

# Lucy Brand

## Business Goddess Awakening

### Ten Things to Try If You've Found Yourself in A Funk with Your Business.

1. Remember why you're in businesses or do what you do in the first place. What's your "Burning Desire"? To quote Napoleon Hill author of Think and Grow Rich.

Once you remember this, it turbo charges you out of your funk!

This isn't about you. Is what one of my mentors said to me. It was like a cold wet fish slap around my face which wouldn't be nice at the best of times but considering I'm a V-egg-an, it really wouldn't be nice. BUT, it woke me up. I got over myself, got out of my own way and got going after my business dreams.

2. Get outside and take a walk. Get some fresh air, new air into those amazing lungs of yours. Get the blood pumping, get out of your head and into your heart and body. Even if you live in a city, go find a park and speed walk around it.

When I used to live in London, I would take a "Turn around" what we would affectionately call, "Pride & Prejudice Land" on my lunch. Or, if I was having a really rough day, I would speed walk to Blackfriars Bridge and walk across it marvelling at London and the river Thames and feel inspired to keep following my dreams.

3. Create more and consume less. What was the first thing that came to your mind? Intuition hits in the first three seconds and intuition is always right. Did it say stop watching so much TV or Netflix? Spend less time scrolling through Facebook?

Create more doesn't mean you must paint a massive oil painting. You can if you want and I'll fully support you. It means add more to your experience of life, rather than "Consume" other people's ideas and experiences of life.

This could be journaling, writing a poem, drawing a picture, cooking an exotic meal, colouring in or throwing (creating) some great shapes on the dance floor.

4. Read inspiring books. This is something which helps me enormously to believe and have faith I can achieve my business dreams and desires.

My favourites include:

- ★ Think and Grow Rich for Women by Sharon Lechter. This is such an inspirational book based on Napoleon Hill's Think and Grow Rich. If you struggled to read the original, then this one is totally for you. It's full of inspiring stories and quotes from amazing and successful women, like the lady who invented Spanx to the first US woman astronaut in space.

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★ The Game of Life and How to Play it by Florence Scovel Shinn. This inspirational woman was way ahead of her time. Whenever I'm feeling fearful or overwhelmed, I reach for this book and I'm reminded of how there is a Higher Power, (whatever that means to you, God, The Universe, Infinite Intelligence, Great Spirit, The Field of Infinite Possibilities) at work and I'm not alone.

5. Go get a hug! Yes, that's right! Get out from behind your computer screen and connect with someone in real life. Enjoy a hug for two minutes, or more if you fancy, and let that oxytocin flow.

Let me explain the reason I've added this in here. Last year, I went to a women's entrepreneurial meet-up networking event. The first thing the lady holding space for us asked us to do was turn to the person next to us and hug them for two minutes. Well, in that moment I could have cried. My whole body relaxed, I felt held and support by a stranger and I had no idea how lonely and isolated I was, having my own coaching business and working from home, until I received that hug from a stranger.

Yes, I have fabulous clients who I love and adore and Yes, I have the most amazing, loving, supportive and hot(!) husband, a loving family and wonderful friends but there was something about being held by another woman who was a fellow entrepreneur and was a stranger that was truly magical.

Obviously, the other person must be consensual. You can bribe your 2 ½ year old nephew to cuddle you but it's not going to have the same effect. Believe me, I've tried.

6. Forgiveness. Ahhh yes. One of my all-time favourite things and pretty much solves everything. So, this might look like forgiveness for yourself. Did you set lots of New Year resolutions and have you already fallen of the wagon and that's why you're in a funk? Perhaps you set all these amazing intentions and goals and you're not as far along as you'd hoped? Or! Is it "Someone else", (I believe that no one else can make us feel the way we feel. It's us who are choosing to feel that way) who has put you in your funk?

Well, the only answer is forgiveness. Forgive yourself and others. Trust me, you'll feel amazing after this. If it's you, who needs to forgive you. Stand in front of a mirror and look straight into your eyes, (your eyes are the window to your soul) and repeat the Hawaiian Forgiveness Prayer, "Ho'oponopono".

