How To Rise Above Chaos with Carolyn Gross

with Carolyn Gross · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Reinvention coach Carolyn Gross says that if you are making a major change in your life or business, you need outside support from a group or a coach.

- [ ] Look at your hobbies for clues to the work you really want to do.
- [ ] Join a group or hire a coach before you make a major life or business change.
- [ ] Ask someone outside your situation where they see you getting stuck.
- [ ] Stop looking at your business while you're freaked out; rebuild your confidence first.
- [ ] When a crisis hits, write down what you can build from it instead of how awful it is.
- [ ] Set up tabs and folders so past years are stored away and current work sits in front of you.
- [ ] Hire experts for what you don't know: masters hire masters.
- [ ] Pick a reinvention you're passionate about so you have the energy to keep going.
- [ ] Schedule time away from your everyday surroundings to plan a new blueprint for your life or business.

Listen, read the transcript and get the links: addspacetoyourlife.com/podcast/reinvent-your-life-carolyn-gross/
Feeling stuck in your business? Book a private 75-minute Business Logjam Session with Kathi
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