



The Limitless Women Podcast Stop Sabotaging Your Success

You are ready. You're a passionate and innovative woman who is ready for success and ready to change the world. However, if you are feeling like there is something or someone holding you back, you're right. What if the person holding you back was yourself? Listen to today's episode to learn how to stop sabotaging your success.

Want to skip ahead? Episode Highlights

[01:15] What to do when you're unclear on what steps to take?

[02:20] Why is being uncomfortable a positive sign that you're on the track to success?

Episode Transcript

[MC] Welcome to the Limitless Women Podcast. Our mission is to help women business owners, like you, grow profitable businesses and actualize your opportunities to serve and give to yourself and others. Here's your host, the founder of Limitless Women, Laura Gisborne.

[Laura Gisborne] Thanks for listening to the Limitless Women Podcast. This episode is an excerpt from a video series on business tips I created for you. If you find this valuable and want to have a deeper, longer training, visit the Limitless Women YouTube Channel, subscribe and check out the rest of the series.

I'm here to tell you, you are ready to make a difference in the world. I want to invite you to stop sabotaging your success. All too often, I meet amazing women who are just on fire with changing the world and making a difference with their work. The biggest problem is they keep stepping in and causing themselves problems. In today's video, I want to share with you a few hints for how you can stop sabotaging your success.

The first thing that I see that happens for women again and again is they're getting ready to get ready to get ready to get ready. I'm here to tell you that the only thing that's going to have you reach the success you want in your life is when you have the courage to take action. Listen, I wish that I got all the answers in my daily prayers and meditations. But I got to tell you, it doesn't seem to work like that. It's not that we get to Zen out and meditate and hope for clarity and then take the action. It's when you have the courage to take the next step. You don't have to know all the steps. You won't know all the steps. But when you can take the next step, you start to have new awareness. Then you take the next step, and if you're on the right track, the world kind of rises up to meet you. If you're on the wrong track, you might get a gentle nudge to go in another direction.

But here's the moral of that story. It requires the step. It requires you having the courage to go for it and just do it the way you are right now. It's not about when you're ready. It's not ever going to be perfect, my friend. It's going to change the world when you're willing to take the next step.

Now, sometimes when you take those steps, it doesn't always feel easy. That's because you're learning something new. Every time we're learning something new, it feels a little uncomfortable. One of the things that we play with in our world is growing pleasures instead of growing pains. A lot of this has to do with your perspective. If you can really understand that this is a long game, you're in it to take one step and another step and another step and get yourself down the road to where you want to go. Sometimes it feels great. Sometimes it doesn't. That's okay. It's part of the process. I want you to be kind with yourself and be gracious and understand that each of these steps are moving you to new clarity and new opportunities to serve.

I've got a little story to tell you. When I was a little girl, I wanted to be a ballerina. I didn't think that I wanted to be standing in front of a camera with my friend Lee here. I actually thought that I wanted to be on stage dancing ballet. My parents were just not in a position to afford to send me to ballet lessons. When I was 27, after my son was born, I said, "You know what would make me really happy? I think I'm going to take a little ballet class at the local community college. It might be relaxing and help me out here with my newfound motherhood." I can tell you something. It was anything but relaxing. It was really hard. But I loved it. There was just something inside of me that had always wanted to be there. So I took the first steps. Then I took the next steps. I dance and took lessons for ten years.

Well, here's what I want to tell you is that it took me two years to learn how to do a pirouette. I'm very tempted to try to do it right now in heels on this camera, but I won't. You'll just have to trust me to let you know that I can do it. Two years. Two years of going every week. I learned something about that. If you ever see me doing a Zoom from my home office, you'll see I have a big beautiful painting of a ballerina behind my desk. She's there to remind me of the amazing results that can happen with baby steps over and over and over again.

This is what I want you to know. You can get whatever it is that you want to have happen in the way of results of your business if you'll just hang in there. You need support. You need accountability. I encourage you to surround yourself with a community of like-minded women who really get how hard it can be sometimes, so that they can lift you up when you take those baby steps. If we're that community, please visit us online at [limitlesswomen.group](https://www.limitlesswomen.group). We're on Facebook and we've got a great place for you to come play with us where we share resources and trainings every day. We'd love to see you there.

[MC] You've been listening to The Limitless Women Podcast, with your host Laura Gisborne. Our mission is to help women business owners like you, grow profitable businesses and actualize your opportunities to serve and give to yourself and others. Are you a Limitless Woman? This is your personal invitation to learn how you can join our online community, grow through our business school and play with us at our live events. Go to [LimitlessWomen.com](https://www.LimitlessWomen.com) for all the details. That's [LimitlessWomen.com](https://www.LimitlessWomen.com). Thanks for joining us!