

Rebecca Haydon LTD

the
**Subconscious
Expert**

JULY SUBCONSCIOUS PODCAST CHALLENGE
WEEK TWO

@_REBECCAHAYDON_

Let's get real for a moment, your goals are so big that you almost feel ashamed of speaking them out loud because others just won't get it or believe that it's possible in the way you do.

You know you can hit 7-figures, you know you can be recognised as an industry leading expert and sought-out speaker on a global stage.

I don't have to help you see what's possible, you already see your own potential and have big goals of owning the space you're in...

But right now, you're not doing the damn things you know you have to do to get there.

Not because you don't know what to do, but because you're staying comfortable, overthinking and procrastinating instead of tapping into your fullest potential and showing up as a POWERHOUSE every damn day.

But imagine, just for a second, actually doing everything you've ever wanted to do. Picture yourself executing those bold moves, taking those risks, and stepping into the greatness you know you're capable of.

I'm here to make it happen.

So your WEEK TWO challenge is all focused on :

✨UNBLOCKING AND EMBODYING YOUR BUSINESS SUCCESS ✨

Today, you're diving into the barriers holding you back in your business and transforming your approach to needle-moving activities. First, you'll identify and understand your current blockers – those fears and doubts that lead to procrastination. Then, visualising your ideal business self, showing up with confidence and purpose. You'll create actionable plans and supportive systems to stay focused and accountable.



STEP ONE : YOUR CURRENT REALITY

1. Identifying Blockers

- What are the specific actions or tasks in your business that you find yourself avoiding?
- Describe a recent situation where you felt blocked or stuck. What thoughts or feelings were present at that moment?
- Are there particular times of day or circumstances when these blocks are more prominent?

2. Understanding the Root Cause

- What fears or doubts come up when you think about your needle-moving activities?
- How does procrastination or avoidance serve you? What are you gaining from not taking action?
- Are there external factors (people, environment, resources) contributing to these blocks? Describe them.

3. Patterns and Triggers

- What patterns do you notice in your behaviour when you're not showing up for important tasks?
- Can you identify specific triggers that lead to these patterns?
- How does your body feel when you're faced with these tasks? Where do you feel tension or discomfort?

4. Self-Reflection

- What stories are you telling yourself about your ability to succeed in your business?
- How do these stories influence your actions and behaviours?
- What are the consequences of not addressing these blockers?

STEP TWO : YOUR DESIRED REALITY

1. Vision of Success

- Describe in detail how you want to show up for your business. What does your ideal day look like?
- What specific actions or habits would you be engaging in regularly?
- How would you feel emotionally and physically while performing these actions?

2. Defining Your Why

- Why is it important for you to show up for these needle-moving activities?
- What are the long-term benefits for your business and personal life if you consistently show up?
- How does your vision align with your core values and goals?

3. Creating a Plan

- What steps can you take to integrate these new behaviours into your daily routine?
- How can you break down your needle-moving activities into manageable tasks?
- What tools or systems can you implement to stay organised and focused?

4. Your Highest Self

- What emotions and feelings are present when you fully embody this version of yourself?
- What daily practices can you bring in to stay connected to your higher self?
- How can you remind yourself of this connection when faced with doubts or setbacks?

THE JULY PODCAST CHALLENGE

Step One : [Give the podcast a 5-star review](#), screenshot it, send it to me via a DM on Instagram [@_rebeccahaydon_](#), and you go into the draw for a **FREE 45-minute 1:1** with me.

Step Two : Share an episode of your choice, tag me on Instagram [@_rebeccahaydon_](#) and you will be in the running of a **VIP VOXER Day with me!**

The draw ends on July 31st.

Share multiple times for more entries.

