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Self-Employment Requires Challenging Reality

At the heart of succeeding in self-employment is earning more money than you spend. For many VR Customers (*and most any of us, for that matter*), this can be a huge challenge. This is, in part, due to factors such as having never managed money well before, believing they can't work for themselves, and having unproductive views about money overall. It is this last point that can be the most powerful because the first two can easily be overcome.

Whatever we learn early on about money often clouds how we deal with it throughout our lives. Some common views include hearing from our parents and other influential adults things like, "money doesn't grow on trees, you know," or "money is the root of all evil."

Whatever the view is, for VR Customers looking to succeed in business, it is helpful to facilitate their increased awareness about what their view about money is, how they came to believe it, and whether it's working for them now. Here's a Power Tool with 3 easy steps that can help:

Power Tool: Challenging Reality

In each of the following steps, review the questions provided and write down your thoughts in response to each one before moving on to the next step.

Step 1: Revisit your past experiences

What did you see about money and rich people early on in your life?

What did you hear about money and rich people early on in your life?

What did you experience with money and rich people early on in your life?

Step 2: Acknowledge your current views

What do you know about money and rich people today?

Step 3: Move forward

Knowing what you know today, do you understand that you have a choice about how you handle money and view rich people today?

If so, what will you do differently going forward when handling money and dealing with rich people?

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This approach can be used to effectively challenge other areas of your life as well, where you may want to improve awareness and outcomes. Simply replace the underlined terms above with words like relationships, communication, conflict or self-discipline.

The most important part of the process is to take the time to think through and write down your responses. By doing so, you will uncover some powerful drivers behind that particular topic and go from being in the back seat to being in the driver's seat. Enjoy!

For more information, visit: <http://www.buzvr.org/>

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