



What's Holding You Back?

How to Restart, Renew, Re-Invent Your Life

Diana Todd-Banks

Author * Coach * Online TV Host

www.dianatoddbanks.com



Has life dropped a big ball and chain around your feet?

Do you feel like you are sleep walking through life, unable to move frozen with some form of fear, fear about the future, fear about starting over and how to positively move forward?

Or put simply are you fearful of *Change* itself?

Yes, it is an uncomfortable place to be, but the good news is, regardless of your age 35 or 70, all that can be positively turned around.

Today, with so many social pressures often experienced through some form of loss, like the impact of GFC, it's not uncommon for people to grapple with mental gremlins and blocks, that hold them back, from creating change in their lives.

While some of those mental blocks could have been there since childhood the blocks can become more pronounced when some big loss occurs – be it financial, job, career, loss of a loved one, divorce.

However, we were not born with those blocks, those fears, rather, for a variety of reasons we gather them along the way during our life ... up to now.

With that in mind, let's do a little visualising ... a little dreaming.

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First close your eyes, then take in one slow deep breath, slowly release that then do the same for two more slow deep breaths, and then answer this question.

What would you like to do if there were no limitations, if you had no gremlins or blocks whatsoever, and you knew you could not fail?

Be honest with yourself - what do you long to do?

Do you have a little voice deep down that says...

*'Oh I'd love to do something new
I desperately want to change my life
I really want to write a book
I want to start a new career
I want to earn money again. I need to
I want to live life again
I desperately want to change & start over'*

When you begin thinking, wishing, and dreaming this way do any little mental demons creep or even instantly pop in to your mind, perhaps saying:

'I don't have the money. No ... I couldn't. It's too late. I'd have to learn too many new things. I don't have the energy. My brain is too lazy. It's too complicated. I don't know how too. I'm too old.'

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What if you changed the word 'I,' of you saying those phrases to yourself, to another person saying those words? Has someone else in your life said to you?

'You don't have the money. It would take you too long. It's too late for you to do anything new. No ... you just can't. You don't have the energy. You're too lazy. It's too complicated for you. Anyway you don't know how to.'

If any of those negative phrases are said or thought repeatedly, either by you to yourself, (and they can if you've been feeling depressed) or by someone else in your life, it doesn't take long before you start believing those negative words to be true. And sadly, up to now, that is the way you may have been living your life.

Take a look at these two questions ... and answer them honestly.

Do you know what is holding YOU back from moving forward?

Is it doubt, fear, worry about money, stress, others, does your new goal or desire to make a change seem too complicated, or is there something else perhaps dealing with your clutter; or that you are a procrastinator?

Or for now, maybe you just can't pin point what it is although you know there is something stopping you from moving forward. The best starting point then is to look at your overall life balance and ask yourself this question: 'Is my life balanced?'

Is Your Life Balanced?

On the next page is a simple exercise that addresses this question.

