

7 MISTAKES

THAT ARE COSTING SUCCESSFUL
ENTREPRENEURS RELATION(S)



It's looking good on the outside. You have a nice car, a nice house, and money in your account. Your entourage is saying you're doing well, you are what they say "successful".

However, things aren't going exactly as you would like. You aren't experiencing the freedom you desire.

The **company** is **demanding** more than you thought, the team needs you, decisions are waiting on you...

You feel more like a **slave** to your business than a leader...

You no longer have the energy you used to...

Your **intimate relationship** with your partner is **suboptimal**, or maybe you've already gone through a divorce or it's on the horizon.

You might **miss out** on your children growing up or wish you could spend more time with them.

Perhaps you're even thinking, "What am I doing it all for?"

You are not alone, according to Forbes, **entrepreneurs** are **twice as likely** to experience **depression**.

That same Forbes article states that **49%** of **entrepreneurs** end up in **divorce**.

And according to INC.com, 45% of entrepreneurs experience high levels of stress.



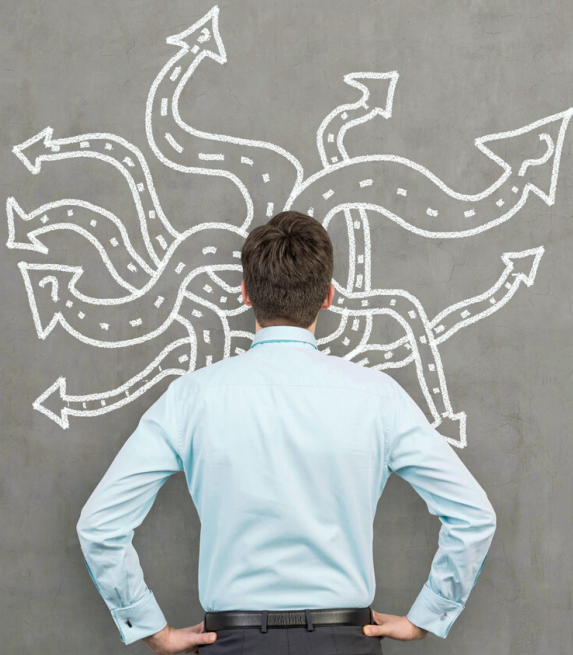
Let's take a closer look at the **7 most common mistakes** and what can be done about them.

1

Lack of clarity / purpose

How can you drive somewhere when you don't know which address to set in the GPS?

It's the same with clarity, clarity is the first thing we look at.



Many high achievers find themselves in a form of the **rat race** without realizing why or for whom they are doing it. The danger here is **waking** up and **realizing** that the **ladder** they climbed is leaning **against** the **wrong wall**.

It's always the case that when you are super clear, not just mentally but also in terms of how you feel about exactly what you want, only then can you **create a real plan**. This makes decisions much easier to make. You have a framework, a structure to assess whether the decision aligns with the ultimate goal. We know that **high performers** have no shortage of possibilities and **opportunities**, but the question is which **ones not to take**.

For that, you need clarity. You gain this clarity by asking critical questions.

Some examples:

- **What** do you **really** want?
- Why do you **want** that?
- What will it bring to you?

It's best to **have someone** else **ask** you these **critical questions**. Explaining your answers to this person provides insights for both them and yourself.

When you've already developed a certain level of self-awareness, you might hear yourself say things that make you think, "Hmm, that's interesting 😊"

A **good coach** will also ask **questions** that **expand** your **thinking**.

2

Leaving energy levels to chance - energy is everything.

When we are **tired**, we have less patience, and we struggle with thinking ahead, observing, and contemplating. As a result, we **miss opportunities** in conversations, interactions, and in our business.

We don't feel like doing anything, let alone truly connecting with others, especially after a hard day of work, meetings, decision-making, and ensuring that the company or companies meet the new goals.

Often, our **partners** and **children** are the **first** to **feel** the **impact** of this.

The root cause often lies in the absence of a system to build and maintain energy

Energy doesn't just show up, you need to take action to generate it.

We often notice that it **becomes** even **more challenging** as we **age** unless we have a system to generate energy every day.

