How To Get Out of Your Own Way with Inside Out Transformation® Mindsets with Dr. Linda Humphreys

with Dr. Linda Humphreys · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Dr. Linda Humphreys is a business, money mindset and life coach and the author of the Amazon bestseller The Energetics of Money Liberation®.

- [ ] Write down the money messages you heard growing up, and mark which ones you want to keep.
- [ ] Ask yourself how you got where you are with money, without blaming yourself.
- [ ] Define what thriving means to you before you set a business goal.
- [ ] Decide your least restrictive environment: solopreneur, independent contractor, a group of entrepreneurs or a team.
- [ ] Describe your ideal day in detail, from where you wake up to how far you drive to work.
- [ ] Break the next goal into small action steps you can commit to without dread.
- [ ] When a bad day hits, breathe first, find something to laugh about, then ask what you can do next.
- [ ] List the tasks, like technology, that you can delegate to someone gifted at them.
- [ ] Before an important meeting, set reminders, gather what you need within reach and picture a good outcome.

Listen, read the transcript and get the links: addspacetoyourlife.com/podcast/money-mindset-blocks-linda-humphreys/
Feeling stuck in your business? Book a private 75-minute Business Logjam Session with Kathi
©2026 Add Space To Your Life · This checklist is for personal use; share the episode link rather than the file.