

KARLA STEEN, THE LIFE APPROACH

# WHAT'S STOPPING YOU

## RESOURCE LIST

1.

### BE CLEAR ON WHAT YOU WANT.

**Read:** "The Desire Map" by *Danielle LePorte* to find your key 'desires', as opposed to goals

**Read:** "I Could Do Anything if Only I Knew What It Was" by *Barbara Sher*, if you are looking for some clarity on what to do

**Do:** The exercises in the free VIA survey to discover your key strengths, [click here to take the survey](#)

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2.

### NO ONE STARTS OUT AN EXPERT.

**Read:** "Lean In" by *Sheryl Sandberg* to find stories and research about the plight of women in modern society

**Look at:** EDX for free courses from the world's best universities at [www.edx.org](http://www.edx.org)

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3.

### AVOIDING CRITICISM WASTES VALUABLE ENERGY.

**Read:** "Playing Big" by *Tara Mohr* to try some valuable exercises that will help you identify what's really holding you back and how to manage it

**Read:** Tara Mohr's article on women and criticism, [click here to read](#)

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4.

### VALUE NETWORKS AND RELATIONSHIPS.

**Read:** "How to Win Friends and Influence People" by *Dale Carnegie* for some easy tips on networking

**Read:** "Quiet" by *Susan Caine* if you are an introvert who is petrified of meeting new people and going into new situations

**Listen to:** Lewis Howe's podcast interview with Jon Acuff, author of "Do Over" for a great interview on how to handle life transitions, including building and maintaining relationships in your business and career. [Click here to listen](#)

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5.

### LEARN HOW TO DESCRIBE YOURSELF.

**Visit:** [The Muse website](#) for great information on preparing for a job or career transition

**Watch:** [Click here to watch](#) Amy Shucmer hilariously sum up how women constantly put themselves down (WARNING – bad language)

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6.

### DONE IS BETTER THAN PERFECT.

**Watch:** Elizabeth Gilbert and Marie Forleo on fear, authenticity and big magic, [click here to watch](#)

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7.

### BE KIND TO YOURSELF.

**Read:** "The Art of Extreme Self Care" by *Cheryl Richardson* for some fabulous tips on taking care of your body and mind

**Watch:** Arianna Huffington speak about the important of sleep, [click here to watch](#)

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