Disadvantages of lower energy levels include:

- Missing opportunities (both in private life and business)
- Giving others the impression that we're not interested
- Slowing down the achievement of our personal and business goals
- Undermining our relationships



3 Thinking that productivity is the most important thing.

As a business leader/entrepreneur, we always seem to be **short on time**.

That's how it feels, or so it seems. The "**to-do** lists" don't lie, and disconnecting from work thinking is not an easy task for many.



So, it's more about **focusing** on doing the **right things** rather than trying to do as much as possible.

The things that make you happy, the things you excel at, and the things that contribute to your actual goals.

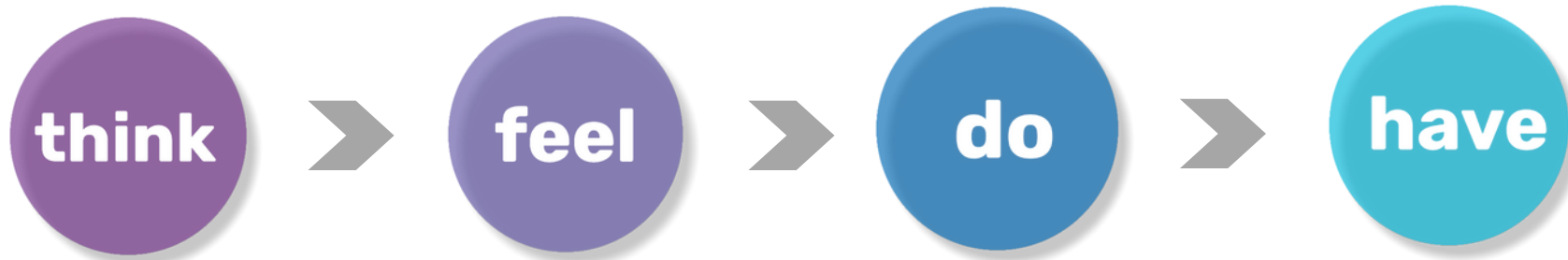
Here again, clarity comes into play. If you want to become a tennis champion, you need to spend time on the tennis court. It may seem obvious, and yet mistakes are made here, and **valuable time is wasted**.

4 Awareness, or being conscious of what is happening.

One of the most important qualities of a **good leader** is "**self-awareness**" or the ability to lead oneself. It involves observing oneself from a different perspective, often referred to as "meta."

Leading oneself first requires the awareness to recognize when your emotions or thoughts are taking control.

It's about realizing when you've adopted a certain idea as truth and realizing that it's not necessarily true. In the realm of self-development, we often say, "So you think, so you feel, so you feel, so you do, so you do, so you have." In other words, how you think influences how you feel, **how you feel** determines what you do, and what you do **determines** your **results**.



You can indeed learn and **improve** this **awareness**, gaining more **control** over your life, how you feel, and the **results** you achieve.

5

Intimate relationships and ambition/drive.

When we look at history and ask ourselves what powerful leaders, **famous individuals**, and impressive personalities have in common, it's that they **didn't do it alone**.

Not only did they gather a good team around them, but they often had a "**MUSE**," a powerful woman/partner, their inspiration, their driver...

What I often see is that nowadays, that's precisely what many entrepreneurs put on the back burner.

"It's busy right now my wife/partner, children will understand. I work hard for them to provide everything **they'll understand, won't they?**"

As **compensation**, we spend **money** on beautiful **gifts** and the occasional short trip. We tell ourselves that the time will come, and it will get quieter after we've done x and y.

The reality is that in the meantime, the life **partner** may **feel alone**, ask questions, and wonder if she'd be better off leaving with the children... or perhaps finding someone else to fulfill her needs elsewhere.

What is certain is that sooner or later, this situation escalates, causing your MUSE and the energy she brings to disappear. It is, therefore, critically important to position your "MUSE" in a way that she can develop in this role. For this, she needs your support, your leadership, your presence.



Important points include:

- True presence (active listening in uptime)
- Understanding each other's ways of sending/receiving love
- Recognizing that she provides you with energy and is thus a major component of your achievements

6

Self-care is not a luxury, it is a necessity.

As high achievers, we often focus on others, the team, our clients, and so on. The downside of our amazing bodies is that they can endure years of mistreatment before real problems start to surface.

But did you know that before problems start to show, **productivity, energy,** and opportunities can quietly **decline**? Often under the radar...

