



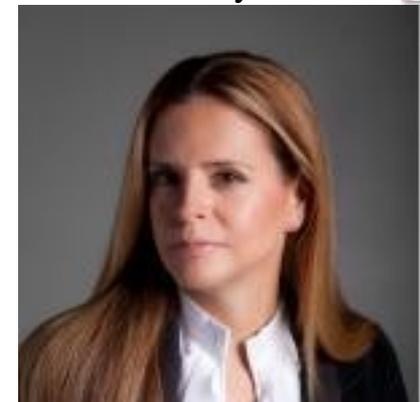
It's Just Not Working!

By [Sophie Lamarche Barnes](#) | Submitted On July 07, 2015

[Sophie Lamarche Barnes](#)

Basic PLUS Author | 10 Articles

Joined: January 11, 2013 



You've been trying to accomplish something for weeks, months or years. You keep sabotaging it or procrastinating about it. Is this laziness or something else?

We've all heard "voices" from someone else in our heads saying: *She can't do this, who does she think she is, etc.* We've worked for years at getting rid of anything that is not our pure centered self. Yet we still hit roadblocks and our big goals that we set for ourselves are still out of reach. Why is that?

Unconscious beliefs! We read a lot about how to get rid of unhealthy beliefs but how do you even know they exist? And how can we figure out the impact they have on our successes and failures? All my life, I have worked hard at reaching the next level. From secretary to estimator, to office manager, to project manager, then director followed by vice president of a major international IT firm. And now, I am a coach and president of my own firm. Every step along the way was hard work and painful.

I often wondered why it had to be so hard. The image I have is a football play. When the quarterback decides to run the ball and he has 3 big defensive line guys trying to drag him down. You are the quarterback and the defensive line guys are your negative beliefs. So no, you are not lazy. And being disciplined here won't help at all.

Through analysis, I discovered beliefs that were hindering my successes. Not only hindering but actually blocking it. Like the yo-yo behavior. On one side, I am working towards my goal and on the other, sabotaging it. I had to fight my way up, not only by dealing with insecure or nasty bosses and colleagues, but also having to deal with my own, unconscious blockages (destructive beliefs).

But when you don't know they exist, you become very self critical and you think you are lazy or undisciplined. This is not the case. Here are some hindering beliefs I had: Life is hard, money does not grow on trees, you cannot be more successful than your husband, people are out to get you! I discovered these a while back. And when you resolve and change a belief to a positive one, you will feel the weight coming off your shoulders. It's quite amazing.

I cannot believe I am about to suggest this but, temporarily, stop planning and organizing. Sit down and find out why it's not working. It may take a bit of time and you may need the help of a professional. Right now, I am working with the therapist certified in EMDR, and it's amazing. With her, I have discovered beliefs that I did not know existed. I had already resolved some old beliefs but now I am going deep down and looking at the impact those unconscious beliefs have on my success and my happiness.

So if something is not working for you, if you are unsatisfied, look at your beliefs. If you want to change your limiting beliefs for positive ones, here is the link for the article about that: <http://helpheretoday.com/beliefs/>

Sophie Lamarche Barnes is president of BarSo International Group Inc, an executive coaching firm focused on professional success. Sophie offer her services in Executive Coaching to help organizations and individuals reach their potential (empowerment, growth and change). She is also a consultant for Franklin Covey. Visit her web site: <http://www.helpheretoday.com>

Article Source: http://EzineArticles.com/?expert=Sophie_Lamarche_Barnes

[EzineArticles.com](http://www.EzineArticles.com)

Authors

Publishers

© 2015 SparkNET
All Rights Reserved Worldwide

[EzineArticles.com](http://www.EzineArticles.com)

- [About Us](#)
- [FAQ](#)
- [Contact Us](#)
- [Member Benefits](#)
- [Privacy Policy](#)
- [Shop](#)
- [Site Map](#)

- [Blog](#)
- [Training](#)
- [Video Library](#)
- [Advertising](#)
- [Affiliates](#)
- [Cartoons](#)

© 2015 SparkNET
All Rights Reserved Worldwide