

# Reluctant to Radiant

Step into bigger visibility with ease

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## Reluctance in your marketing

Obvious ways like dragging our feet, feeling dread, pushing against, feeling angst, anxiety, fear, doubt, etc.

**It's also when:** you are taking action but not getting the results you hoped for. Any place you underperform.

→ One place I'm underperforming (or have obvious reluctance) is:

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## Why it happens

- 1) How you're designed: personality, preferences, stage of life
- 2) Limiting beliefs: cultural, or personal
- 3) Lack of inner permission space: our inner good girl the ceiling on what's "ok"
- 4) Any old dysfunction in our lives like illness, stress, trauma or abuse that's still in our body

## What doesn't work

You'll never \_\_\_\_\_ yourself out of it.

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You'll never \_\_\_\_\_ your way through it

**What does:**

\_\_\_\_\_ is the answer. Change comes \_\_\_\_\_ and lasts \_\_\_\_\_ with grace.

I say grace meaning stepping into the whole \_\_\_\_\_ that you came here to be in.

**Three tools help you shift your reluctance and allow grace in:**

- 1) **Epigenetics and neuroplasticity.** Catch your thoughts and reframe them. We have this wonderful opportunity to change our mind & change our lives. I see BIG wins here for people, often all that's needed.

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- 2) **Learn to receive good.** Takes practice, mindset shifts, lot of emotional releasing like grief work, learning to receive, to trust, that the other shoe isn't going to drop. Also: success brings all kinds of new things to deal with: can't have one without the other!!
- 3) **Act and do the work.** Take action to bring up the reluctance (*which looks like dread/resistance/underperforming*) and then use a body centered release tools to shift it: prayer, conscious movement, tapping, somatic visualization to move it along. You must create energetic alignment within yourself to be radiant. Get outside support as needed. But you cannot do enough work to avoid the reluctance!!! The reluctance coming up tells you what work to do.

*grow yourself, grow your business*

Yes, send me marketing trends, tips and advice:

email address: \_\_\_\_\_

Yes, I want to join one month group program

for only \$97

THE  
RELUCTANT  
MARKETER  
community

\*\* Join today or tomorrow by midnight and get a 30 minute 1-1 call with me \*\*

### HOW TO PAY (by tomorrow, 2/16 at midnight)

1) write a check to Linda Basso, or paypal or venmo \$97 to linda@lindabasso.com

2) receive an online invoice to your email: \_\_\_\_\_

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*feedback* (first name for the raffle) \_\_\_\_\_

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What's one action you'll take as a result of this talk?

\_\_\_\_\_

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Learning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Any comments?