Building a daily maintenance routine is not only useful, it's necessary.

A formula one car requires specific maintenance, and this is carried out diligently to be able to win a race. Without this essential maintenance, no car would complete the race.

A lack of self-care can lead to the following issues:

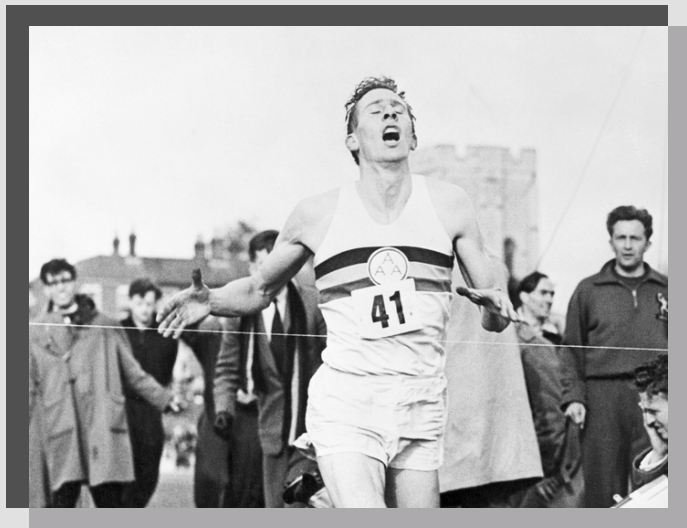
- Low energy
- Difficulty functioning in uptime
- Medical challenges
- Lower quality of life
- Difficulty coping with stress
- Having to give up certain activities (exclusion)
- Less attractive (subconscious) to your partner



7 Psychology - Belief systems

Earlier, we talked about what you think, and often, what we think is what we believe. Now, we also have beliefs, things we believe **without being aware** that we believe them.

These **unconscious beliefs** guide us every day, both in what we do and what we don't do.



I'll give an example. In human history, at one point, we **believed** that the **Earth** was **flat**. This belief caused some people to be hesitant to venture further because of their belief, and as a result, they literally lived in a smaller world than was possible.

Another great example is Roger Bannister, who was a runner that became the first person to break the "**4-minute mile**" barrier.

For years, it was **believed** to be **impossible** for a human to run that fast. After Roger proved it could be done, the record was broken four times that same year, with the first occurrence happening just 46 days later.

Belief is indeed closely tied to possibilities.

Discovering your belief systems is indeed crucial to achieving results.

Discovering your belief system:

- What **unconscious barrier** is holding you back in your personal or business life?
- What (negative) patterns do you see repeating themselves?
- What could you achieve if you had no barriers holding you back?
- What new belief systems could completely transform your personal or business life?

Testimonial

Andres Quintana - Marketing & Comm Director / Tigo Telecom

Marketing/Communications Director of the biggest Telecom Operator in Guatemala - 6.2 Billion in revenue.

His youngest daughter is the junior number one in golf of Guatemala.

Holistic and bespoke approach:

We are working on **building** his side **business** for it to be integrated and impact all his colleagues at Tigo (21.000 in total).

Leadership towards the his **team** and **intimate relationship**.

Influencing his **daughter(s)** and helping them in their careers and life.

Working on **balance** and **harmony** in both **personal** and **business** life.

Helping him to be an **even better leader, lover, father, friend**.

Increase of **happiness** and general **wellbeing**.

His video testimonial: <https://youtu.be/iO6y7Jae62E>



Testimonial

Alex Gregory - Two-time Gold Olympic Champion

Alex is transitioning from being a **Olympic Professional athlete** to his **next stage** of life.

Holistic and bespoke approach:

We're working on his business getting **clear** on the **purpose** and **goals**.

Implementing new strategies he never used before.

Important as he's transitioning is to keep track of what's really important to make sure the right **balance is achieved**.

