

Sample of two different blog post I ghostwrote for a Sales Leader's blog for her team.

You Are Worth It

I can believe in you forever, and I do. I will. That's why I show up here, EVERY SINGLE DAY. WITHOUT FAIL. FOR ALMOST FIVE YEARS. But that isn't enough. YOU have to believe in YOU more than I do. You are worthy. YOU need to show up every day too.

Our thoughts and feelings can swirl around us and thwart our potential.

"I'm not worthy."

"Who am I to be successful?"

"I wasn't raised to be more than this."

These are common feelings many people in my profession have. I've struggled with feelings of worthiness myself. This warped mindset holds us back from achieving more. We are worthy of everything we dream of. Would you ever look into the eyes of your child and tell them they aren't worthy of more? No, of course not! You believe in them and their potential. Believe in yourself the same way. I love what Brene Brown says, "There are no prerequisites for worthiness." Isn't that helpful? You are worthy right now, where you are, of showing up to your own life and achieving your dreams. Brene Brown goes on to say, "When you get to a place where you understand that love and belonging, and your worthiness is a birthright and not something you have to earn, ANYTHING IS POSSIBLE."

You can achieve anything when you believe you are worth it and I am telling you, you ARE worth it!!

Comparing yourself to others is a sneaky trap. It is one of the most significant ways you will sabotage belief in yourself. To show up to your life and be your best self, you can't be looking around and measuring yourself by those beside you or in front of you. It's a waste of energy that could be better spent investing in your dreams.

I love this quote,

"A note of caution: We can never achieve goals that envy sets for us. Looking at your friends and wishing you had what they had is a waste of precious energy. Because we are all unique, what makes another happy may do the opposite for you. That's why advice is nice but often disappointing when heeded." — Marcus Buckingham

What we focus on becomes larger. Focus on where you are lacking, and that will only seem to get bigger. Focus on how others can do it better or have it better, and you will find yourself walking in circles.

Instead, focus on believing in yourself and what works for you. Focus on your strengths, focus on the big and small ways you are #ObsessivelyGrateful in your life, and those things will get bigger. Show up every day and believe in yourself and know you are worth it, and the sky's the limit!

I wish you could feel the warm vibe inside [#MountMagnificent](#) right now, dark and snowy and beautiful outside with the city lights glittering. Dark and warm and glowing inside. Music 🎵 playing. Snuggling with [#TheHubs](#). All is calm. All is bright. All is well. We've been enjoying our holiday decor for a while now, and I refused to apologize for its early establishment. It brings us such joy! Our first holidays in our new home!

As I sit here with a full heart, I began to think about my team. If only they knew how [#ObsessivelyGrateful](#) we are for all 566,879 of them. As a mentor and coach, I try to show them every day with my actions and my words. I hope they know that no matter where they fall in my company tree, each is valued and each is important. I want to encourage you amid the busyness of the holiday season to take a moment to let the people in your life know how valuable they are to you, how grateful you are for them. When we become [#ObsessivelyGrateful](#), our attitude of gratitude multiplies our joys. Stop in the middle of the hustle and bustle and take a moment to breathe in deep all that you are thankful for and breathe out gratitude. Make this your obsession and watch your joy grow.

I have talked before about the importance of writing down goals and keeping them in front of you. In the same way, if we want thankfulness to be a goal, then writing it down will help us with that. If you desire to keep gratitude a constant obsession, then begin to write down who and what you are grateful for. Let's challenge one another to write down what we are [#ObsessivelyGrateful](#) for and let's see what happens! Will our lists get longer every day? Will our joy multiply? I can't think of a better way to end 2017 and prepare for all 2018 holds than with gratitude in focus. Let me know how that goes for you!

From my family to yours have a happy holiday!

[IMAGE](#)