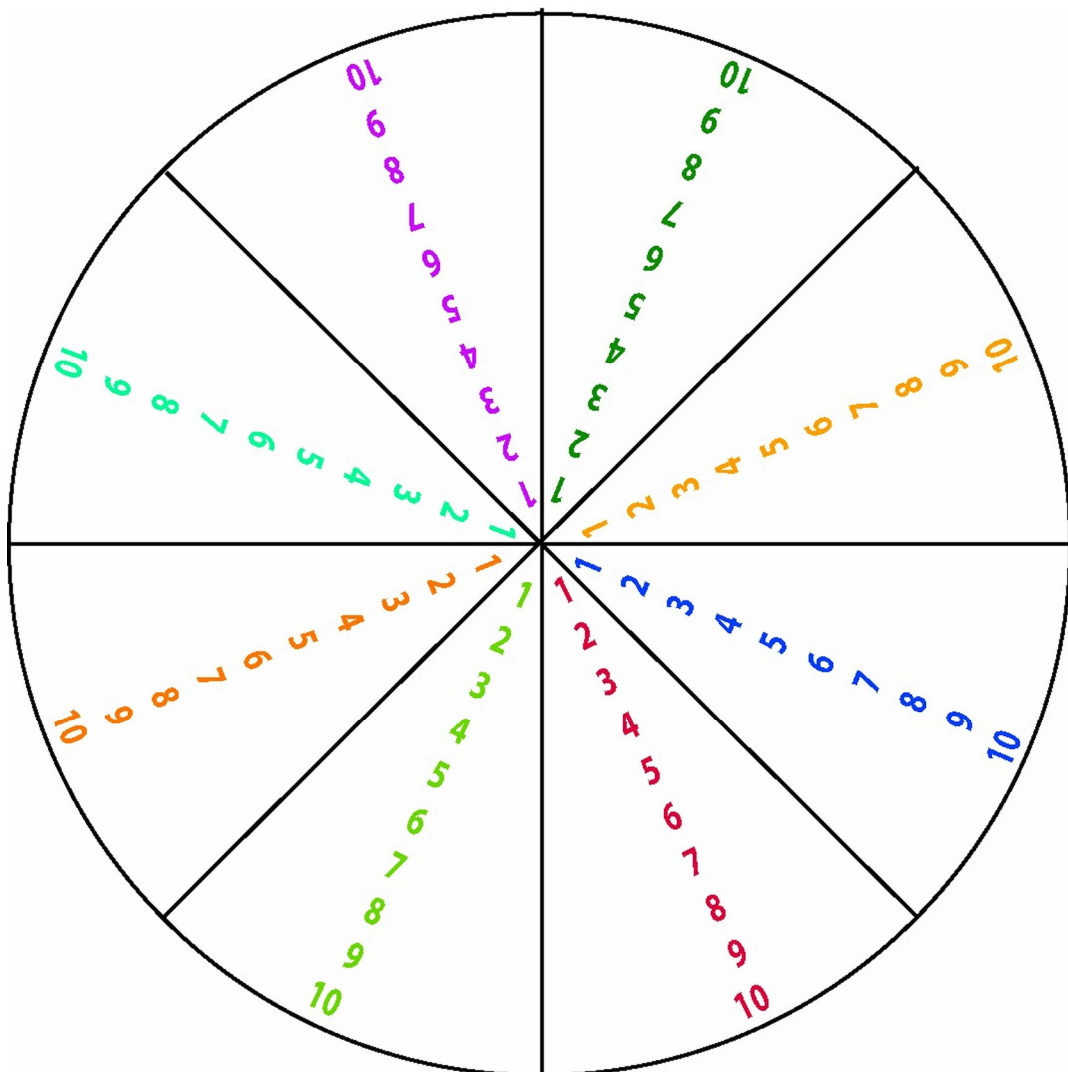
If you haven't already done so, please print this document before going any further.

After you have done that on the next page is a large circle, name each section with one of the following Bold categories. In each of the categories there are numbers from 1-10 one, (1) being the lowest, and ten (10), being the highest.

Fun & Enjoyment -	Happiness, Hobbies
Relationships, Spouse -	Current or future Life Partner
Business & Career -	Job satisfaction, Career path
Family -	Children, Parents, Relatives
Social -	Friends, Sport, Activities
Health & Vitality -	Exercise, Diet, Wellbeing
Prosperity & Money -	Savings, Investments
Personal Growth -	Personal-space, Spiritual, Artistic, Self Development

SNAP SHOT OF YOUR CURRENT LIFE BALANCE

STEP 1. Within each section draw a line from left to right on the number that corresponds to how you feel about that area of your life. Select the number *that immediately comes to your mind first, without analysing the area. This is important.* After you have completed this you will find the lines in each section, vary.



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STEP 2. Look at your scores. What are the two lowest scores? Which life area are they?

STEP 3. Are these two areas on which you would most like to move forward?

STEP 4. How would you feel if you could significantly move forward in both areas?

STEP 5. List 'baby step actions' you could take to start moving forward, in both areas.

