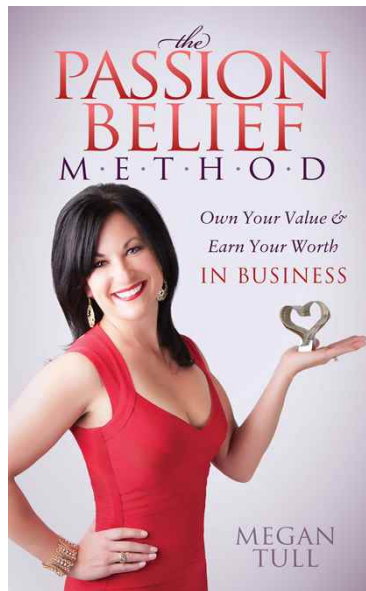


Sample Chapter

The Passion Belief Method – Own Your Value and Earn Your Worth in Business By: Megan Tull



Chapter 6: When You Invest in Yourself, Others Will Invest in You

Investing in yourself, is the best return on investment you can have. Whether it's growing your business, learning a new skill, working on your creativity or personal development; you need to give to yourself first, before you can give to others. So, it's not always money that's required, when investing in oneself. Time and energy are just as important. Investing in yourself, requires learning how to maximize the unlimited potential that lies within your mind and body.

Why is investing in yourself so powerful?

Investing in yourself, sends a powerful message to yourself and the world. The message is:

The value and potential that I possess, is important enough to me that I'm going to give it the energy, space and time to grow and create results.

If we don't spend our energy, time and money developing ourselves, we will start becoming smaller. If you don't value yourself, you will exhaust yourself looking for others to give this to you. If you don't speak up for yourself, you will eventually become frustrated and bitter inside. If you don't trust your intuition, the signals will become weaker and you may lose the effectiveness of this source all together. If you neglect your creativity, you will struggle the next time you need a new idea.

When you invest in yourself, especially in business opportunities will present themselves to support your moving forward. This has happened to me countless times and I've experienced it firsthand with many of my clients.

I'd like to share a poignant story about one of my clients that shows just how powerful investing in yourself can be.

One day I met with a potential new client named Lisa, at a local Starbucks. Lisa was referred to me by a friend of mine. Lisa was a very talented, yet struggling, Interior Designer. She was also feeling somewhat depressed and not very inspired. She explained to me, that one of her goals, was to be able to get to a point where she could wake up in the morning and actually feel excited about the day. Lisa's world revolved around taking care of her husband and children and she didn't do much for herself. She had been doing quite a bit of interior design work for some friends and family. They absolutely loved her work and continually praised her and told her how talented she was. The problem was, that nobody ever offered to pay her and she was afraid to ask them to pay her. Overtime, this led to Lisa becoming quite frustrated and even resentful. I told

Lisa that I could help her, and that one of my specialties, was helping individuals own their value so they can get paid what they're worth.

I offered Lisa, one of my coaching programs that would assist her in building a successful business that she could be passionate about. I remember, there was a lot of fear coming up for her, she had never done anything like this for herself. She had never "invested in herself" like this before. But, regardless of the fear, she decided to move forward anyway. I remember her writing me a check right then and there for the coaching program.

I remember getting a call from Lisa, the very next day, she said, "Megan, you're never going to believe what happened a few hours after I met with you yesterday; I got a call from my friend (ironically, it was actually one of the friends that were taking advantage of her services) and she told me about an event she was asked to coordinate. She needed someone to be in charge of the decorations and she offered the job to me! The best part, it's a paying job and the amount she offered to pay me just happened to be the exact same amount that I had just invested in your program!" How cool is that!

When you're willing to say yes to yourself and take that leap of faith, the universe will provide you with amazing rewards.

I would like to share some incredible ways that you can invest in yourself.

Megan's Top 10 Ways To Invest in Yourself

1. **Set goals.** Learn how to set personal and business goals for yourself. If you're not taking the time to set goals it's like driving in the dark with the headlights turned off. You will not know where you're going and you will waste precious time. Be sure to also set some

time frames in which to meet them. Your goals should be **SMART** goals –**S**pecific, **M**easurable, **A**ttainable, **R**elevant and **T**imely.

2. **Honor your intuition.** You can show yourself love by trusting your gut and honoring the message that it's sending. Listening to your intuition, will allow you to make better decisions. Valuing your intuition, by not allowing the thoughts, feelings or statements of others, take away from what you know to be true is very empowering. By paying attention to how you feel, it will help you to make better, smarter and quicker decisions. I know for me personally, if I choose to ignore my gut or intuition when I feel a strong feeling about something, it almost always is a decision or action that I end up regretting. I have learned to always trust my intuition and that is what leads me in my life and business.
3. **Invest time in your creativity.** Our creativity doesn't have to diminish as we get older. In fact, it is believed that the peak of creativity in most people is around 30-40 years old. (Lindaaur, 1998, Marisike & Willis, 1998) Creativity can be the catalyst in the manifestation of continual learning and lifelong activity. It allows us to be inspired, have fun and appreciate the beauty in the world.
4. **Invest in building your confidence.** People who know their value, have something to say and others will listen. You can invest in yourself by developing an understanding of the value that you possess and offer others. Learn to have the courage to speak your truth. The more you love yourself and own the value that you offer, the more confident you will become in sharing it with others.
5. **Read educational books.** Books or audio books are an awesome resource to build your knowledge and expertise in any area.

6. **Attend seminars and workshops to expand your knowledge and skills in your business and/or personal life.** This will also give you the opportunity to meet and interact with individuals who are like-minded.
7. **Take care of your health.** Eat right each day, fueling your body with nutrients. When you focus on eating organic and healthier choices, you will feel better and have more energy. I know that the unhealthy burger or cupcake gives us instant gratification, but if you're like me, you regret it later, because you feel lousy afterwards. Exercise daily. Do something every day to get moving and get your heart rate up, even, if it's just walking the dog. Exercise gives you the energy to take on the day with confidence because of how it makes you look and feel. I have dedicated a whole chapter on health (Chapter 11) because of just how important it is to your success!
8. **Choose to be happy.** Happiness is a choice. Happy people choose to focus on the positive aspects of life, rather than the negative. They are not held hostage by their circumstances. They look at all the reasons to be grateful. "Most people are about as happy as they make up their minds to be."- Abraham Lincoln
9. **Work on your bucket list.** Take time to start the creation of a bucket list. Your bucket list is meant to be a list of everything you want to achieve, do, see, feel and experience in your life. Your list may be on going, but you can start by writing 100 things down. Then each month or so, make sure you're knocking out at least, one of the items on your list.
10. **Invest in a coach.** A coach can assist you in putting all of these strategies into action. A coach is your partner in success. It is their job to assist you in creating and implementing your success plan, so you can become the best that you can be.

When you invest in yourself, a world of opportunities will open up for you. If you have a business where you sell your services, you must know that no one will invest in you until you invest in yourself first.

Investing in yourself emotionally, physically, spiritually and financially, will allow you to become the best version of yourself. When you are the best version of yourself, you will be an attraction magnet to others!

Challenge Time!

What are three ways from the list I provided, that you will invest in yourself in the next 30 days?

- 1.
- 2.
- 3.

Empowering Quote: “Investing in yourself is the best investment you will ever make. It will not only improve your life, it will improve the lives of all those around you.” – Robin Sharma

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Amazon Reviews: *Coming soon*

Where to Buy: *Please check back soon for book ordering guidelines*