

Stop *Comparing* and Despairing

Action Step #2 Focus on Your Accomplishments

It's so easy to feel like we haven't done enough for our business and to focus on what we haven't completed, which leads to more compare and despair. In the space below list all the things that you actually HAVE accomplished as of late, and give yourself permission to feel good and proud of those accomplishments. Practice this weekly and notice your positive shift in perception.

Action Step #3 Set Facebook Boundaries

Limit your action on FB to strategic business sessions only. In the space below create your ideal FB schedule (i.e. two 20 minute sessions a day) and use those sessions to connect deeper to your ideal clients, interact in private groups, and to offer great inspiration—instead of comparing yourself to what everyone else is doing. Check out the downloadable productivity tool LeechBlock as well to block out FB at certain times of the day if you really struggle with this.
