

Are you open to receiving?

Hi, I'm Annemarie Cross - Small Business Marketing & Mindset Coach, helping coaches and women in business get noticed, hired and paid what they're worth so they can double, or even triple their business results. I have another audio biz tip for you this week.

Let me ask you something...

"How open are you to receiving?"

This was a question a colleague asked me this week, to which I responded "Very."

Or so I thought?

It wasn't until she read out the following statements:

- You like to do things yourself;
- The thought of having to rely on other people, can feel uncomfortable;
- You don't want to be a burden on people and feel awkward asking for help;
- You don't like to have needs that you can't take care of yourself;
- You often struggle with asking for what you really want;
- You will often find yourself deflecting compliments by saying "That's nothing";
- When someone gives you a gift (or lends a hand) you feel a deep sense of obligation (or even guilt) that you have to return the favor;
- You say "I'm not in it for the recognition, money [fill in the gap]";
- You are proud of the fact that you are independent AND you don't need to rely on anyone to support you...and the list goes on.

... I realized, that perhaps I'm NOT as open to receiving as I thought I was.

<My light bulb moment...>

Do any of these sound familiar?

If you're like me the thought of being needy and vulnerable is NOT something I feel comfortable with, nor something I want to experience.

However, what my colleague pointed out was that because we detest the thought of being needy and vulnerable – we therefore block and limit ourselves from being able to experience being able to fully receive.

You see, when we block ourselves from asking and receiving in one area of our life, we can negatively impact how much we receive in other areas of our life.

Do you dream about getting more leads, new clients, more income and opportunities?

Maybe the answer to getting more leads, clients, income and opportunities is NOT to work harder and longer hours.

But rather, in becoming far more open to 'asking' AND 'receiving' in that area you've been limiting yourself in, so you can open yourself up to receiving in ALL areas of your life and business.

What do you think?

Are you open to receiving?

Leave me a comment in the comment section below.

For me, being the Sacred Money Archetype of Ruler, and wanting to be in charge of my life and my results, this concept is definitely an area that fascinates me and something I need to work on!

If you liked this audio tip, why not go and listen to more over at www.audiobiztips.com

This is Annemarie