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The One Secret thing that ALL Conscious High Impact Entrepreneurs use to avoid overwhelm, stress and the 'running around like a headless chicken without getting much done'



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Are you feeling overwhelmed? Or perhaps tired? Or even wired but taking endless actions without getting anywhere?

My Successful High Impact Entrepreneurs have ONE thing in common and when they master this very simple skill, the flood gates open, the wind blows in the right direction and all the areas of their life FLOW and ultimately FLY versus stagnate and require so much EFFORT, FORCE, TIME and MONEY to even move an inch.....

Have you ever done or watched Martial Arts? Have you ever wondered how the most ordinary looking, very old or very young, least muscular looking people are able to disarm a person with a simple movement, so small that you haven't even noticed?

I was listening to a local Martial Arts guru, someone who had practiced every day for the last 50 years. A slight man with silver hair, alert eyes and minimal movements. 5-20 minutes per day, he said, was all that was needed, that got him there. Go figure! So he practiced for 18,250 days and I haven't done the maths on how many hours that is

## Part of our secret is consistency

Then my neighbour told me about her friend, Jane, who was at a party, when her butt was groped. She rapidly moved her own hand to grab the fingers of the person behind her and disabled and stopped the move in one single swoop.

## The second part of our secret is to use the FORCE and FLOW of nature

Why? When moving with the force this man was already using and changing the direction of this flow, Jane was able to effortlessly stop him in his tracks and cause just enough discomfort to prevent any further potential and unwanted assault.

How do we harness the forces of nature? Everything is energy, energy moves, the movement has direction and when we use these forces to our advantage, they create momentum in the right direction. When our business is in crisis, what is the FLOW?



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Is Cash going out faster? What can we do to increase the FLOW in as well as decrease the outgoing FLOW?

How do we use this secret to become more effective, efficient and less like the 'headless chicken'? We must take the third step: when we are in the 'headless chicken' mode, we forget to breathe and run ahead without looking up (literally like the chicken does, and the chicken can't any longer as it has no head....but WE do!)

## Part three: Look up and take a breath

How does this super simple secret work in three steps?

1-Look up and witness what is REALLY going on, take stock while you take 3 deep breaths. Presence and awareness are a prerequisite, be aware of YOUR patterns that create and perpetuate the challenges you are experiencing.

2-What is the flow of nature, which direction is it going and what do you NEED to do to harness this flow and momentum? Are you trying to move the immovable? Are you steering a simple boat or are you trying to move a lighthouse? The first is easy, the second nearly impossible.

3-Consistency is key, take action daily or a few times per day to move a little each time. 1 millimeter every day is 365 mm in a year. That is over 1/3 of a meter and in % it is over 33%. If your bank would give you that interest on your savings, would you jump at it?

I look forward to your sharing of how this simple and yet profound SECRET helps you transform your life and business as a High Impact Conscious Entrepreneur?

Wishing you a life of Vibrant Success in all areas that are important fo YOU to thrive!

"Nature doesn't hurry, yet everything is accomplished" - Lao Tzu

With Love, Light, Grace and Gratitude,  
Brigitte

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