
**Weekly DETOX
And Personal Accountability**

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For Subscribed Members

Leadership Story: Reinforcing and Limiting Beliefs

If you don't talk to yourself, then you are ignoring your most powerful influencer! (... and I might say that you are likely in denial ...)

Every once in a while it is important to listen to your self-talk and the messages that you are sending to yourself. Often they are pre-programmed, but they can be reset.

This week, in addition to what you choose to be your intent, take an inventory of your internal messages. Identify which ones are enabling for you and reinforcing of your success, and which ones may be limiting and standing in your way. This assessment may lead you to where you would like more work in your weekly intent. It is up to you!

Thoughts?

Then, as always, take some time to clear your head and set the intention for the week. For this upcoming week, my intention is:

(Could be a work-life balance intent, clarity in purpose, or personal effectiveness)

Tiny Trainings. Big Results.

Reminder: Each week you will get a video and/or audio, and a detox template like this. Get into the habit of what works for you for holding yourself accountable to mentally focus on it. Get comfortable with a pattern that works for you.