

Alison*s Art, Inc.

MARKETING BYTES

Business Issues . . . Every Byte Counts!

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B.L.O.C.K.S. Part 2: Overcoming B.L.O.C.K.S.

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We have introduced an acronym for **B.L.O.C.K.S.** as **impediments to our success:**

Barriers
Leading (to feeling)
Overwhelmed
Causing
Killers of
Success

As I concluded about this in the last *Business Issue*, it is as important to find a system for overcoming as it is for identifying them. Here is another acronym for **B.L.O.C.K.S.** This time it will be for **the steps involved in overcoming them:**

1. **Barrier occurs**
2. **Leave the situation**
3. **Observe your reaction**
4. **Categorize the problem**
5. **Keep positive about a solution**
6. **Surrender to the challenge**

Let's discuss these steps in more detail:

1. You get stuck; you cannot proceed and may even feel immobilized.
2. Stop trying; disengage and breathe. Have a drink of water; eat if you are hungry; take a walk or even do some kind of exercise if possible.
3. Observe how you are feeling and where it is in your body (you may feel sick, angry, tired, afraid, dizzy, itchy, have a specific pain, etc.
4. Determine if the problem causing the **BLOCK** is something you can handle yourself; if not, figure out whom you need and might know to help you overcome this issue.
5. Say over and over, 'There is a solution', 'I can do this', etc.
6. Surrender to this process with the understanding that a **BLOCK** is actually an opportunity to have a breakthrough or an epiphany.

Alison*s Art, Inc. **MARKETING BYTES** 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*. Visit our website at www.AlisonsArt.com to learn more. Read Marketing Bytes . . . Every Byte Counts!

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