

# Stress Bytes Newsletter

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**"WHEN STRESS BITES, BITE BACK!"**

THE NEWSLETTER OF ANNETTE VAILLANCOURT, PH.D.  
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## Success and Abundance Aren't Just for the Lucky!

For those who read my column last month, you know I just got back from a week's training in EFT (Emotional Freedom Technique). I'm really excited to start applying it to helping people achieve personal and professional success and abundance. So I've been thinking and reading a lot about Peak Performance and how people define success for themselves and what steps they have to take to achieve it and what barriers they have to overcome.

Do you ever wonder why some people are successful at what they set out to do and others are not? I do. Whether it's a diet, financial goal, or finding love, what differentiates those who are successful from those who are not?

In studying Peak Performance, I see there are 7 steps to success: 1) deciding to achieve at a high level, 2) identifying and overcoming blocks to success, 3) setting goals that are consistent with your personal values, and 4) developing a plan, 5) making a commitment to do whatever it takes to

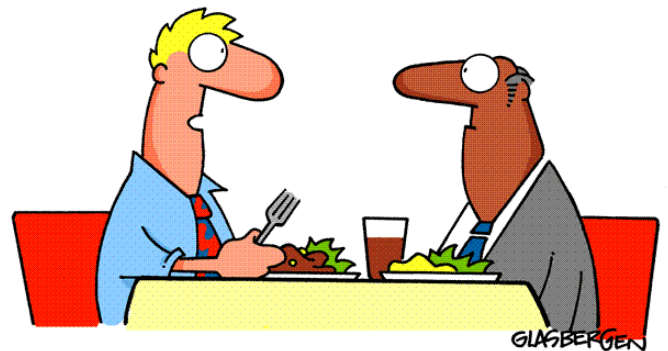
succeed, 6) taking the first step NOW.

Each step involves self awareness, confidence, optimism and an "abundance" mindset. Successful people have a "can do" attitude and a willingness to take risks, to go outside of their comfort zone, and to seek the knowledge and support of experts. Larry Winget, author of *Shut Up, Stop Whining & Get a Life*, says the world is divided into two types of people, the "will's" and the "will-not's." His point is that it's not knowledge or ability that limits us, but that most of us are not *willing* to do what it takes to be successful in any chosen endeavor.

For example, most procrastinators know what they need to do to finish a project. They have the skills to do so. What they don't have is the willingness to change the way they approach things. They aren't *willing* to get a head start on things, even though they are *able* to. Similarly perfectionists know what kind of a result they want on their

projects. They have the skills to accomplish something, but they are not willing to lower their standards so that they can either begin or complete the project. They aren't willing to let things be "good enough." Even though both of these work styles cause problems in achievement, to change them would require someone to go outside of their comfort zone.

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**"I'm looking for a mentor who can show me how to get rich without boring me with a lot of advice."**

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## Success and Abundance... Cont'd from page 1

To try something different often causes anxiety, which can cause us to avoid change. When success requires changing one's perceptions or process of doing things, this is where people balk. In psychology we call it "resistance." I call it "internal blocks to success." A classic aphorism says, "The devil you know is better than the devil you don't." Most people are afraid of the unknown, which is why making change, even self-initiated change, is often difficult.

Common blocks to success and abundance include self-defeating beliefs, not having a powerful enough goal, fear of success, negativity, lack of focus, discouragement, and fatigue.

To get started you need to define a vision of success for yourself that fits with *your* values. Often we let others or societal expectations determine what we think "should" be our goals, and then wonder why we have no enthusiasm for accomplishing them. Ask yourself, "What is success *to me*? What do I want to do that fulfills my highest purpose?" The poet Goethe says, "Whatever you can do, or dream you can do, begin it. Boldness has genius, power and magic in it. Begin it now."

Then, imagine yourself as that person, doing and being successful in your life. Call that image up in your mind and step inside of the "future you" to see what it feels like and what the world looks like from that vantage point. If you are like most of us, you'll feel somewhat uncomfortable with that image of yourself, as we have a fear of success. This is where some work needs to be done to reduce that discomfort. As motivational writer, Zig Ziglar says, "You will never perform consistently in a manner which is inconsistent with how you see yourself."

Now, here's where my new training in EFT (Emotional Freedom Technique) really augments all the other techniques I've learned for motivating positive change in one's life. It can help erase the internal fears and barriers to success, thus allowing you to move more confidently and easily into the planning and action phases. By addressing and reducing the intensity of those internal fears, self-doubts and barriers to success, you are freed to take effective action. To learn more about EFT read my Blog at <http://EFTnotes.blogspot.com>.

