

## Is There Glue In Your System?

Find out how it is *killing* your success

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## **Introduction**

If you want to know a bit more about my official bio, you can flip to the back of this report where you'll find some more information and details for getting in touch with me.

For now, I want to tell you a little bit about what I do and why I love it so much.

My name is Tim Lowry. I'm a Master Healer for high-level leaders, entrepreneurs, and healing professionals but what this really means is that I help these passionate people cut to the core of what's holding them back. People bring their challenges and frustrations to me and using my simple 7-step system, we reveal what's "really" going on and what we need to do to remove the obstacle(s), quickly and permanently.

Once that's done, they make better decisions, take bolder action and are able to fast track their success without compromising their lifestyle, relationships or spirituality.

## **Why I work with leaders, entrepreneurs, and healing professionals**

High-level leaders, entrepreneurs, and healing professionals are an exciting group of people because they're in an influential position with the ability to positively affect many other people's lives.

When I work with a client, I'm not just helping one person. I'm helping all those they are connected with as well including their employees, their suppliers, their colleagues, maybe even their customers too.

An entrepreneur, whose limiting belief stops him from expanding his company, has a breakthrough and almost magically has the ability to create thousands of new jobs when that challenge is overcome. Or a female executive, who beats her fear of failure and gets promoted to the board of directors, can now use her expertise and experience to inspire the entire company, no longer just her department.

I'm passionate about helping people who are in a position to impact others, but that's not the only reason I love working with passion-filled leaders, entrepreneurs, and healing professionals.

It's because they're so committed to fast-paced change. They're open-minded to doing what needs to be done to achieve their goals. They understand the importance of having external perspectives and advice and they've probably already learned quite a bit about mindset shifts at some point during their professional career or time in business.

They're also inquisitive and persistent. If something doesn't work they want to know why, and then they want to know how to fix it, and then they go ahead and get it done. It's so exciting to work with people who want to listen, implement and report changes and transformations that have affected not just their lives, but also most of the people around them as well.

## **About this report**

Most clients I work with are experiencing some part of their lives as a little out of sync. Something is not quite right and even if they aren't sure what it is, it's stopping them from achieving what it is they want.

In more than a decade of helping and teaching people around the globe, I've found that most leaders, entrepreneurs, and healing professionals are struggling with or are frustrated by at least one of the following 7-mindset conflicts I'm going to outline here.

It is important to be sure to read each section through completely, even if at first glance you think it might not relate to you. Sometimes your conscious mind has a way of covering up awareness of what's really going on (you'll learn that the conscious mind, more specifically the ego, doesn't really like you to change anything even when it's good for you!)

At the end of each section you'll find a scale where you can mark in where you feel you are right now. So go ahead and have a look through each section, take your time, have some fun, and good luck!

Blessings,

Tim Lowry

## The glue in your system

Would you know what I was talking about if I asked you what it feels like to be in “the zone?”

You probably would, right?

If you’re reading this then you’re someone who’s used to seeing things happen, used to taking action and persistently working towards goals. And sometimes on that journey, things just click. Life goes along smoothly and projects come together, new businesses launch, revenues go up, employee productivity increases, etc.

And it can usually be traced back to your time in “the zone.”

When you just know what needs to be done and you do it. Your concentration levels are high, your attention is increased and you feel alert, energized and efficient.

Bottom line: You feel good.

And then there’s times when the well-oiled machine feels like it’s filled with glue. Like something’s jamming up the works and it’s keeping you stuck, but you just don’t know what it is.

Now, your first reaction is likely to be one of “trying harder” and “pushing through.” You lean into the resilience and commitment that has gotten you to where you are today. You dig deep and plough forward.

And then you stop.

The more you crank the cogs faster, the more locked together everything gets. The “zone” disappears for a while. You might be tempted to chalk this up to the rollercoaster of a complicated lifestyle. Sometimes you’re up and sometimes you’re down.

Except that it doesn’t feel like pushing through is going to do it this time. And you’re right. Pushing will get you so far, but in these cases, it won’t help you achieve your goals.

Because first you’ve got to get rid of the glue.