- ★ I'm Sorry
- ★ Please Forgive Me
- ★ Thank You
- ★ I Love You

If it's "Someone else", can you bring their face up in front of you? If so, great. If you're not ready, don't worry it'll still have an effect. Then, repeat the Hawaiian Forgiveness Prayer to the Higher Power you believe in. Repeat the words to your Higher Power over and over again until you feel ready to say it to that "Someone else". You don't have to do it in person, you can just bring their being up in front of you.

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Sometimes, we may not even know or realise that we need to forgive ourselves before we can move on in a situation. So, try the mirror one out and let me know how you get on.

7. Set Intentions. This is huge. I pretty much set intentions before I do ANYTHING in my business ad life. As it sets the tone of how you want things to go. One of my coaches put it like this: If you're in a situation, positive or negative, and one of you has written an intention and the other person hasn't, the Higher Power is more likely to gift you the outcome you desire as it knows exactly what you want. Whereas the Higher Power doesn't know what the other person desires or how they want the situation to unfold.

You may have heard: "The Universe loves specificity" so give it to it! Let your Higher Power know your plans, so you can collaborate for your highest good!

I wrote an intention before sitting down to write this. I always infuse my intentions with feeling because if you can feel it, you can achieve it! I just made that up but I totally believe in it. Feel your desires, intentions and goals into reality. I always sign off my intentions with, "For the greatest and highest good of all involved and so it is".

8. Listen to positive affirmations on repeat. Brain wash yourself into action, feelings of success, abundance, health, love, I am worthy, I am deserving. Whatever or wherever in your business you are perceiving or feeling "lack".

There are loads and loads to listen to on YouTube and Spotify. I imagine this is also true for I Tunes.

My favourites include:

YouTube

- ★ [Louise Hay's Power Thoughts](#)
- ★ [Morning Gratitude Affirmations](#)

Spotify

- ★ [Wealthy Me Affirmations by Grant Raymond](#)
- ★ [Fearless Soul – Sweat with Soul](#) – Don't mock me until you've tried it yourself!

My personal favourite off the playlist: [Change the Way You Look at Things](#)

9. This list wouldn't be complete if I didn't talk about another one of my favourite, (life changing!) things, EFT! Otherwise known as Emotional Freedom Technique or Tapping. If you don't know about EFT or haven't tried it before, here's a [video](#) I made all about it.

EFT allows you to release the past and limiting beliefs and rewire your mind for success. It works on an energetic level, as well as a mindset level and that's why it's so successful. How it works is, you invite all the negative feelings, thoughts and fears you have about a situation to rise to the top, so you can acknowledge them, bless and release them for your highest good. Once you've got all the "Negative" thoughts and feelings out verbally and energetically, (by tapping on acupuncture pressure points around your body) then it's time to rewrite your script and story for success with positive affirmations.

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I guarantee you'll feel and see an instant shift in your mindset and energy. Obviously, if the thoughts, feelings or beliefs run deep, it will take a few goes.

10. Finally, number 10! Take action! All these suggestions work. I use them all the time and share them with my clients to support them in achieving their business's dreams and goals but they won't work if you just read about them and forget about them.

You need to take action.

Taking one or even all of these suggestions sets yourself up for success in business. It's hard to have a sales call, if you're in a funk. It's hard to write a newsletter, if you're in a funk or create a Facebook Live. People and clients pick up on energy, so master your own energy for success first and then get to work on attracting and enrolling your dream clients.

Which suggestion or suggestions spoke to you the most? What ones are you excited to try?

Let's start right now. Make a decision, (taking action) on which one you are going to try now. If you can't decide I suggest my favourite combination:

- ★ Set an intention about the power walk you are going to take. How do you want to feel? What is your desired result? Make it really juicy.
- ★ Next, download [Fearless Soul – Sweat with Soul](#) onto your phone or your preferred choice of motivational music.
- ★ Remember your "Burning Desire"!
- ★ Put your trainers and coat on and go!
- ★ What you doing still reading this? Go! Go! Go!

Commit to doing just one of these suggestions a day and see the difference it makes in your life and business.

If you desire to have your best business year yet and would to see what that looks like for you. I'd love to help. Book a free 50-minute Call with me and let's get things moving as I know you're destined for greatness.

Here's the link -> <http://bit.ly/2mmFBds>



Lucy supports women business owners to achieve next level success by finally letting go of and healing traumatic experiences from the past around love (heart chakra) and money (root chakra) on a mind, body and energetic level through her Business Goddess Awakening programs.