



Breaking through Barriers

What's holding you back?

**National Life Insurance
Company®**
**Life Insurance of the
Southwest®**

National Life Group is a trade name of National Life Insurance Company, Montpelier, VT, Life Insurance Company of the Southwest (LSW), Addison, TX and their affiliates. Each company of NL Group is solely responsible for its own financial condition and contractual obligations. LSW is not an authorized insurer in New York and

*Carey Earle,
Marketing Linebacker*

What's the #1 thing that holds most people back from success?

Grandma was right!

ATTITUDE

10 Barriers to Moving Forward

1. Fear of failure
2. Fear of being judged by others
3. Giving up
4. Getting too comfortable
5. Waiting for the right time
6. You change nothing and expect different results
7. Close your mind to new ideas and perspectives
8. Avoid the truth
9. Don't know when it isn't about you
10. Letting the past define the future

Exercise: Barrier Breakers

1. Which of these barriers are you guilty of?
2. Pick two and write down one thing for each one to challenge that barrier.
3. Discuss: how we hold ourselves accountable...tracking and setting goals.

Bad Stress vs. Good Stress

Stress you own me,
you rule me, you
are destroying me.
You control my day,
my mood and my
happiness. You are
my evil nemesis. I
fear you and you
are killing me
slowly.



Stress, I own you.
I control you. You
are my goals. My
motivation. I can
feel the adrenaline
when I need you,
and I can tame
you. You are a
tiger, but I have
you by the tail.
Bring it on!

Change Your Response



Build Your Immunity...

...By Building
Your Self
Esteem

Practice Random Acts of Kindness