When you are struggling with any these 7 common conflicts, you will find they also create symptoms of discomfort in many areas of your life. It’s like these symptoms are keeping you stuck. When looking at what’s really going on in a practical way for example, you will see that your relationships, or your “normal” ways of functioning aren’t working any longer, or your tried and true ways of using boundaries that have always worked before, now seem to be useless. You may even find yourself in situations that used to be easy to navigate and are now throwing you off your game. If these sound familiar or you’re currently struggling or frustrated in a similar way, you need to get the glue out of your system, now.

# Conflict 1

How often in a day do you experience those moments of true clarity and focus?

Do you manage to put in a few hours every day of real focused intention and effort?

Or are there things getting in the way? Perhaps you're brimming with ideas but struggle to pick just one to develop – they all seem so good! Or maybe your overwhelmed by what you need to get done, and as soon as you start one item, another that seems even more pressing distracts you.

So you begin to come in earlier, and leave later, wondering:

***“Why am I working long days and still struggling to get things done? What’s wrong?”***

You know deep down it's not just about working harder and longer. It's about working with clarity and focus. But that's hard when you're feeling confused and overwhelmed.

## **What it costs your business**

As the leader of your business, everything comes from you and comes down to you.

If you don't have the clarity and flow, your organization and systems won't have it either.

Without it, you're expending a lot of energy just pushing along. Your time is never really spent focusing in your areas of strength, and whilst other organizations are moving forward, expanding, and growing, you know the deep frustration of trying to keep all the balls in the air and only just getting by.

## **Where you are now**

Use the scale below to mark where you feel you are in your day-to-day routine. If you feel like you are really focused and super clear on your intentions and actions, then you would mark near the “10.” However, the more you feel that you face confusion, get distracted or are feeling overwhelmed, the closer your mark would be to the “1.”

For example, if you are constantly getting calls or email with questions about scheduling, what to do next, or how you want this or that to be done and these are pulling you away from what YOU need to get finished, you would rate yourself around a 3 on the scale. If you simply have more on your “to do list” each day than you can ever possibly hope to accomplish, that alone would put you around a 6 on the scale. If you have none of this going on and feel like you are experiencing pressure-free days where each day allows you to create, express, and fulfill your passion, then you would be at a 10 on the scale.

Now that you get the idea...so take a moment to consider this, be as honest as you can, and mark your place on the scale below.

Confusion and Overwhelm	1	2	3	4	5	6	7	8	9	10	Clarity and Focus
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## Conflict 2

When you're experiencing aligned thinking, your intentions and your actions are in "alignment" with your goals. It's about being willing to challenge yourself and to grow rather than stay where you are.

For example, if you wanted to increase the media attention your company receives, researching content to publish, or increasing your PR efforts would be aligned thinking and move you closer to your goals.

This type of thinking keeps us exploring, growing, developing and becoming stronger.

However, survivalist thinking comes from a place that desperately wants to maintain the status quo. Your survivalist brain is one that takes great effort to avoid you getting hurt or putting yourself at risk.

It's a noble reason, except that sometimes it gets confused and sees things that are necessary for success as things that may potentially harm you. In fact, most of the things we really desire require us to stretch out, experience new things, and even take some risks. You achieve success by aligning bold dreams with bold actions.

**TIP: Your survivalist thinking can kick in even when you *desperately want to change something*.**

You see, your survivalist brain only needs to maintain the current status, so even if you're unhappy in your current situation, since you already know you can "live with it" – your survivalist brain is going to fight to keep you there, seeing it as a risk to move.

### What it costs you and your business

Survivalist thinking wants to bring you back to the familiar and to keep you safe. As a result your ability to interpret opportunities based on their alignment with your values and goals is compromised by the nagging feeling that you should just "play it safe."

By not acting and not knowing how you truly felt about an opportunity, you can never really know if it would benefit you or your business. How many ideas or dreams have you let go of in this way?

Your survivalist brain will keep you from ever finding out.

Your survivalist brain will also keep you “in check” where relationships with associates and colleagues are concerned too. We all make agreements and choose to play a role in any relationship we enter. Yet as we grow, that role may need to change.

Your survivalist brain will have you believe it’s not worth the effort or the risk of trying to change things. It will say, “you will be rocking the boat and that is never good.” So, you stay put and you don’t even have a conversation.

