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STEP UP SERIES

Strategies, Tactics, Evaluations,
Principles to Upskill & Progress

W e e k l y B u s i n e s s
N e w s l e t t e r

By Shanker Viswanath

Why Business Owners Underachieve?

Negative Thinking is one of the biggest reasons why people underachieve.

Your business is built on your self-image and that image will depend on what you tell yourself.

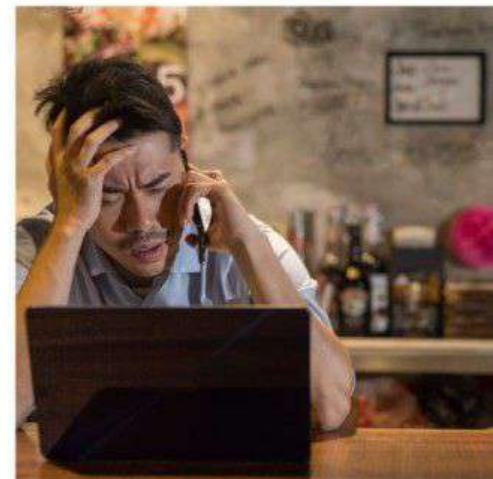
Once you become negative, you start believing in the inabilities rather than the possibilities.

There will be plenty of people in your life who are all ready, willing and eager to spread the reasons why things just won't work. Or why you are just not capable of achieving what you hope to.

Unfortunately family and friends can be the worst culprits! They will always be someone who will willingly let you know why you will fail. Why won't it work out?

If you fall a prey to this, you become **SNIOP** (**S**usceptible to the **N**egative Influence of **O**ther **P**eople).

There will always be a deep underlying fear in you about the negative thoughts of others.



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How to Protect Yourself from the Naysayers?

"Others' opinion of you is none of your business!"

I have no idea who said that originally but it's spot on.

Instead of focusing on what others have to say, focus on learning how to develop the inner strength you need to achieve your dreams.

Negative messages from other people can only affect you if you allow them to. Learn to brush them off.

Recognize that you have complete control over yourself and your thoughts.

Many people believe it is the other way around. They make statements such as "I can't help it, I've always thought this way."

But the truth is that you can help it. In fact if avoiding under achievement is your goal then you must work towards not only stopping it but changing the way you think too!

Once you do that, you will find yourself at ease and peaceful inside.

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Weekly Business
Newsletter

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Awareness, Acknowledgment and Acceptance

Here's a useful tip!

The next time you hear yourself thinking negative talks, stop, and become aware of it. Take a pause to acknowledge & accept it.

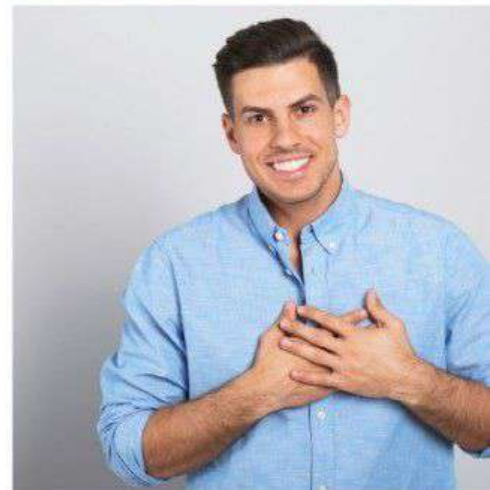
Shout out loud "Cancel" or in your head and turn it around to something more affirming.

Think big, want more, and work towards achieving more.

When you have a strong conviction within yourself, when you work towards ensuring all your thoughts empower you rather than dis-empower you, then you will be going some way towards transforming how you think and feel.

What you think about yourself will determine whether you are a success or whether you give up.

Begin the journey of thinking great things about who you are and what you can achieve.



**“Instead of worrying about what you cannot control,
shift your energy to what you can create.”**

— Roy T. Bennett —