**Motivation for Small Business Owners**

Brenda L Gray, Hypnosis...for change

***“At the end of the day, we are all responsible for our own success***

 ***or our own failure”. blg***

What motivates you?

* mindset
* strengths and weaknesses
* what do you want to accomplish?

Obstacles

* fear of failure
* distractions
* procrastination

Staying motivated

* create new habits
* avoid multi-tasking constantly
* allow yourself some down-time

Long term strategies

* focus on your victories, learn from your mistakes
* hold yourself accountable or get a mentor/coach if needed
* reward yourself, even for the small victories

Tools and techniques

* visualization
* rituals
* self-hypnosis/guided hypnosis
* build/increase self-confidence
* Avoid mental traps (negative self-talk or negative talk from others)

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