## **Where you are now**

Now check it out. Use the sliding scale to mark how affected you feel you are by your survivalist brain. Remember closer to 1 is more in survivalist mode, while closer to 10 is more in alignment. For example, if you choose not to ask for that raise or are avoiding the conversation where you negotiate a better rate from your supplier you would mark closer to a 4 on the scale. If you are willing to have the challenging conversations and you don’t run from encounters even when they make you uncomfortable, then you would rate yourself closer to 9.

<b>Survivalist Thinking</b>	1	2	3	4	5	6	7	8	9	10	<b>Aligned Thinking</b>
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## **Conflict 3**

Leaders, entrepreneurs and healing professionals are usually close to or at the top of the “food chain” and therefore at the top of the support system as well, and as the saying goes, it can be lonely at the top.

Everything you want, you feel it’s up to *you* to make it happen. Sure, that can feel powerful and be empowering, but that can often go a long way to making you feel isolated as well.

For example, balancing family and relationships with work or business can be one of the hardest things you do, especially when you are at the top of your game professionally and the demands are consistently infringing on more and more of our time.

But you don’t have to sacrifice your relationships to be successful.

In fact, many successful entrepreneurs are successful BECAUSE they take time to switch off, relax, rejuvenate and spend time with their loved ones. Not in spite of it.

## **What it cost you and your business**

Your relationships with people are intertwined with your professional success, especially if you work closely with others or are in a service profession. Also, you can imagine how difficulties in your home life can cloud judgments in your business, and friction with colleagues at work can spill over into your family time.

All of this is a significant drain on your energy and resources, and stops you from operating at your peak ability and playing to your strengths.

### **Where you are now**

How well connected are you to your family at home and to your colleagues at work? Do you balance your time with them; can you talk openly and honestly with them? Do you have healthy, supportive relationships or do you sometimes feel like you're on your own?

What level of connection and collaboration do you have with the others in your life?

Consider your place on this scale below, for example if you are consistently doing things by yourself and don't have support to fall back on, you would rate yourself a 3 on the scale. If you are delegating some things, yet are still the one who has to be consulted about most things, you would rate yourself a 6. If you are fully supported by your partner/family at home and your team/colleagues in your business and are focused on only the most important things (like delivery of your service), then you would rate yourself a 9 or 10.

<b>Feeling Lonely</b>	1	2	3	4	5	6	7	8	9	10	<b>Feeling Connected</b>
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## **Conflict 4**

You might be excited about future growth plans for your business. You begin thinking about how you will grow and create from this passionate place and how this growth will lead to an increase in your income. But you also know that means you will need to be working away from home a lot more or working longer hours, which your family will NOT be happy about.

Suddenly you realize that this thought of your family's reaction has dampened your excitement about the growth and development plan of your business. Your freedom to "think big" and increase your income has been smashed because of how others may react.

Or, perhaps a client comes to you with a big contract. You take it on, but find that the client starts to constantly shift and change the parameters of the project. You immediately start building resentment for them and their treatment of you.

These are very frustrating situations to be in and they are unsustainable if you want to achieve happiness along your journey to success.

You must be free to dream big and allow yourself to bring your passion forward with its FULL FORCE without having to always be concerned about how others will react.

### **What this costs you and your business**

If expectations are not outlined and clarified from both sides, the relationship can become strained whether it is at work or at home. This then spills into unrelated projects and causes irrational behavior, needless conflicts, and complications where things had been smooth previously.

Practically, this shows up as ineffective work practices, constant or regular bickering, and loss of energy, time, and revenues.

When clear boundaries don't exist, you end up spending a lot of time simply trying to manage situations and control people so they do what you need them to do.

### **Where you are now**

Where do you see yourself currently with *your* boundaries at work and at home? Do you listen to others in order to create mutually beneficial guidelines and boundaries? How do you see win/win as a possibility?

Consider your place on this scale below. If you find yourself regularly disappointed by others and unable to explain to the other person what they did wrong, you would rate yourself at a 3. If you are challenged by what other people think and worry about how you will make everyone happy, you would rate yourself a 6. If you are regularly happy with how things are turning out when you ask something of others and everyone knows what you expect of them, you would rate yourself around a 9 on the scale.

<b>Bending To The Will Of Others</b>	1	2	3	4	5	6	7	8	9	10	<b>Free Will</b>
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# Conflict 5

Leaders, entrepreneurs, and healing professionals are among the fiercest goal setters around.