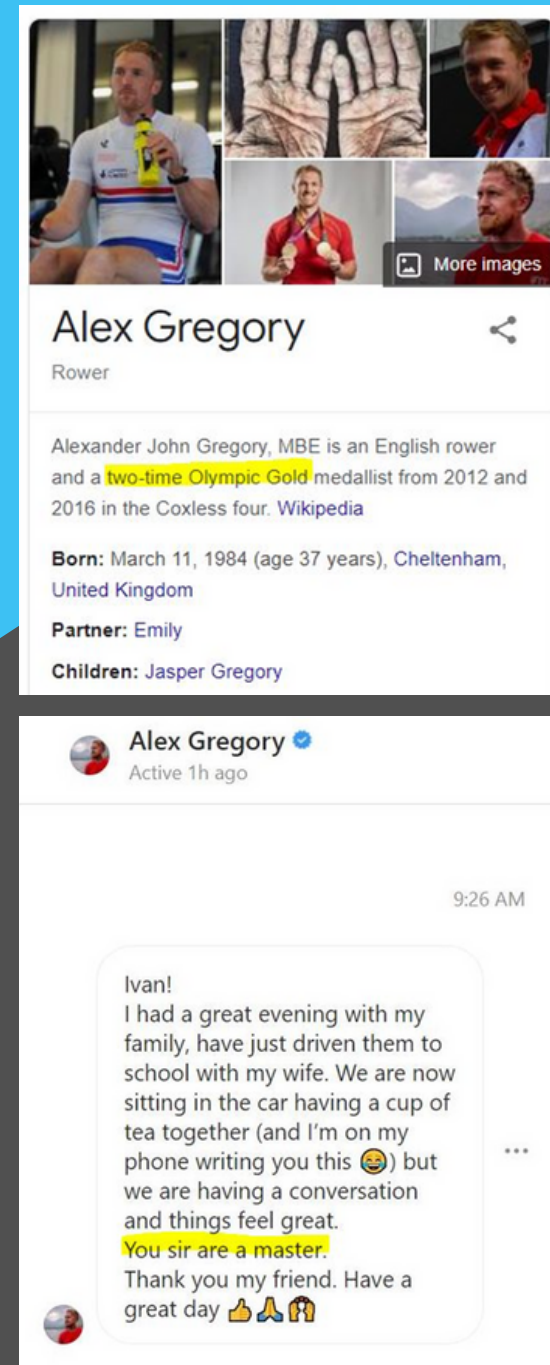
As an High Achiever understanding to push from the **right energy** so it's **sustainable**.

Making sure the Family life isn't burned in the process of the Transition.

Implementing an energy source that's always available as this time of transition will demand more.

Making sure he's using the **shortest** most fitting **path to success** for his life and values.

His video testimonial: <https://youtu.be/zK-D0x7jNug>




Alex Gregory
Rower

Alexander John Gregory, MBE is an English rower and a **two-time Olympic Gold** medallist from 2012 and 2016 in the Coxless four. [Wikipedia](#)

Born: March 11, 1984 (age 37 years), Cheltenham, United Kingdom

Partner: Emily

Children: Jasper Gregory

Alex Gregory 
Active 1h ago

9:26 AM

Ivan!
I had a great evening with my family, have just driven them to school with my wife. We are now sitting in the car having a cup of tea together (and I'm on my phone writing you this 😊) but we are having a conversation and things feel great. **You sir are a master.**
Thank you my friend. Have a great day 🙌🙌🙌

Testimonial

Quinten Francois - Author, Investor, Government consultant on Crypto

We are **working on purpose & clarity** towards new ventures and projects.

Building **energy levels** and **influence**.

