

Monetize Your Gifts Masterclass Summary Sheet

Barbara Winter

Outsmarting Resistance and Make A Living Without A Job

The Monetize Your Gifts LIVE Masterclass summary sheet series are my own personal highlights and observations I collected from each presenters talk. You very well may uncover others that resonate with you deeper as you listen to the accompanying MP3.

I've created a simple way for you to jot down your own observations, highlights and a-ha moments at the end of this report for your convenience. It's my Masterclass Intention Guide, as you listen to the replay make note of at least two or three things that stand out for you most and at least one action step you'll take in the next few days.

Thank you for participating in this program and investing in your business and your future ~ *Rodney Washington, Monetize Your Gifts LIVE Masterclass Host*

Barbara's Key Highlights:

Resistance sometimes can be aided and abetted by friends and family.

Be careful who you share your dreams with and avoid hanging out with dream killers and make sure you're not a dream killer for someone else

Working on things that keep us from doing what we most want to do is a form of resistance

Focusing your energy on tasks of a lower priority is another form resistance

Be mindful of using perfectionism as a way to avoid things that are important to you

Resistance grows stronger much like a crying baby, the more you ignore it, the louder it becomes

Resistance loves the phrase ~ yes but!

Don't feed resistance with guilt, it only grows stronger

The best training for overcoming resistance is to become a private detective in your life

Have at least one supportive friend in your life that has total clarity about "your stuff", and give them permission to call you on it

Make it your intention to get out of your office and actively search for like minded supportive (self employed) people to surround yourself with

If you like using social media like Facebook for example, seek other entrepreneurs and interact with them

Invest in quality audio training, make it a goal to get out of your car smarter than when you got in

Fail on purpose ~ it will help you deal with failure

Pick up the books, “How to Take Control of Your Time and Your Life” by Alan Lakein, “The War of Art by Steven Pressfield” and “Making A Living Without A Job” by Barbara Winter. Read a page or two daily, especially at those times when you find your inspiration starting to wane.

Make a list of things you need to accomplish. Write an “A” next to everything on your list that is of high priority importance. Write a “B” next to everything that is at the next lower level of importance, and a “C” next to everything that’s not that important and could be either discarded or delegated to someone else.

Make personal goals with your family and/or partner and goals for yourself and for the family as a whole

Identify what inspires you and feed it everyday! Become an accidental inspirational advocate

When you decide to become self employed you are a part of a growing minority. If you’re seriously considering self-employment as your next career path do your homework first. Study from and with the best. Build your success library

The business you start will not be the one you end up with! Self employment is an evolutionary process

“If you hear a voice within you say 'you cannot paint,' then by all means paint, and that voice will be silenced.” ~ Vincent Van Gough

Presenter Sessions: In this section you find each presenters session topic, and the points they will cover. As you listen to the MP3 presentation you will have an opportunity to write down any highlights, a-ha moments and/or ideas that come up for you.

Finally, you will have an opportunity to state your intention and the specific actions you will take in the coming days, weeks etc to move forward.

Barbara Winter: Out Smarting Resistance & Making A Living Without A Job

- *How to use the power of questions to get to the heart of your fears*
- *Launch your business without having to take risks that make you uncomfortable*
- *Put an end to procrastination, overwhelm or distraction and excuses*

What I learned from Barbara:

Based on what I wrote I intend to take these specific actions:

Barbara has made a very generous gift to participants of the Masterclass program, to get yours please visit: <http://getpaidforyourcreativity.com/gifts>