But sometimes goal setting doesn't work. Why?

Sure sometimes it's because you're not sure about what you want, but sometimes it's because what you WANT conflicts with what you think you can do, or believe you "should do."

The urges you feel to take action, to carve out a life or business for yourself comes from your heart.

However these pure intentions and ideas get processed through a filter of thoughts and experiences that you have been living by since you were a child. This is how limiting beliefs and ideas of how you "should" behave originate. There may have been relevance, maybe even a necessity for these beliefs at the time you learned them, but they're not always relevant now, especially when used to assess or in this case limit what your dreams can be TODAY.

Unlocking your understanding and consequently your ability to consciously choose, moment-to-moment, is a beautiful thing – unlike when you were a child when you were tied to parental advice or to having your experience closely scrutinized, now *you* can decide how you want to act.

## **What it costs you and your business.**

When you're living from your limiting beliefs, you're fiercely in survivalist mode, recall conflict #2. Your body and brain are desperately trying to keep you safe and away from the "unknown" (even if you're not happy where you are).

You struggle to understand, but you don't know how to stop the pattern or how to do things differently, so you keep doing things that give you the same result (it's the definition of insanity), doing the same things and expecting a different result. It's crazy making!

This is especially frustrating when it comes to expressing new ideas and freeing your creative flow.

You will not be able to try new things without anxiety and stress.

You will procrastinate and delay implementation, losing revenue and growth opportunities to the "wait."

Your limiting beliefs paralyze you and hold you back from bringing out your passion and essence into the world.

## **Where you are now**

If you've ever had sudden excitement about a course of action and then talked yourself out of it, that's probably a good indication that your limiting beliefs are in play and are stopping you from achieving your true potential.

Take a moment now and consider your place on the scale below. If you find yourself in patterns or loops of behaviour that include all the emotions that you don't like and that you know don't get you anywhere, you would score at a 3 on the scale. If you experience stress and anxiety at the thought of bringing forward that which you most want, you would score at a 6. If you have command of your choices, your wants, and your dreams and no limiting beliefs come to influence you, then you would score at a 10 on the scale.

<b>What You Believe</b>	1	2	3	4	5	6	7	8	9	10	<b>What You Want</b>
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## Conflict 6

While you may be a force of deliberate action, for human beings permanent motion cannot be sustained. It is just that simple. Without periods of rest and peace, you're on your way to burnout.

If you've been feeling like that for a while, you can probably already feel it in the form of tightness in your muscles, anxiety, general restlessness, or an inability to sleep.

And even when you ban your laptop from the family vacation, if you're with your family and you're still thinking about work, you might as well be plugged in. You know it and so does your family.

Taking the time away and focusing on activities outside of work is necessary because you need to recharge if you want to be energized, effective, and focused at work.

### What it's costing you and your business

You can't rejuvenate and get the perspective you need to run your business, without the ability to relax and take a break. And you certainly won't have the energy you need for continued expansion or growth.

There are three basic phases to consider: expansion, stasis, and contraction. Now while expansion is nice...it isn't the only phase. Try taking a deep breath, eventually you reach your lung capacity and begin holding your breath. Those are the first two phases, expansion (breathing in) and stasis (holding your breath). However, you *must* let your breath out in order to make room for the next breath to have the space and to expand into and feed your body. Contraction is as vital and necessary a part of the process as expansion and so is rest, stasis.

The trick is to realize that although your business can keep expanding, you as a human being cannot sustain the same prolonged expansion without a contraction. You simply *cannot* be in a constant state of expansion, or in constant stasis for that matter. Rather you must continuously move through ALL THREE phases to remain healthy.

When you don't give yourself time to relax and switch off, you're permanently operating at a lower level of capacity and as a result your business doesn't get the best of you.

When you push to extend the expansion past its natural point, you risk a backlash, a strong reversal of the force. You don't want to be down, sick, or injured even temporarily...that does NOTHING for your business.

When you don't allow a three phases of the pulse, you're just not functioning in a position of the highest possible return, both personally and professionally.

