

Balance Your Energy

Detox Your Approach





Your energy is the biggest determining factor of your social media success. Is it flowing freely to your network or is it facing a few blockages?

There are five energy-blocking, success-stopping, holding-you-back limiting beliefs that we are going to shatter right here and right now.

For this worksheet, I want you to read through the energy blocks and circle the ones that are most relevant to you in your life. Then I want you to read the shattering truth, OUT LOUD, and then read the active

affirmation. Put the affirmation that you need somewhere where you can repeat it when you need it. This is an exercise where you choose your own affirmation adventure and repeat these answers until you believe in them in your soul!

Energy BLOCK 1: *I don't want to be annoying or salesy.*

Shattering TRUTH: *The truth is I believe in what I am offering. And people who were struggling the way I was are LOOKING for solutions like this. It's not WHAT I'm saying online that annoys or repels people, it's HOW. And I have the power to CHANGE HOW I'm presenting my life-changing opportunities.*

Active Affirmation: *The story I have to share with the world will resonate with and attract the right customers for me on my journey.*

Energy BLOCK 2: *I'm afraid people will reject me.*

Shattering TRUTH: *The truth is people are not rejecting me personally. I am SEPARATE from my job. My success does not equal my self-worth. There are SO MANY FACTORS that go into how people respond from*

timing, to personal issues, to past experiences- and none of those are within my control or have anything to do with me personally!

Active Affirmation: *I cannot control how people respond to me, but I can control how I optimize the way I show up to the world. Every day that I elevate my approach, I increase positive responses to what I am offering.*

Energy BLOCK 3: *I never know what to post. I overthink what to share. I get stuck with analysis paralysis.*

Shattering Truth: *The truth is that people are not thinking about us, judging us, or paying as much attention to us as much as we think they are! Think of how you mindlessly scroll through your newsfeed. Think of how deeply you analyze your profile and your posts versus other peoples. When it comes to posting, stop overthinking and shooting for perfection, and start overdelivering on value and shooting for service.*

Active Affirmation: *I will come from a place of honesty, service and love with every post I share with the world.*

Energy BLOCK 4: *I'm a private person, I don't want to overshare, I'm not comfortable with people knowing this much about my life.*

Shattering Truth: *The truth is that people buy from people that they KNOW, like and trust. They can't like or trust you unless you let them in. So you have two choices: one- pivot your professional choices to a career that permits you to preserve your privacy or two- lean into the reality that when you have the courage to come out of your shell and be vulnerable enough to share who you are, those relationships will lead to revenue.*

Active Affirmation: *I choose the courage to allow my authentic self to shine through. I trust that the right types of people will magnetize towards me to enhance my personal AND professional life.*

Energy BLOCK 5: *I compare my posts with everyone else's and feel like mine just don't measure up.*

Shattering Truth: *The truth is that many posts we see from influencers, thought leaders, and top performers are filled with phenomenal content that can be intimidating. Their creativity and execution is WHY they have attracted such large followings. But YOU are NOT THEM. A huge challenge is standing out, sounding different, sharing a new message. If*

you imitate what others are doing, or try to be like them or better than them, you are wasting a huge opportunity for digital differentiation.

Active Affirmation: *The only person in the world- online or offline- that has my story is ME. I will stand out, I will be heard, I will be different. I will focus less outward towards others and focus more inward towards amplifying my unique journey.*

Copyright The Social Media Spa by Erin King. Not to be reprinted or used without permission.

Credits:

Created with an image by paje victoria - "untitled image"