

Wellbeing and self-confidence

JANA GREEN discusses the impact of good health, wellbeing and focus on business success



FACTFILE



Jana Green is a business and personal coach and success expert. She specialises

in teaching people how to overcome their fears, anxieties and depression, gives them confidence that combined with typical business coaching ensures much improved business results.
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It is quite intriguing to study successful people and see why they have made it big in their lives. How come some of them became billionaires despite the fact their education was nearly non-existent, they never attended MBA programmes and most likely never finished high school either. When we attend business schools we are always taught everything possible about the business itself yet no one ever mentions that building a successful business has a lot to do with our own state of mind.

ASPECTS OF SUCCESS

Building a successful business is very complex. Of course it includes subjects such as marketing, advertising, finance, IT, procurement, expert knowledge, which all seem fairly logical, but it should also include improving our own mindset, wellbeing and self-confidence. Sadly the last three often get overlooked despite the fact that their role in success is absolutely vital.

I am often asked what the most important aspects of success are and the answer is and always will be the same:

- 100% focus
- self-confidence
- self-discipline
- positive attitude

There is a reason why I put focus first. Without it – even if you get everything else right – it is impossible to truly succeed. Focus is the single most important word in business or personal success for that matter.

Very often people do not realise what focus really means. It means not paying attention to what we call 'noise'. What I mean by noise is all the worrying, doubts, fears, bad habits, stress, anxieties or depressions. Focus means a clear head and complete concentration on one's goals and reaching them in the fastest and most efficient way.

Although it is understandable that it is hard to be productive when one worries about

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children, spouse, parents, school fees, rent, new car, health and finance, world politics, successful people always find a way of not letting these things affect them. They understand the correlation between the negative state of mind and their business results. They know that negative state of mind will affect their business and success negatively and that a positive state of mind affects their bottom line positively.

Successful people learn how to let go of thoughts, emotions, habits and behaviours which sabotage their success.

They will not let anything negative enter their minds. They solely concentrate on their mind wellbeing, on their positive attitude and creativity, all of which get them where they want to be.

POSITIVE STATE OF MIND = POSITIVE BUSINESS RESULTS

It is very important to realise that our state of mind immediately impacts our focus, our productivity and hence our business results.

I see it daily with my clients. When we improve the way they think, the way they make decisions, when we get rid of fears and anxieties, their business results improve, literally immediately.

One of the results of fears is procrastination. People either cannot make decisions at all or not in efficient and timely manners. When they cannot make a decision they feel paralyzed and stuck, which shows in the business results

and in the bank account. Their businesses are unhealthy, stagnant and not growing.

Some of the most common fears are the fear of rejection, failure, success, embarrassment, public speaking, fear of being ridiculed and many others. All of which are unnecessary obstacles on our way to success.

We all have them. You are no different from anyone else. The only difference is in the way we deal with them. We can either get rid of them, we can overcome them or we can succumb to them. It is always our choice.

Once people deal with their fears, doubts, anxieties and depressions, they gain wonderful self-respect and self-confidence. When you know you faced your nemesis you understand you can face anything and it gives you unbelievable strength and faith. This typically results in outstanding business growth and an improved bottom line. All that, of course, acts as additional motivation to reach higher goals.

So I have good news for you. There is hope! Just like all business skills are learnable, having a positive state of mind is learnable as well. It requires studying, understanding how we operate and why, learning how to think in the way which serves us best, letting go of old ways, de-stressing and becoming more confident.

Even better news is that as complex as this all seems, getting focused, having a positive mindset and attitude, does not have to take a long time to accomplish. 