growth](#)

Tagged With: [business coaching](#), [business growth](#), [life coaching](#)

#1 Not finishing things

- Karen's research leads to a possibility of this being a trait of ADHD
- My research has led me to see it as a habit formed by past experiences



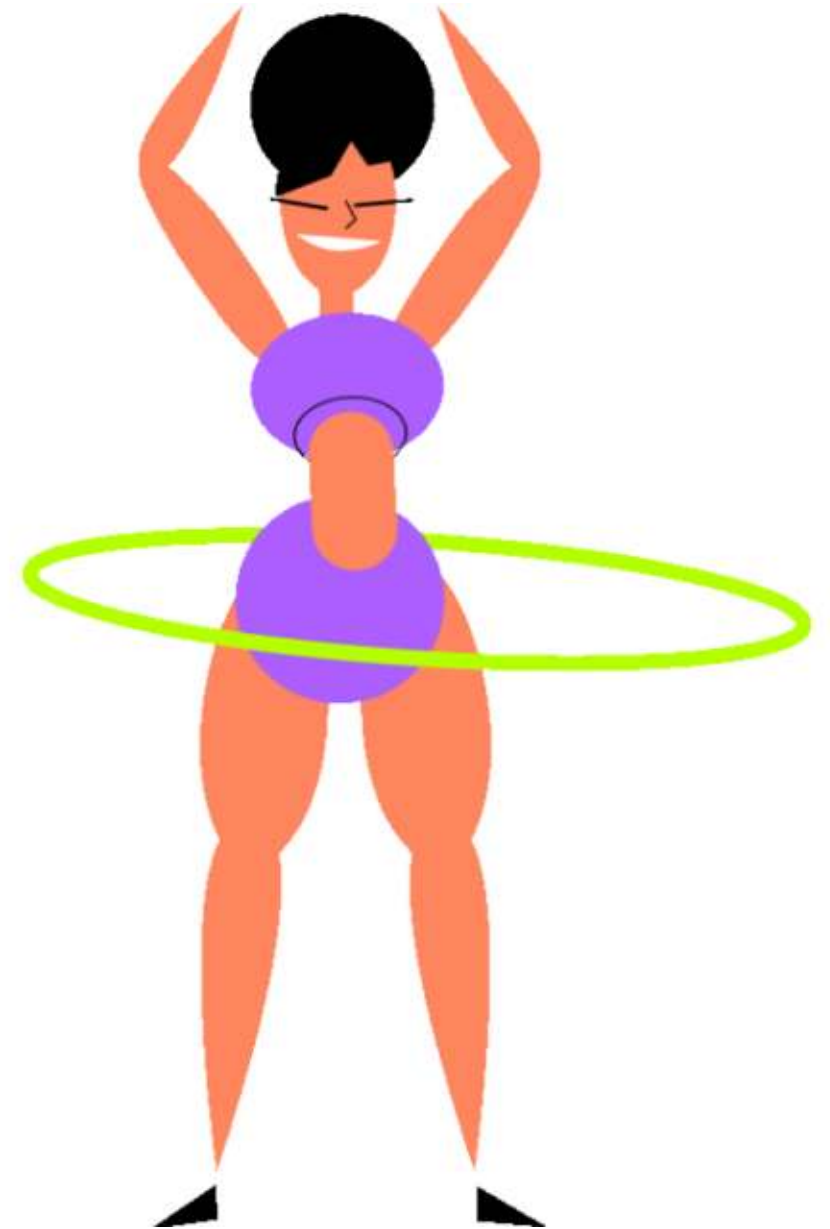
#2 You have a habit of procrastinating

- One cause may be “imposter syndrome” where you do not think you are good enough
- If you are concerned about your skills, you may need to find a way to get more experience
- Use creative ways to find out how



#3 You do anything but what you are meant to do

- This can mean you are holding on to control too hard
- I often do this when I am anxious and in reaction mode
- It may need you need to take a break or holiday



#4 Negative talk

- Being too hard, blaming yourself and cursing yourself is more damaging than you may think
- A good cure is to adopt a winner's mindset and flip that negative talk
- A coaching can help too



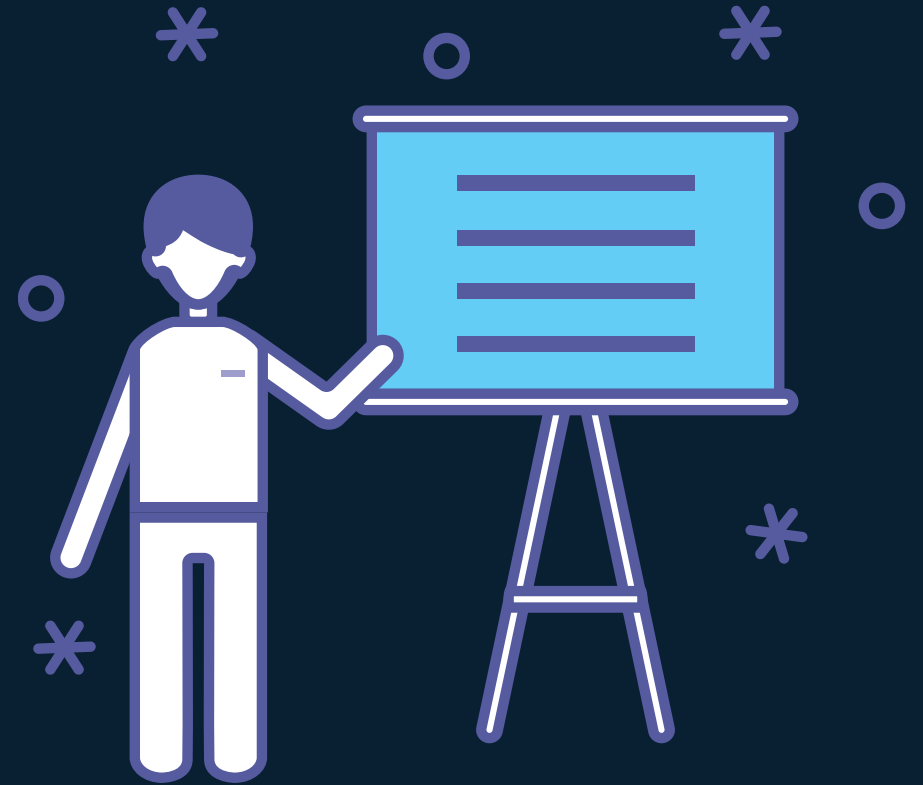
Some Call Resources

- [For those who need a logical explanation](#)
- [For those who need a mix bag of inspiration](#)
- [A great resource for those into spirituality and manifestation](#)



Hotseat

- Who wants to be in the hotseat where, as a group, we find ways to help you
- It could be through suggested resources, people to connect you with, a visual walkthrough etc...



**Reach out in group. We
don't bite!**