Record Your Results Here:

Score:

Fun & Enjoyment -	_____	Happiness, Hobbies
Relationships, Spouse -	_____	Current or future Life Partner
Business & Career -	_____	Job satisfaction, Career path
Family -	_____	Children, Parents, Relatives
Social -	_____	Friends, Sport, Activities
Health & Vitality -	_____	Exercise, Diet, Wellbeing
Prosperity & Money -	_____	Savings, Investments
Personal Growth -	_____	Personal-space, Spiritual, Artistic, Self Development

Now review each section again.

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Are there any issues within one or more of the areas that are causing you for example, discomfort, unhappiness, or dissatisfaction?

Could these be holding you back? Do you know why they are?

What answer immediately comes to mind? Record your answer here:

Does fear play a part in any of those areas? If it does, know that you are not alone.

It's time to look at Fear

Most people harbor some form of fear, which holds them back from taking some action. Fear is often the core issue of why people say won't take on a new project, or that it's too difficult to start a new phase of life.

This is why it's important to look at your fears, and recognise your fear, bring it out into the open, discuss it, feel the fear then move through it. This is why using a Coach can be so beneficial. A Coach is there to help, support, guide and work with you to deal with fears and other self-limiting beliefs, and the best part is, you can deal with them more easily than you can on your own. Importantly a Coach does not make negative comments as some family or friends may do.

Here are just some areas in which fear plays a massive yet unnecessary and at times counter productive role. Do any sound familiar?

Fear of being judged, of rejection, of embarrassment, of being alone or abandoned, of failure, of success, of intimacy, of expressing feelings, of the unknown, and fear of not being good enough, and all these can be cleared or reduced, so you can move forward positively.

The good news is:

Fear is one of life's hurdles, which can be turned around so you can move forward and make changes in your life and achieve the goals you seek.

You can begin to do that on your own.

The following 13 questions will help you deal with this insidious emotion called fear. It may take a while to do these 13 steps but do be persistent and answer them honestly.

1. Ask yourself how does fear manifest in your body – can you identify where?

2. Does the location vary with a different fear?

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3. What kind of feeling(s) do you experience?

4. Have you ever said to yourself or to others, 'I really want to overcome my fear of... but I can't *because...*' or you might have said, 'I really want to do..., *but* I can't *because...*' have you ever, said that to yourself? Have you:

YES

NO

5. Then ask yourself: 'what does that 'but' or 'because' represent?

6. Can you now identify what is holding you back?

As an example, are you frightened of public speaking yet deep down you'd love to be a public speaker, because you like the thought of being in that industry? For now, do these next steps using public speaking as an example. Of if you know your fear(s) please use that.

7. Once you have identified that, handwrite your answer, defining it in a few words.

8. Then ask yourself the three 'W's': 'When / Why / What'?

Look back when the fear first became an issue; why it exists, and what caused it?

When

Why

What

9. Once you can clearly define your fear(s) and have answered the three 'W's,' ask yourself this question: 'what is the positive opposite of your defined fear?'

Is this something you would like to do? Look at it in a very broad lateral manner.

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10. Looking at that positive opposite, ask yourself: what actions, steps could I take toward that goal? Don't put any limits on this list. Record all your answers here.

11. Break down those actions into smaller baby steps and record at least 5 of them.

12. Again using the example of public speaking, if this was a fear of yours yet you wanted to be in that industry in some way, identify one step you could take toward that today, a step which is positive, workable and achievable.

13. Then, each new day select another step that is comfortable and achievable for you. Adopt the same approach for the next 30 and 60 days by which time your fear may no longer be a fear but the opposite – a positive opportunity for your future.

The more you think about your fear, and bring it into the open, to the fore front of your thinking, the easier it is to deal with this limiting emotion.

Yes most people do harbor fear of some kind even though many won't admit it to themselves.

Fear can hold you back from doing things you really want to do, hold you back and prevent you from moving forward with any degree of confidence, to go after whatever it is you want to do and achieve.

Why let that happen?

Why, let this insidious emotion be a destructive force in your personal and business life?

You are in this physical life once, go after your goals.

You can turn your fear into something positive. It is definitely achievable.

This Revealing Exercise Removes Several Barriers

It's time to look at another barrier that holds people, of many ages, back from starting a new project or doing something new.

