How to Solve Your Upper Limit Problems with Karen Abrams

with Karen Abrams · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Karen Abrams is a Master Theta Healer who helps entrepreneurs and professionals find the subconscious beliefs behind self-sabotage.

- [ ] Write down one ceiling you keep hitting, in income or anywhere else.
- [ ] Notice whether a pattern at work repeats a story from your childhood.
- [ ] List the bottom beliefs you hear in your head, such as "nothing ever works for me."
- [ ] Decide what you want in the next 12 months.
- [ ] Break that 12-month goal into monthly, weekly and daily goals.
- [ ] Write your goals by hand in a book with a tab so you can find them.
- [ ] Cross items off a daily list.
- [ ] Pick a celebration ritual for each breakthrough, even ice cream and a victory dance.
- [ ] Talk to yourself the way a supportive best friend would.

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