

Alison*s Art, Inc.

MARKETING BYTES

BUSINESS ISSUES . . . EVERY BYTE COUNTS!

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BUSINESS ISSUE #36

Barriers Leading (to Feeling) Overwhelmed Causing Killers (of) Success Part 1: Introducing and Identifying B.L.O.C.K.S.

It would be so much easier if once we experienced B.L.O.C.K.S. we would not have to feel any of them again. But I find that each time I am faced with a new challenge, I am confronted by one or more of them. Let's explore this new acronym:

Barriers Leading (to feeling)
Overwhelmed Causing Killers (of)
Success

Attempting to take new steps in growing and expanding a business can cause B.L.O.C.K.S. introduced in *Business Issue #8* as part of F.O.C.U.S. I would like to include more now. They are fear, blame, anxiety, lack of feeling empowered, even wanting to revert to having temper tantrums, feeling stupid or technologically challenged and unable to prioritize or gain clarity. Ever experience any of these?

If so, you can add them to our original list of B.L.O.C.K.S. and I suspect that in the future there will be more to add. But there is something equally important to identifying individual blocks. It is recognizing when we are experiencing them and learning how to deal with and overcome them. As part of this unblocking process:

- Observe when you experience them
- Realize that new challenges can activate them
- Set the intention to overcome them so that you do not stay stuck
- Find a systemic approach to overcome them
- Seek support and guidance with this process
- Keep breathing; take a walk; dance around the room; have fun!

Alison*s Art, Inc. supports your overcoming B.L.O.C.K.S. with our **BUSINESS MARKETING TOOLS & SERVICES, For the Success of Your Business, Organization, Projects, Events and Ideas**. Read Marketing Bytes . . . Every Byte Counts! Visit our website www.AlisonsArt.com to learn more.

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