

4 STEPS TO GET OUT OF YOUR OWN DAMN WAY MINI-COURSE



The Essential Guide for
Women on a Big-Ass Mission

Step 2: Accepting Yourself to Greatness

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I've interviewed dozens of successful women from around the world to find out how they've gotten out of their own damn ways. What I've learned from these experts is that while the details may differ slightly, there are basically 4 universal obstacles we ALL throw in front of ourselves. So I came up with a simple 4 step model for getting out of your own damn way and I'm sharing it with you.

Hi, I'm Krylyn Peters, "The Fear Whisperer". My mission is to help female entrepreneurs and want-repreneurs tame their fears, embrace their greatness, and get out of their own damn ways. I'm going to give you the tools to free yourself so that you too can create your mission-filled, heart-centered, soul-inspired business. You need support and inspiration along your entrepreneurial journey and this is it!



Perk up, buttercup, 'cause you're about to uncover **Step 2 of 4 to Get Out of Your Own Damn Way**. I'm also giving you powerful actions that you'll take immediately, which can lead to instant results. Then you'll have an exciting opportunity to engage my full support while we dive even deeper into getting you out of your own damn way.

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In **STEP 1** you got to know yourself better by quieting the thoughts that keep you stuck. Now that those thoughts are quieting down, it's time for **STEP 2: Accepting Yourself.**

Despite any negative thoughts you've had about yourself or others, you **MUST** accept who you are and the choices you've made. This includes the words that have flown out of your mouth and the things you've done and not done.

Before I share two tips that will blast your self-loathing into outer space, take a look at what **NOT** accepting yourself looks like:

- Sabotaging your efforts to start or grow your business
- Not owning your value and the expertise you bring to the table
- Feeling like a big, fat fraud
- Making excuses for why you can't do something

Can you relate to any of these? What else can you think of that should be on your list?

Take a moment **RIGHT NOW** to think about what not accepting yourself looks like for **YOU**. Now write down **THREE** things you've discovered:

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Take each of the THREE things you just wrote down above and flip them around to DECLARE what accepting yourself looks like. Then write how it feels and how it would change your life:

When you accept yourself, it is very normal for certain feelings to come to the surface. Guilt, shame, regret, unworthiness, sadness, and fear are just a few.

Like many people, you may label these feelings as negative. But feelings are neither good nor bad. They are just signals giving you information. What you choose to do with that information is up to you.

Here's how to process through those feelings to skyrocket you to accepting yourself:

1. FORGIVE YOURSELF. It's next to impossible to heal without forgiveness. You've learned the importance of forgiving others who have wronged you. It's time to extend that courtesy to yourself. Let go of the mistakes - or perceived mistakes -

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you have made. Know that you made decisions based on the information you had at that time. And move on. Now look in the mirror and say these words out loud:

“I forgive you”

Then answer these questions:

What do you need to forgive yourself for?

What is NOT forgiving yourself doing to you?

What would forgiving yourself do for you?

2. TAKE RESPONSIBILITY for your greatness. This means accepting all the GOOD things along with the not so good things. Like many female entrepreneurs, you may tend to up-play your flaws and down-play your awesomeness. STOP DOING THAT!! Taking responsibility involves “owning up to your mess,” as one of my podcast guests said, but it also involves owning up to your greatness. Focus on what’s great, and more great will come to you.

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Once you take responsibility for that which you're not proudest of, you free yourself from its hold on you. Then your confidence will skyrocket, your brilliance will sparkle, and you'll be allowing space for all the greatness within you to pour out and do its magic.

Answer the following:

What do you need to take responsibility for right now - the good AND the bad?

What are you taking responsibility for that is so NOT your responsibility. In other words, what can you let go of right now?

After you answer the questions above, come on over to the **Get Out of Your Own Damn Way Community on Facebook** to share your experience with the group and get feedback and support.

Stay tuned for **Step 3 to Get Out of Your Own Damn Way.**