

Ep #102: The Solution



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With Your Host

Kim Guillory

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Welcome to More than Mindset, the only podcast that bridges the gap between spirituality and success. Go beyond the mind with clarity and confidence coach Kim Guillory and learn how to integrate your passion to serve with your skills and experiences to create a business you love. Let's get started.

Hello, hello. On today's show I am going to take you through a little journey of why business owners and online coaches are suffering. And then I'm going to offer you a solution. Ready? Here we go.

This is for new and old business owners, online coaches, and health practitioners. I see a problem. I see you freezing up, not taking action, spinning instead of doing. I hear you. You're looking for more certifications, more modalities to give you confidence. I get it. I spun here for years until the struggle and pain of staying stuck exceeded the fear of moving forward.

I wish I could tell you that it didn't have to happen. But that's not true. This is exactly what needed to happen for me. It was the sheer long-term suffering that got me to see. I finally got so frustrated with myself that I committed to the change. I was sick of watching others do it. I was jealous and envious. I was going bat shit crazy knowing that I had something of value to offer. And I was bored as fuck.

It sucks not to live out our potential. It sucks really bad. I talk to enough of you to know your pain is as intense as mine was. And let me tell you what I discovered. I had so many thoughts about how I was different, how I didn't have the luck or the connections that others had. And my brain kept finding more evidence proving this to be true. Not because it was, but because I believed it.

A lifetime of beliefs. My mind built a defense around me and inside of me. My nervous system was responding with panic and anxiety. Not because I

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was afraid to fail, but because I was afraid to experience the shame if I did fail. I was afraid to prove the unworthiness that I felt to be true about myself. So I would fail in advance. And then, I didn't have to risk it happening to me, right? If I would fail in advance, then it would never have to be done publicly.

I know this sounds insane. It's absolutely nuts. And I know many of you are doing the same exact thing because you can't see what is unconsciously running the show. You can't see that your actions are being driven by your beliefs. You think your beliefs are fact. But I'm here to tell you they are not.

Your story is an illusion. A story you made up and live by. A story you don't want to give up because then what? Who will you be without the safety of that familiarity? Who will you be when you don't have this excuse any longer? This fear of failing, keeping you small and safe.

So, this is part of the problem. It's part of the reason why you aren't making more money and serving more clients. This is also the reason that you aren't showing up and making offers.

Now, I'm not going to say that that's the only problem. Because the other thing I see is that you don't have a plan. You don't have some sort of system or strategy to build and grow a business. You've never done it and there's no manual for it.

I've seen this throughout all of my trainings, from cosmetology to massage therapy, to coaching, and yoga and fitness, and even in the hypnotherapy industry. These trainings aren't teaching practical business application. Practitioners aren't taught how to grow a business, how to set up a plan, or how to switch to the new identity of being the business owner or entrepreneur.

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I'm not saying it has to be a big deal. It doesn't have to be complicated. But guys, it has to exist. Which is leading me up to my next point.

I have you covered. I want to see as many healing focused entrepreneurs and holistic wellness practitioners as possible succeed. I'm not focused on making millions. I'm focused on helping millions. I don't have anything against making a lot of money, I've already done it.

And what I found out, I'm not even driven by the money. I'm driven by my clients' results and by serving my soul's desire to help others. I'm driven by feeling satisfied. I'm driven by liberation and by change, just like most of you are. Money can't give us the fulfillment that serving our passion and purpose can.

Here's the solution that I see is the answer to this problem. I'm inviting you to a free training going on right now. Hit the link below and join me. I'm sharing exactly what I do and what I've helped others do to grow their business. No matter when you listen to this, the replays are available for you. They're all stored in my training vault and you'll have the link below., So let's do this.

And in the meantime come over to the More than Mindset Facebook group so you don't have to do it alone. We're there for you. I'm there for you. Our mission, our purpose, our passion is to help as many people as possible heal. We're committed, we're cultivating it, we've already decided and we're doing it. And I want to invite you to do it also.

So, here is my encouragement for you. The world is ready for your service, for your gift, and I can help you monetize it. This training is absolutely free. This is something I'm doing for you. I want to see you guys get yourself out there. And I want to help you do it in a very simple and practical way.

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I'm telling you the exact steps, everything that I've done in my own business. How to serve the highest value, how to be satisfied and fulfilled in the work that you do. How to contribute to the world in a way that makes you feel joyful, and full, and solid. That is what healing focused entrepreneurs are seeking. It's not what's in our bank account, it's how we feel when we help other people.

That's it. That's what I have for you this week. Short and sweet. Simple and practical. I guarantee you this will create a shift inside of you. But guys, you have to show up. You have to implement it. You've got to start working through this BS that is holding you back. You have to believe in it so much so that you're willing to choose, commit, cultivate, and continue. Even when it's tough.

All right. I will see you there. Until next week.

Thanks for listening to this episode of More than Mindset.