

# Belief Tracker

Note how often you think about this belief, or it comes up in your actions, thoughts, words, or stories you tell yourself or others.

## **#1 Not Good Enough**

- 
- 

## **#2 Afraid to Focus Your Marketing on Only Your Ideal Clients**

- 
- 

## **#3 It's Not Perfect Yet**

- 
- 

## **#4 What Will Other People Think?**

- 
- 

## **#5 Marketing Is Too Hard/Too Confusing**


- 
- 


## **#6 BONUS! I Don't Have Money To Spend On Marketing!**

- 
- 

## **#7 Other Obstacles, Blocks, and Ways You Keep Small, Stuck or Confused**

- 
- 

Laura West, PCC, CPCC  The Center for Joyful Business  
[Laura@JoyfulBusiness.com](mailto:Laura@JoyfulBusiness.com)  
[www.CenterforJoyfulBusiness.com](http://www.CenterforJoyfulBusiness.com)

Stacey Mayo  Center for Balanced Living  
[Coach@BalancedLiving.com](mailto:Coach@BalancedLiving.com)  
[www.BalancedLiving.com](http://www.BalancedLiving.com)