

I'm Already Super Successful, BUT ...

We all have a **"BUT"** in the middle of this sentence. It's a given. "I'm already successful..."

- **"But** I know I have so much more in me, I just can't seem to figure out how to release it."
- **"But** I don't get to see my family as much as I'd like because I'm always working."
- **"But** I'm missing the joy in life. If only I could find passion in what I'm doing."

One of my **"buts"** had to do with overwhelm and a feeling that it was holding me back from my full potential. Three kids, five grandchildren, parents, siblings, and even a grandmother all counting on me. This on top of a mature, yet demanding business, and a passion to help others transform their own lives that seemed to take a back seat to everything else. **Overwhelm. Frustration. These were my constant companions.** And they wore me out.

I'm not exactly sure when these feelings began to dissipate, but through my work with my own coach, I realized one day that although NOTHING in my circumstances had changed, the overwhelm and frustration were gone!

I learned that I had a long-standing limiting belief that some of my deepest values—family, connection, personal freedom, spirituality, and achievement could not co-exist. That belief, though untrue, kept me locked in my own self-created prison. **Honoring one value seemed to contradict another, but the contradiction existed only in my own head.**

Since letting go of the limiting belief and accepting that, yes, I have big dreams AND a big family, I've been much more able to honor both—and to escape the feelings of overwhelm and frustration.

Imagine what your life would look like if you took a giant eraser to

your "BUT". Pure power, right?!

You can start today by exploring your own limiting beliefs. Test them out by asking yourself some simple questions like,

- "Where did I ever get that idea?"
- "How might this belief be holding me back?"
- "What's another way to look at this perceived obstacle?"
- "How can I honor that still small voice within me that knows what I'm truly capable of?"

Armed with this information, you can consciously choose whether to cultivate a new belief or hold on to one that's been limiting you in some way. **Making that choice IS pure power."**

Denise Clelan is a Certified Professional Coach (CPC) and Energy Leadership™ Master Practitioner who is committed to helping successful entrepreneurs experience freedom and fulfillment in every area of life.



Meet her [here](#).

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