



Growth Made Easier  
For Women Solopreneurs



# 6 THINGS YOU NEED TO **STOP** DOING

(BECAUSE THEY'RE CAUSING  
YOU **PROBLEMS**)

BY SANDRA SMITH



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## Hello Wonderful Woman Solopreneur!

Wouldn't you agree that it's really hard to change something if you're not able to recognize (or see) what's hanging you up?

The good news is, though, that when you realize you're not moving forward, and you can focus on (and tackle) one of these six problems, you'll be able to move forward and grow.

Here are the **6 biggest problems** you can have as a woman solopreneur that have the power to keep you stuck and unable to move forward (along with what to do about it).

Best,

*Sandra*

Sandra Smith, Expert Trainer  
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Sandra has trained **1000's** of women



Sandra has spoken at **100's** of women conferences



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## **PROBLEM #1 : Stop confusing the obstacle with the struggle.**

### **Explain**

You're making the obstacle your struggle. The real struggle are your thoughts about the obstacle.

### **Example**

My **obstacle** is that I'm not bringing in enough clients.  
My **struggle** is that I see myself as not good enough to have paying clients. Or, I'll never succeed as a coach so I won't have clients. Or, I'm not ready to help someone when I'm still dealing with stuff myself.

### **Remedy**

When you have an obstacle, investigate why it's in your way, and figure out a way to overcome it.



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## **PROBLEM #2: Stop paying (more) attention to everything you think you're not, than everything you are.**

### **Explain**

You're paying more attention to everything you think you're not, and not everything you truly are.

### **Example**

**I'm not** - I'm not smart, I'm not good at detail, I can't write.

**I am** - I'm able to research it to figure it out. Detail is difficult for me, and I work better with images. I can write, but it's not something I like to do, so I'll find someone to do the writing.

### **Remedy**

Pay focused attention on who you truly are.



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## **PROBLEM #3: Stop putting off making a decision.**

### **Explain**

You don't make decisions for one of four reasons: (1) You won't make a decision to do something until you believe you can do it. (2) You won't make a decision to do something until you feel you know, have, or am enough, (3) You won't make a decision to do something because you keep saying because. (4) You won't make a decision to do something for fear you'll make a mistake - aka - you're trying to be perfect to avoid something unpleasant from happening.

### **Example**

I **can't** be successful because I haven't been to college.

I **can't** make it because I'm all on my own.

I **can't** make it because I have too much fear.



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## **PROBLEM #3: Stop putting off making a decision (continued).**

### **Remedy**

Focus on the decision you need to make. Give yourself what time you need to decide. If you haven't made the decision yet, focus on why that is. Is it because you feel you're not ready? Is it something you can't afford? Is it because you're not really passionate about it? Is it you trying to be a perfectionist? Once you know, give yourself three choices: do it, don't do it, or decide not to do it. And, remember, not doing something is a choice, too.



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## **PROBLEM #4: Stop letting your feelings run the show.**

### **Explain**

Your feelings drive your actions.

### **Example**

I felt **disrespected** when two women were whispering when I was giving my presentation.

### **Remedy**

After you feel something, think about what you want to do about it. Use STOP. Stop, think, observe, and plan.





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## **PROBLEM #5: Stop letting your obstacles weaken your sense of self.**

### **Explain**

This happens for a couple of reasons. (1) Sometimes, we identify more with our limitations than with our strengths. You do this when you label, describe, and see yourself as the obstacle. (2) Sometimes, when you see your obstacles as negative marks against yourself, they become more powerful than you are. In other words, you **give up trying** to figure out how to get around it because you feel it outsmarted you, or outplayed you, or was bigger than you.

### **Example**

I can't seem to make myself do what I need to do to make money. I don't like to sell. I don't know who to sell to. People won't buy from me anyway. I'm not ready to sell stuff to people because no one has bought from me yet.



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## **PROBLEM #5: Stop letting your obstacles weaken your sense of self (continued).**

### **Remedy**

You need to learn to stand in your own power. Obstacles and challenges are part of being a solopreneur. So, it's really important to use a system that has a framework to get you through it. This is where insight, skill, and structure can help. Build those three and use them every day to keep you growing and moving forward.



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## **PROBLEM #6: Stop focusing on where you're not.**

### **Explain**

You feel overwhelmed because you either a) can't see yourself succeeding, or b) don't know how you'll get from here to there, or c) can't see having the energy, time, or money to get there, or d) the future looks so much bigger compared to where you are now.

### **Example**

I just looked at **another** online guru who said she's making 6 figures a month, and I barely make \$1K a month, and I will never get there.



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## **PROBLEM #6: Stop focusing on where you're not (continued).**

### **Remedy**

Stay focused on the current, and get focused on one thing. Remember, your future will always seem bigger from where you are now. And, stop comparing yourself to others, too.



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We hope these remedies serve as a great start to moving you forward.

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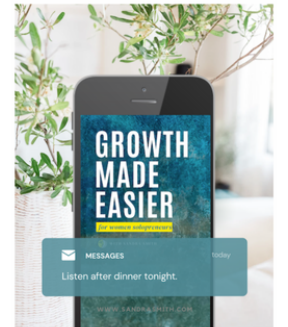
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Sandra Smith is an obsessed solopreneur, expert trainer, author, and host of the Growth Made Easier podcast. She offers programs, training, services, and little splurges for all women solopreneurs.

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