

How Are You Sabotaging Your Success?

LEARN HOW TO SUCCEED AT
WORK WITHOUT SACRIFICING
YOUR LIFE.



W E L C O M E

Hi, I'm Stephanie!

Before you jump to the quiz, I wanted to introduce myself. I'm an executive and wellbeing coach, entrepreneur, psychologist, blogger, novice hiker, and life-long learning enthusiast.

My diverse background led me to create a unique approach to help ambitious professionals - like you! - crush their career goals without sacrificing self or health.



To begin, we have to know how you are getting in your own way. This quick quiz will give you insight into some of the most prominent ways you may be unconsciously sabotaging your own success. But, fear not! I will provide strategies you can start implementing right now to tackle your barrier(s) so you can confidently lead, succeed, and thrive!

Peace & Prosperity,


Stephanie



www.ancorio.com

How Are You Sabotaging Your Success?

Read each statement below. Check the boxes of the statements that are true for you. When you are done, go to the next page to see your results.

- 1. Needing to be liked by others.
 - 2. Agreeing to take on a task even when your plate is already full.
 - 3. Apologizing often or accepting fault when you aren't to blame.
 - 4. Going to great lengths to avoid conflict.
 - 5. Feeling responsible for how other people feel.
 - 6. Juggling too many tasks at once.
 - 7. Having a to-do list that keeps growing without a clear plan to accomplish it.
 - 8. Failing to structure your schedule around when/how you do your best work.
 - 9. Being distracted by technology - emails, chats, text messages, social media.
 - 10. Setting unrealistic expectations aiming at perfection rather than *done*.
 - 11. Bringing the stress of work home; being unable to wind down.
 - 12. Not being present with family or friends.
 - 13. Saying "no" to beloved activities to work more.
 - 14. Checking emails/bringing your laptop on vacation.
 - 15. Failing to prioritize yourself, even in the most basic ways - getting rest, eating well, moving/exercising.
 - 16. Being afraid to ask questions and "look stupid".
 - 17. Not seeking a promotion or avoiding challenges due to fear of failing.
 - 18. Comparing yourself to others.
 - 19. Fearing that others will figure out how "incompetent" you are - despite your education, experience, and accomplishments.
 - 20. Not speaking up in meetings or sharing your opinion.
- 

What Challenge(s) Do You Need to Conquer?

Add your total number of boxes checked in each section:

Numbers 1-5
above

Numbers 6-10
above

Numbers 11-15
above

Numbers 16-20
above

People Pleasing Productivity Recharging Confidence

Click on the category where you scored the highest number to learn more about these common areas of struggle and steps to start conquering them.

→ [People Pleasing](#)

→ [Productivity](#)

→ [Recharging](#)

→ [Confidence](#)

Or...read them all to learn many useful strategies to stop sabotaging your success!

People Pleasing

“
You are not required to
set yourself on fire to
keep other people warm.
”

UNKNOWN



People Pleasing

The Challenge

People-pleasing involves a readiness to take on blame – even if the situation has *nothing to do with you!*

If you scored high in the people-pleasing category, you can likely relate to:

- ✗ worrying about telling someone “no” or turning down a request for help.
- ✗ trying to avoid conflict at all costs.
- ✗ seeking the approval of others.

But, when you overcome people-pleasing tendencies, you will:

- ✓ feel confident in your ability to say “no” or delegate.
- ✓ let go of feeling the need to make *everyone* happy.
- ✓ establish boundaries.

The Change

You deserve to be respected by others and yourself. It's time to take action!

One strategy to make people-pleasing tendencies become a thing of the past is a **Personal Power Statement**. This is an empowering statement that you write to, for, and about yourself to keep you encouraged and to reaffirm your own worth.

Here is how you create and utilize your own Personal Power Statement:

- 1 Come up with a phrase that is empowering, inspiring, and exciting. Here are a few examples: “I can handle this”; “I have the power to achieve in my life”; “I am capable of getting to where I want to be in my life”.
An important note! Make sure your statement is something you believe to be true **right now** and will help remind you of your awesomeness!
- 2 Write your power statement down on a piece of paper, notecard, or sticky note.
- 3 Practice saying your power statement. Read your personal power statement to yourself while standing in front of the mirror. I encourage you to do so every morning.
- 4 Keep your power statement somewhere visible and prominent. Make it your phone background, your computer screen saver, or put a sticky note on your bathroom mirror.

What's next?>>>

Productivity

“One of the hardest lessons to learn is that "busy" does not equal "productive".

— JOSH PIGFORD



Productivity

The Challenge

It's easy to feel discouraged when you feel like you are working hard and getting nowhere.

If you scored high in the productivity category, you can likely relate to:

- ✗ being easily distracted by the endless barrage of notifications - texts, social media, emails, pings, chats...oh my!
- ✗ derailing your plan for the day to accommodate each new "emergency" task that pops up.
- ✗ feeling like your to-do list just keeps growing...and growing...and growing...