**Where you are now**

Think about your ability to relax at the moment, yes right now. Are you comfortable with the idea of switching off and resting? Take a moment to consider this and find your place on the scale below. If you find you're unable to stop thinking about work, or feel guilty for taking a break, you would score at a 3 on the scale. If you take breaks, rest well sometimes, but have this persistent underlying anxiety or stress, you would score yourself at a 6. If you can walk out of the office and leave your work there, if you take time for yourself and practice regular self-care (receive massage, stay active, allow pleasure), and if you are generally happy at the balance in your life, then you would score a 10 on the scale.

<b>Restlessness</b>	1	2	3	4	5	6	7	8	9	10	<b>Relaxation</b>
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**Conflict 7**

You know deep down that carrying people that aren't making it or trying to force them to do work just isn't an effective strategy, but you might not know exactly how to communicate your passion so that others share it, want to get behind you in it, and enjoy working towards it as much as you do.

I know there are times when it feels like you are pushing or dragging others along in the pursuit of the goal or the dream. You might dream about having the exciting and loyalty rich environments that companies such as Zappos or Apple have managed to cultivate, but sometimes it just doesn't happen.

Being a leader in your business and in your life is a skill that is learned and fostered.

## What it's costing you and your business

You just can't drag your employees along. You want them to **want AND enjoy** working hard for you.

If you find yourself feeling like you have to force or coerce people into doing things for you, that represents a huge amount of energy that could be better spent on other things like creating the innovative strategy for the business or brainstorming new ideas.

More importantly, you become resentful, it turns into lack of trust, and it's just not sustainable over time.

I probably don't need to tell you the difference between a company where people are actively using their initiative and one where people have to be told what to do every step of the way (often begrudgingly so).

Let's just say it's a BIG difference, both in terms of employee satisfaction and in terms of company profitability. People that are in alignment work better and more efficiently together, while resentful and disjointed people do not.

This applies just as completely to your family life and relationships. Partners work better together, support each other, and create an appealing environment.

## Where you are now:

Consider how motivated your employees, colleagues, family, or friends are. Do you need to constantly explain the reasons behind what you ask of them? Do you have to prompt them to take action that you wished was more automatic or intuitive on their part?

Consider how this feels to you and then find your place on the scale below. If they need to come to you for every little directive and you are on your own as the idea creator, you would score at a 3 on the scale. If you enjoy being in charge and have little trouble giving directive, but have a challenge with resistance from those you lead, then you would score at a 6. If you find it easy to motivate people while allowing them the freedom to create on their own and still be in alignment with your vision, then you would score at a 9 on the scale.

<b>Leadership</b>	1	2	3	4	5	6	7	8	9	10	<b>Dragging Them</b>
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## **Where You Are And Where You Want To Be**

Take a deep breath, let it out slowly, and congratulate yourself for completing this. Now look at your scores. If you have scored 7 or below in ANY section you need to pay immediate attention.

You now see more clearly how you prioritize, both at work, outside of work, and in relationships. This is especially significant if you have more than one area where you scored 7 or lower. These are the areas you need to focus on NOW.

## **What Next?**

The areas where you have scored 7 or lower give you an idea of where the biggest frustrations and challenges are for you and how these areas are currently the glue in your system.

So now what?

First, you have to make a choice...are you willing to do something different?

Then you have to take action...choose now to

- Contact my team directly and find out how we might work together call 406-493-1436 or email [support@successwithout sacrifice.com](mailto:support@successwithout sacrifice.com)
- Visit the Success Without Sacrifice website for free tips and resources that can help you [www.successwithout sacrifice.com](http://www.successwithout sacrifice.com)
- Sign up for the free 30 day challenge to get you started
- Share this report on Twitter, Facebook or your own blog – it's free to share as long as you don't change the content and keep the copyright in place, thanks.

## **About Tim Lowry**

For over a decade Tim Lowry has been helping leaders, entrepreneurs, and healing professionals fast track their success without compromising their lifestyle, their relationships or their spirituality. He helps them align their desires, intentions and goals with their actions and their spiritual path using his knowledge as a Master Energy Healer, his simple 7-step system, and his uncanny ability to cut to the core of the problem fast. Clients overcome their frustrations and challenges quickly so they can move forward with renewed energy, excitement, passion, and clarity they can sustain.

Tim currently lives in Missoula, MT, USA with his wife of 15 years, and their two children.