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Overwhelmed? Ineffective? Uncertain?

Discover The Top 5 Ways You Give Away Your Power & Regain Control To day!

by Pina De Rosa, M.C. Ht.

You are already pretty smart and successful, so chances are you have figured out how to get what you want in your business and in your personal life.

You see the gap between now, and 'how good life could be' and you feel compelled to fill it and, for the most part, that's pretty simple!!

Yet it does not necessarily mean it's always easy..

We all have blind spots! I mean, even the best brain surgeon cannot operate on him/herself, right?

I remember almost giving myself whiplash when I used to turn my head so fast each time I wanted to catch my own blind spots. The truth is that, on our own, we can only go so far, no matter how smart we are...

Feeling overwhelmed, ineffective or simply uncertain (i.e. second guessing ourselves) often kicks in as a result of trying to uncover and resolve our own blind spots. Work-life balance is essential for any of us who want to maintain sanity in our go-go-do-do-NOW society. It's become harder and harder for us to maintain a high quality of life!





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For that very reason, I invite you to take a moment here and become aware where in your life those blind spots may be....where you may be 'leaking' your power and not even know it...

I'll be happy to guide you towards discovering 5 simple ways you give away your power, and how to regain control, starting now!



#5 - The 8 F's

What I call the 8F's are simply eight areas of your life that you can easily assess by rating each area on a scale from 1-10, 1 being the least amount of satisfaction and effectiveness you experience in that area and 10 being the highest amount of satisfaction and effectiveness.

You see, **we are always expanding or contracting** and these areas are great indicators: we are either gaining energy or draining power ~ go ahead and rate yourself now:

Family	_____	Friends	_____
Fitness	_____	Fulfillment	_____
Finances	_____	Fun	_____
Faith	_____	Food	_____

#4 - Ineffectiveness (...and inconsistency)

If you are one to take a decision, not question it and maintain great follow through with it, then you are definitely not leaking power in this area. Great work!! If you've ever experienced an inner push-pull, if you've heard yourself say "part of me wants X and part of me wants Y", then this area is most definitely causing a loss of power; you end up being inconsistent and repeating a behavior that simply does not serve you: your results will be hit-n-miss at best. My recommendation (and my gift to you) is to apply for a private complimentary phone [Strategy Session](#) with me.



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#3 - Uncertainty (...the push-pull syndrome)

How comfortable are you facing all the “what if’s” and your ability to ‘gracefully dance’ with the unknown? Most of my clients come to me because, initially, there’s something they are not trusting (...the opposite sex...circumstance...etc...). Ultimately what we uncover is the fundamental lack of trust is in ourselves. The good new is there’s nothing wrong with us, nothing to fix. That sense of inadequacy, not feeling sure, or simply not feeling “_____ enough” is a subconscious pattern - a behavior that we keep repeating even when it does not serve us. The good news is we were not born with it so, together, [we can easily undo it once and for all!!](#) If you are up for it, my gift to you would be to explore with you the root cause of it and uncover how to go about regaining that sense of inner trust, and fully owning it.



#2 - Overwhelm (...the analysis-paralysis syndrome)

You are most definitely ‘leaking power’ in this area if you are aware that there are so many things you could be doing, or options and choices that you could be engaging in, and yet you end up over analyzing each one of them, ending up in the analysis-paralysis mode where, in the end, not much gets accomplished at all. To top it all off, you might beat yourself for not taking action. Now remember, you can either beat yourself up, or you can beat your results, next time! The first step here is to start catching anytime you ask yourself “How” or “Why” and simply replace those ego-questions with “What’s the NEXT step/thing I could be doing?”. If you ask your self simply “WHAT do I do?”, you’ll end up in even deeper overwhelm, given there are about 73000 things you could be doing...so simply stick with “What NEXT” (and then feel free to reach out to yours truly for a complimentary recipe to let go of Overwhelm once and for all!!)



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#1 - The SKS-Factor (...and the Perfectionism Trap)

For those of us who are prone to fall into the perfectionism trap, and wish to transition to a more balanced way of being, here is a place to start:

There is a simple yet powerful tool that I share with my clients that ensures the transition from doing too much to regaining balance. We can easily implement what I call the "SKS Factor".

SKS stands for Start, KeeP and Stop. Simply ask yourself:

What is one thing I can Start doing right now?

What is one thing I can KeeP doing right now?

And what is one thing that I can Stop doing right now?



Imagine taking on one daily habit. It does not need to be rocket science. It can be as simple as Starting drinking ½ gallon of water every day. If you did that daily for the next 50 days, or if you took on a specific daily action in your business, or with your family, or in your fitness, what would your year look like if you finally took on that one thing that you've been thinking about doing all year?

If you are not sure which action to choose, I invite you to look at the one area of life that has the most pain connected with it - choose from one of the 8 F's above. Apply the SKS factor to that area for the next x number of days, and then be willing to be pleasantly surprised with the outcome. When I took this on in 2010, not only did I lose 40 pounds, going from a size 10 to a healthy size 4, but I also doubled my business revenue.

Then, in that same area of life, look at one thing that you are going to KeeP doing every day. Finally, what is one thing that you are going to Stop doing daily that would make the biggest difference in the area you are working to regain power? You can make anything happen if you put structure to it. Structure is there to support you, not to limit you. Imagine how powerfully you would be able to complete the year as a result of applying the SKS factor to your life.

Oftentimes, even when we know the right thing to do or the next step to take, we don't do what it is our best interest and we end up self-sabotaging. What's the remedy to that?



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A gift for you...

Regain Control Today!

Even with the best intentions and the finest tools, if those tools are used in a yard that has weeds, the results will be hit and miss at best. When we get in the way of our own greatness, it feels like an internal push-pull; part of me going in x direction and part of me is going in y direction. As a Mindset Effectiveness Expert, my processes leverage a deep understanding of neurological pathways to empower people to operate at a new level of effectiveness. This occurs at *both* the conscious and the subconscious levels which is where the shift needs to take place: that is THE key to deep and lasting results!

Request The Strategy Session: This Hour Will Be My Gift To You.

When you are ready to find clarity in your vision, or if you are already clear on your goals but you need support in clearing the internal blocks, self-doubt, anxiety, fear or overwhelm, I offer you a one hour [Strategy Session](#) with me (by phone or Skype) at no cost to you. Click [here](#) to request spending an hour with me. We'll do a Strategy Session, which is a 1-to-1 private complimentary hour that is designed to get you into action in an area of your life that is important to you. Perhaps this is an area where you feel stuck or not living to your fullest potential. Fair warning... you will be in action by the end of the hour, so this is not for the faint of heart.



Bio

As a Mindset Effectiveness Expert, a [TEDxSpeaker](#), an Award-winning film producer, International & High-Performance Results Coach, Pina De Rosa has been leading live workshops, teleclasses and webinars for 12+ years now. She speaks 5 languages (English, French, Italian, Spanish and German) and holds 4 passports. Pina has coached and trained [thousands of people worldwide](#), from Los Angeles to London, from Sydney to Hong Kong and from Auckland to Kilimanjaro, with always the same commitment and results: empowering each client to live their fullest potential, delivering fast and lasting release of those internal blocks/fears/self-doubt that get in the way of us taking action and experiencing quality of life.