One way of quickly removing one major barrier that holds people back from creating Change and Starting Over is this little exercise. You will clearly see why you can Start Over and why there's 'tons of time' to do many things.

The first age of 83 is based on statistics. Handwrite your answer for these questions; do not use the computer:

What is the average age, Western people pass away?	83	83	83	83	83
What is your age now? e.g.	35	45	50	55	60
Now subtract your age from 83 and you get	48	38	33	31	23

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You guessed it, if you are 45 you have 38 years of your adult life left, so forget thinking how many years you have been on this planet.

What are you going to do with those three, nearly four decades remaining? Remember some people live an active life well beyond 83. Why assume that's when you'll pass on?

Most people have far more of their adult life left than they realise. When you do come to that realisation, right away some barriers fall away and you feel a new sense of energy and vigour.

CONCLUSION

The world is rapidly changing every few years. A new world presents new challenges... and new opportunities for people of every age.

It makes sense if you don't want your life to be the same in 5 years time as it is now; it's necessary for you to adopt new strategies for your wealth, health, happiness and overall wellbeing.

Remember, you are in this physical world once, go after what you want.

If you want to change your life and start over, you need to make some changes and take action! No one else will do that for you.

So where would you like to be in five years time?

What are you going to do ... waste that precious time? Why not DO something you've always wanted to do?

Be a star in your show.... the new chapter of your life.

You can become an author, you can get a new career, you can live life again, and you certainly can make the changes to begin anew!

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Realistically, you probably realise you won't appear on the front cover of a fashion magazine, or be in the movies with your favourite film star, or become an astronaut, but you can become a star in your own unique show, the show of your life.

You can make this next *chapter of your life the best ever. You can do that!*

Everyone has inherent gifts and you do too. Everything may have been done or said, before but not in YOUR voice'.

Therefore the world needs YOU.

Authors Note:

You can never tell what's around the corner. Take a step into the unknown it can change your life. I did and that one step changed mine.

ABOUT DIANA TODD-BANKS

Diana Todd-Banks is a woman who has had an incredibly varied life, has conquered very high hurdles to make things happen and overcome many deep lows.

Picking herself up, dusting herself off from these lows, she has moved forward with a positive outlook on life which ultimately has opened up many new doors and opportunities.



Combining her vast wealth of experiences and insight with practical coaching strategies, Diana works with clients to help them achieve a new beginning following the loss of a loved one, or a job or financial loss, divorce, retirement, health or relocation setback. As well she works with clients who have other specific goals they want to achieve.

A very down to earth woman, Di has received extensive print media coverage and appeared on television and radio in both Australia and the United States. For twenty years she lived, worked and owned businesses in the US.

She was a US wine and food importer, and an international marketing consultant for Australian businesses seeking new niche opportunities in the US. Prior to that she gained a degree in Classic Guitar in Chicago.

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In Australia her groundbreaking book, has drawn significant media attention, since it was a world first on the subject: *Wrapping It Up- Packing Up Possessions & Other End of Life Matters.* This was followed by, *Estate Organizer – The Ultimate Guide to Recording Your Life Matters.*

Today as an Author, Coach and Online TV Host Di works with people of all ages to help make the changes in their life that they so ardently seek.

This year 2012, Diana is a co-author alongside top world inspirational, self-development speakers and best selling authors and now, the second two books are already Best Sellers.

'In The Spirit of Success' with Deepak Chopra, Dr. Wayne Dyer, Esther & Jerry Hicks, Mark Victor Hansen, Neale Donald Walsch, & Sandy Forster.

In the second book, **'Cracking The Success Code'**, Di is a co-author with the best selling self-development author **Brian Tracy**.

In the third book, **'The Success Secret,'** Di is a co-author alongside **Jack Canfield** the top best selling author of the runaway success *'Chicken Soup For The Soul'* Series. Jack is reported to have now sold over 500 million books, an amazing achievement.

To learn more about Diana and other benefits she offers visit:

www.dianatoddbanks.com

To register for your free 30 minute Skype Call with Diana...

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