

6 Obstacles That Block Your Success



1. Trapped in Busy?

Up at 7 AM, at the clinic by 8:30, clients until noon.

Then grab a Mc Burger from across the street and do social posts until the next client at 1.

Head home at six, fix something quick while you try to deal with the kids. The dog wants to eat, and your husband says they've cut his hours.

There are always five things waiting for you to do.

You feel like you might explode or collapse.

Try this: TIME OUT!

It's time to pause, plan and take control. First, you need to prioritize all those items on your to-do list.

Use your favorite calendar and chunk your time.

Take control of busy and let your calendar put it to work for you. Don't try for rigid, but if you go into the week and the next day with a plan, you'll get more done.

2. Strong and Silent

Trained to be a stoic do-it-all person?

It's a myth, and it's toxic. I learned the hard way. I had multiple divisions in my business: E-commerce online sales, a permanent makeup client base, a training clinic, and admin duties.

And at home, a non-supportive, domineering husband expected me to be the breadwinner and take care of him.



After a frustrating conversation with that ex, I walked across the street to my girlfriend's house, had a glass of wine, and cried.

You need to: SPEAK UP

If you're experiencing those emotions, it's time to speak up and ask for help.

It may mean finding a counselor or delegating so you can breathe.

Stay there, and you're headed for serious health or mental health issues. Get help.

3. Brain Fog

Lack of sleep can leave you walking in a fog and feeling like you've been partying hard.

And side effects of inadequate sleep include anxiety, depression, weight gain, and impaired thinking.

The CDC says: Being awake for at least 18 hours is the same as someone having a blood alcohol content (BAC) of 0.05%. Being awake for at least 24 hours equals having a BAC of 0.10%.

That means you're functioning legally drunk.

These are serious issues that impact how we feel about you feel about yourself and how you function. It's time for action.

Try this: GET SOME SLEEP

If you have to work early hours and get home exhausted, try a nap. Set your cell phone for 30 minutes, then get comfortable and just relax. If you can't doze, consider meditation.

You owe it to yourself, your career, and those around you to get adequate sleep. Adult women need 7-8 hours of rest per night.

If you want to be your best, get your beauty sleep.



It helps set up an evening routine. Do some gentle stretches to help you relax. Shut down the electronics an hour before bed.

Harvard medicine studies show all screens impact your sleep.

But did you know that blue light robs your melatonin and can also lead to disease?

4. Too Many Uppers and Downers?

Are you hooked on multiple cups of coffee to get going in the morning? Wear or post "grouchy Mama without coffee" slogans?

Many women depend on stimulants to get them going in the morning and something else to sleep at night.

Too much stress means we don't sleep well and can't think straight.

Did you know twice as many women as men aged 45-64 take anti-anxiety meds? Something is wrong with that picture!

Instead consider: TRY MOVING!

Moving is one of the best ways to reduce stress. It's way more effective than that anti-anxiety medication.

So add more movement to your day. Park farther from the store, make laps in your home. Go walking at your favorite shopping center.

They say it's not the weather that's too "x" for walking, it's choosing the right time of day and the right clothes. I'm in Oregon, walkers are going to need rain gear at some point.

Walk or run the dog in the morning and try stretches to relax and unwind in the evening.



Or take mini-breaks and walk 5 minutes every hour. Just 250 steps/hour multiple times daily can make a big difference. If you have a device like a Fitbit, it will help you track your movement.

Research on Active Aging shows women who increase moving in their 40s can add more than **15 healthy years** to their lives compared to those who stay sedentary.

Stiff spots, cranky joints? They need lubrication and blood moving to carry away inflammation. Movement = lubricant.

You'll feel so much better after you move.

5. F*n is a 4 letter word.

For many women, fun has become a four-letter word.

You might even miss that your partner is trying to tell you a joke. Or retort that you don't have time for silliness.

I'll never forget helping my mom prepare the canning cupboards when I was a kid. It was boring.

So I tied her apron strings to the chair—just inserting a bit of fun.

Mom got so angry I never tried to have fun with her again, especially around canning.

Mom lost her sense of humor somewhere, and I don't think she regained it.

Don't let that be you. Don't let your family pull away because you don't have time for fun with them.

YOU NEED FUN!



Just do it: PUT FUN TIMES ON YOUR SCHEDULE

When you take a break and do something fun, it creates happiness hormones. Those hormones fuel your energy and creativity.

So whether you take an unplanned break or schedule time to do something fun regularly, your energy, stress, and health will all benefit.

An unexpected 2-5-minute fun break can change your day and your family's. So tickle your kid, play with your dog, tease your partner or watch something so silly it makes you laugh till tears run. Just do it.

6. Stuck between choices?

Sometimes we face choices, and knowing which way to go can be tricky.

We can be so close to the problem that it's difficult to see the solution.

Maybe you're thinking of expanding, diversifying, or planning for retirement.

Do your friends and family say they understand, but you're not sure they really get it? Or you? Or are their dreams and goals different than yours?

Consider this: It's TIME TO LOOK OUTSIDE

Maybe it's time to expand beyond your usual circle and talk to someone with business experience who understands what it's like to dream and grow. Someone who will look at the situation with only your best interests in mind.

It may be time to look for someone beyond a coach if you need an honest opinion and ideas to help you achieve your goals.

That's why I'm here, it's my mission. And it's the legacy I share with women.

One our Native Americans might call...Gouyen Atina.



Judith Culp Pearson

Judi is a veteran of the beauty industry. She has built and sold three successful practices.

But she's also faced challenges and a business she had to close. She has dealt with overwhelming challenges, unending tasks, and trying to keep up with family. In her personal journey, she learned firsthand that trying to be superwoman and doing it all is a myth and it's toxic.

Judith is a professionally trained speaker, storyteller, and writer. She taught both advanced esthetics and permanent cosmetics. She's a multi-published author, teacher, and mentor. She relishes the next chapter that life unfolds.

In 2019 she sold her clinic practice. Then she moved full-time into copywriting— helping businesses with marketing content and strategy.

She specializes in wellness businesses, large and small, that want to improve people's lives.

More recently, she has acknowledged her calling to help other women. “My passion is to share what I've learned from 40 years in business. I help women find more happiness and success in their careers and personal lives.”

You don't have to try and do this all alone.

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