But, when you overcome unproductive tendencies, you will:

- ✓ have a checklist that has tasks prioritized and a plan for how to complete them.
- ✓ pause to celebrate each task you complete before moving on to the next one.
- ✓ celebrate the progress being made, not just the outcome.

The Change

There is nothing more critical to success than the ability to eliminate distractions and focus on the most important task at hand.

To achieve sustainable productivity, it's best to start with small, consistent habits. Here are tips to help you harness the power of your schedule to increase productivity:

- 1. Use To-Do Lists.** Setting yourself up for success begins at the **end of each day**. Take a moment to reflect on what you accomplished and then make a list of what you need to begin with the next day. Write a to-do list with your most important tasks prioritized. Be specific! Do not write "finish project" but break it down into components.
- 2. Capitalize on Your Energy.** Schedule your most difficult tasks for when you work best. Many people suggest starting with the most difficult tasks first, but assess if morning is when you are most alert and ready to tackle those hard tasks. If so, great, get to work! If you need some time to power up, focus on smaller tasks to get started.
- 3. Control Your Schedule.** You can learn to manage your schedule rather than allowing it to manage you. Start with any period of time - 30 minutes, an hour - and block it off. No meetings, no phone calls, no checking emails. Focus solely on the task at hand. Over time, you can start to block off the time you will need to complete the tasks on your to-do list (#1) at the most optimal time of day (#2).

What's next?>>>

Recharging



You wouldn't let this happen to your phone. Don't let it happen to you either.

UNKNOWN



Recharging

The Challenge

You've worked hard to get to where you are, and you deserve to celebrate every ounce of your success...by taking a break! Yes, you read that correctly; you need to recharge!

If you scored high in the recharging category, you can likely relate to:

- ✗ pretending everything is okay even though you really feel completely burnt out.
- ✗ dreading the day ahead; feeling like you don't have the energy to get through it.
- ✗ continuing to process the events of the day; having a really difficult time "turning off".

But, when you prioritize recharging, you will:

- ✓ spend time **every day** relaxing and caring for yourself *without guilt*.
- ✓ feel energized and ready to tackle the day - no more dread!
- ✓ prevent burnout rather than trying to recover only after it's already happened.

The Change

The only way to continue to be effective and maintain your success is to allow yourself to recharge.

While many people avoid the signs of fatigue, it is critical that you **take a break!** To continue to maintain peak performance, you need to allow your mind and body to rest and reset. Here are some strategies to help recharge your mind, body, and spirit:

- 1 Eat.** What foods bring you comfort? Leave you feeling satisfied and satiated?
- 2 Sleep.** We all require different amounts of sleep. Prioritize getting enough sleep for you.
- 3 Move.** Take a walk, exercise, or do yoga. Moving your body *regularly* keeps it optimally functioning.
- 4 Unplug.** Turn off your computer, put down your phone, and escape technology.
- 5 Connect.** Reach out to a friend or loved one. Laugh, share memories, feel connected.
- 6 Enjoy.** Do something fun. Read or listen to something that inspires you.

These might seem basic. They are! When you have failed to recharge, you need to begin with the fundamental ways to care for yourself.

What's next?>>>

Confidence

*You are allowed to be both
a masterpiece and a work
in progress, simultaneously.*

SOPHIA BUSH



Confidence

The Challenge

Ongoing low self-confidence can affect your relationships, sense of self-worth, how you express yourself, and how you navigate life.

If you scored high in the (lack of) confidence category, these might sound familiar to you:

- ✗ Setting unrealistic goals to compensate for your insecurities only to feel worse when you “fail”.
- ✗ Belittling your accomplishments; after all, “they’re no big deal.”
- ✗ Frequently thinking thoughts like, “I cannot believe I made that mistake; I’m such an idiot!”

But, when you feel confident about yourself, you will:

- ✓ feel proud of yourself and your accomplishments!
- ✓ confidently share your thoughts and opinions!
- ✓ aim to achieve; long gone are the days of allowing self-doubt to hold you back!!

The Change

How you perceive and value yourself directly affects how you navigate life. It is time to stop the comparison traps and embrace your flawsomeness (flawed awesomeness)!!

To truly be successful, you need to feel confident about your skills and abilities. Here are some helpful strategies:

Treat yourself how you would treat a friend. If you would not say it to them, why would you ever allow yourself to think it about yourself? To help challenge your negative thoughts, see the THINK Tool. For each thought you have about yourself, consider, is it...

- ✓ *T* - true?
- ✓ *H* - helpful?
- ✓ *I* - insightful?
- ✓ *N* - necessary?
- ✓ *K* - kind?

Now, practice applying this neutralized way of thinking about yourself. Take a moment to reflect and write down responses to these questions:

1. What do you believe are your 3 most valuable skills?
2. What is the #1 strength that sets you apart from others?
3. How will you build upon your strengths and utilize your skills?

What's next?>>>



ARE YOU READY TO
CONFIDENTLY LEAD,
SUCCEED, AND THRIVE?

Work with Dr. Stephanie Grunewald

Get started now! → www.ancorio.com

Follow Ancorio