**Also register for my upcoming seminar "Overcoming Blocks to Success and Abundance" on March 3, 2006. See page 4 for registration information.**



**"I am dressed for success! Of course, my idea of success may not be exactly the same as yours."**

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## Barriers to Success and Abundance

“Riches begin with a state of mind, with definiteness of purpose, with little or no hard work. You and every other person ought to be interested in knowing how to acquire that state of mind which will attract riches.” – Napoleon Hill, *Think and Grow Rich*

Common blocks to attracting wealth and abundance

- I'd be unspiritual if I were rich
- A sense of scarcity or lack
- I'm not enough or good enough
- I don't deserve it
- I'm lazy
- I'm not smart enough
- I will lose my family/health if I become successful
- Rich people are greedy, nasty and step on people
- Who am I to think I can do this/have this?
- Self-doubt

### Self-Assessment: Identifying your Fears of Success

Fill out the worksheet below. Don't give it a lot of thought. Just write whatever comes to mind immediately

If I decide to be a SUCCESS, I would be/do/become..... (+/-)

1.

2.

3.

4.

5.

What I *know* is holding me back from SUCCESS is....(fear of..., lack of..., too much of...I see myself as..., I believe.....)

1.

2.

3.

4.

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***The Stress Doctor is IN!!!***

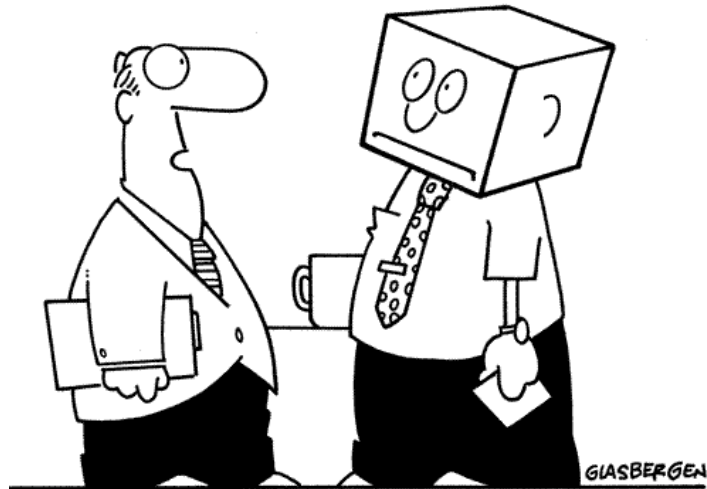
“IF YOU ARE GOING THROUGH HELL, KEEP GOING.” - WINSTON CHURCHILL

“LIFE BEGINS AT THE END OF YOUR COMFORT ZONE.” - NEILE DONALD WALSH

“THE SECRET OF LIVING A LIFE OF EXCELLENCE IS MERELY A MATTER OF THINKING THOUGHTS OF EXCELLENCE.” - CHARLES SWINDELL

“GREAT SPIRITS HAVE ALWAYS ENCOUNTERED VIOLENT OPPOSITION FROM MEDIOCRE MINDS.” - ALBERT EINSTEIN

“PEOPLE WHO SAY IT CANNOT BE DONE SHOULD NOT INTERRUPT THOSE WHO ARE DOING IT.” GEORGE BERNARD SHAW



**“Thinking outside of the box is difficult for some people. Keep trying.”**

**ANNETTE VAILLANCOURT, PH.D.**

**LICENSED CLINICAL PROFESSIONAL COUNSELOR**

- 15 years experience gently helping individuals, couples and groups resolve personal problems, manage stress, and reach their full potential.
- Specializing in Women’s Issues and Stress Management

Call **(618) 549-5935** to set up an appointment or schedule a seminar for your work group.

Visit our website at [www.GotStressGetHelp.com](http://www.GotStressGetHelp.com)

## **OVERCOMING BARRIERS TO SUCCESS & ABUNDANCE SEMINAR**

**What?** Overcoming Barriers to Success & Abundance Seminar

In this seminar you will

- Define a compelling image of success that incorporates what’s most important to you
- Identify blocking beliefs
- Learn techniques to help erase internal blocks to success and abundance

**When?** Friday, March 3, 2006 10:30am—noon

**Where?** The Hunter Building Conference Room, 300 E. Main, Carbondale, IL

**Cost?** \$30 per person—to be paid in advance

Enroll now. Seating is limited.

Call 618-549-5935 to register or email [DrAnnette@direcway.com](mailto:DrAnnette@direcway.com) to register.