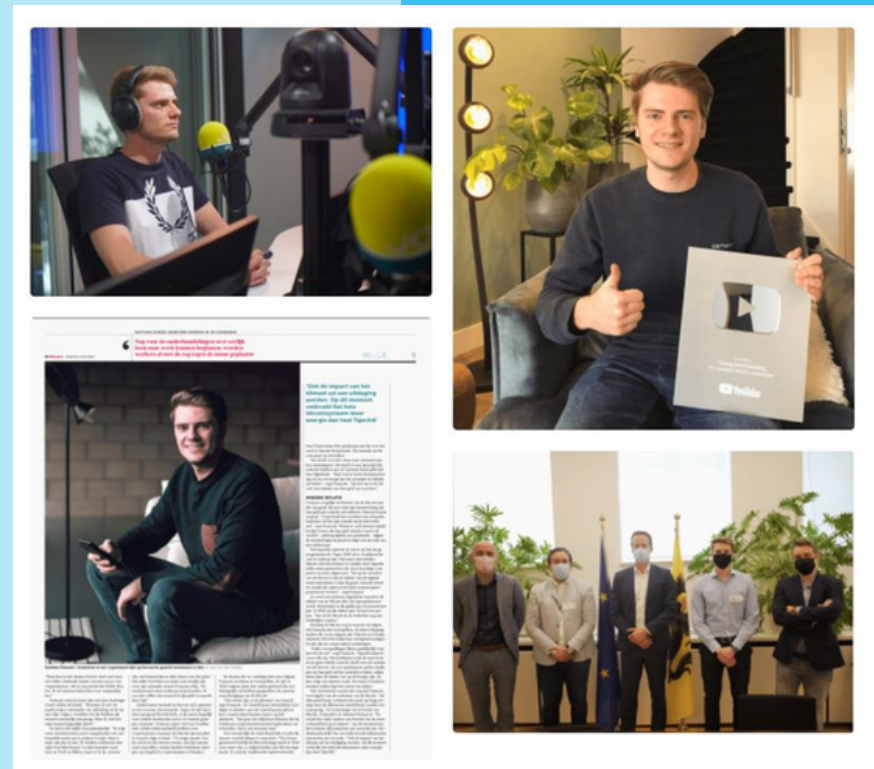
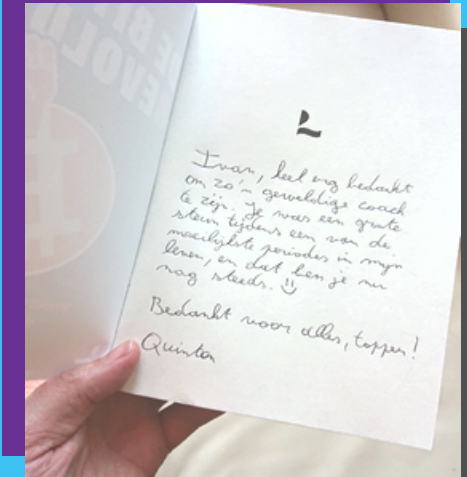
Self-Leadership and **leadership** in his personal relationship.

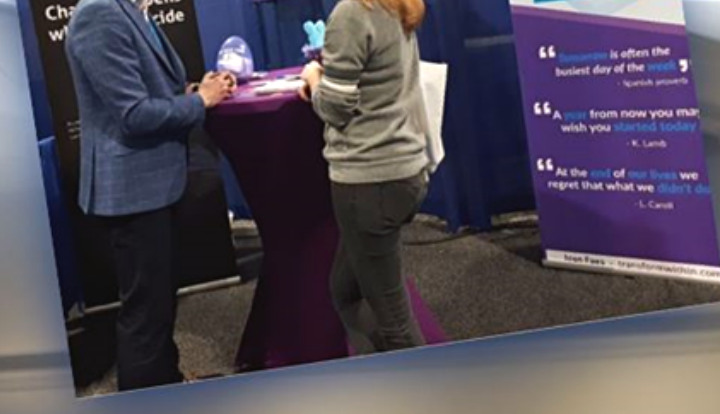
Working on **systems** to **support** him in **high levels of stress** and tension, the crypto market brings a lot of volatility and keeping a cool head in high stress is crucial.

Making sure he is selecting the **right projects** as **many opportunities** present themselves.

Leadership towards the people closest to him, having him become an even **better leader, lover, friend and a business man**.

His video testimonial: <https://youtu.be/t1FqorHRrRE>





My mission:

Help leaders lead, love, live...

It is my **mission** to help **amazing people** become even **better** as **leaders, lovers**, and individuals.

In my many coaching sessions with high-performance professionals, I consistently find how **valuable** it is to have someone to spar with, **someone** who brings **different perspectives**, someone who **challenges** you.

Many **high-performance leaders** feel like they're on an **island**, with few people who truly understand them or dare to challenge them.

The higher up the social ladder you go, the more people tend to tell you what they think you want to hear. That's why the higher you go, the more **important** it is to have someone who **dares** to **question** you, **challenges you** to take the next step, and has the **courage** to **push** for change for the better.

One insight can change everything ... One believe might be the difference between success & failure.
So **stack** the **deck** in **your favour** today!



Here is the link below to **book** your **personal** conversation:

<https://www.transformwithin.com/bookslot>