

# BODACIOUS

## Five ways to be BODACIOUS

**Being bodacious is all about being bold and audacious and going from good to brilliant in your business or career. The people I work with aren't shrinking violets - they've got successful small businesses and are in great jobs.**

So what is the number one common theme that crops up with these guys and gals when they're being bodacious and starting to conquer the things that get in the way of them upping their game?

Is it Imposter Syndrome or feeling like they're going to be found out? 'Cos that's a biggie. Procrastination is rife quite frankly (including with the author), perfectionism stymies more people than you may realise, some need to build their resilience and learn to take more things in their stride. Time management can be an issue and so many are juggling and trying to create a sound work/life balance. Communicating better is an aim for some and behaving like a leader has quite a few champing at the bit. One or two are mastering negativity - either their own or others' and a surprising number are having aha moments when they see that others are not completely responsible for their lack of progress and they can take control themselves.

The NUMBER ONE thing that crops up time and time again is... drum roll... NO ACTION! Without action you have a dream not a plan. And if you think that's stating the bl\*\*\*ding obvious – have a look at the list above and see how many you can tick off! Done that. Yep, felt like that. Definitely guilty of that little nugget. Because it's human to stick with what's familiar and where you feel comfortable - and comfortable doesn't always mean you have to like it. It's human to be wary of change and some, or all, of these things can come to the fore to protect you and keep you where you feel safe. If you are going to conquer them and up your game you need to take ACTION! So here are five ways to take action and be more BODACIOUS:

1. You need to take action, but you need to know what action to take: Set a SMART target, set a date, make a plan and get cracking.
2. Begin it. Take the first step. Set the tomato timer. Do a 10-minute tweak. Just get started.
3. Procrastinating? Understand why and get your power hour sorted. It's the theme of the month in the Be Bodacious Club [www.thebodacious.com](http://www.thebodacious.com)
4. Read *Feel the Fear and do it Anyway* by Susan Jeffers
5. Remember that your mind is the most powerful thing that is stopping you taking action. Fill your sweetie jar with all your achievements and remind yourself how great you are. Because you are.