

Hey friends, today we're delving into the higher self blocks of being in victim consciousness and how to reorient yourself back into your creator mode and step back into your power. Let's go.

Hey, friend, welcome to the Sustain Your success Podcast. This is the place where we do the inner work for entrepreneurs. Finally, discover how to sustain your success, truly surrender and enjoy life to its fullest. Hi, I'm Dr. Liana Rodriguez. I'm a business success mentor for high performance entrepreneurs like you, and a specialist at unlocking your next level with ease. My background in medicine trained me to see the bigger picture when you can't, as a two four splenic projector, I intuitively piece the big picture together for you and get to the root of what's holding you back, it's time to finally create a sustainable energetic strategy for your business and bio tune your way into a balanced masculine and feminine flow. So grab your head bones and your favorite drink. It's time to upgrade your mindset and truly enjoy your next level of success.

All right, today is a topic that's near and dear to my heart because it's something that I work on with my own coach. And that comes up almost every single day for me. Actually, it's been a practice of mine for the past couple years to reorient myself from victim mode consciousness back into my power and back into being a creator of my reality and all the things because I think it's a fine line and a fine balance to take responsibility and ownership for the things that you're creating. But also not completely beat yourself up, Right? Not completely just go on this self-bashing a bit where it can almost paralyze you and just make you feel guilty and bad about where you're at in life. So that's been definitely one of my own personal struggles that I want to share with you today, how I reorient myself from the victim mode consciousness that's really easy to slip into. It's like we're almost programmed for it back into reclaiming and stepping into my power.

We talk about this a lot. In general, we talk about it in bigger picture scenarios where sometimes you may be talking to someone about a certain situation, maybe it's a relationship, maybe it's a situation that's happened in your business, and we reorient our perspectives about like a big scenario, versus the little every day scenarios that happen in our life. So it feels like taking back your power is not just in the big picture scenarios of life as in finally confronting that person in your relationship, not your romantic relationship, it can be anyone but finally confronting that person, or finally, responding in a way that's in a more empowered state versus than just reacting immaturely. That's like just one big picture scenario that we normally address. It's a big scale, the big scale from this big macro big scenario situation down to a micro daily level where we're having to take our power back and step into our power and step out of Victim Consciousness every single day in even the smallest of decisions. So it's not just about the big pictures, right? And this is what changes our reality. This is what changes our behavior. This is how we step back into our power over the long run. It's by making the small changes and the small decisions and reorienting ourselves on a daily basis at a micro level, even with the smallest of decisions.

How have I been doing this? Well, for me, I've been working with my coach on figuring out what my purpose is figuring out what it is that I love what it is that I would love to have and do in this lifetime. So if there was no limit to money, and if there was no limit to the things that I could do or have in my life, what is it that I would love, you'd be surprised it's not all material. A lot of it is emotional, and a lot of it is feelings of fulfillment. So what I realized is that, yes, there's partly some material things in there, but

more so they are there because there's just one I have a very vast range of experiences in my lifetime. What I would love is to be able to provide experiences for other people. That's where material desires for me come in. So when I think about the things that I would love to have and that I would love to do, and that I would love to feel I have to reorient myself to those outcomes every single day, it's almost like I have to keep that big end result in mind, and not let the little nitty gritty details really get to me. That's where the rubber meets the road for most of us. And that's where a lot of us go astray because when you're in the day to day grind, let's say you're starting a business for financial freedom or time freedom, or geographic freedom, it's really easy to forget why you went into business, when a lot of things start getting hard, okay, when a lot of things start feeling hard, and feeling like they're heavy lifting. For me, whenever I'm feeling things are very hard, or, like I'm having to do a lot of heavy lifting elbow grease, and put a lot of work and burn the midnight oil and I'm sitting in front of my computer for too long. That's how I know I'm actually in like a victim consciousness mode. I always kind of spare you all of the details about how I know that. But that's one of my signs. So it's not just about the thoughts and the mindset in my head. It's also about analyzing my behaviors, or my behaviors, indicating that I'm actually out of my power. And then I'm actually orienting only into the things that aren't serving me, and only thinking about what's not working.

So if you're in a business, and you're CEO-ing pretty hard, and you're feeling like it's not working, are you focusing on the fact that it's not working? And are you focusing on only the things that are not working and how to get them to work? Right, that can be really discouraging, and really disempowering when you're solely focusing, and you'd go into the doing mode, right? Because you got to figure it out, you got to get things going, because how do you get out of that? Well, what I found, and it's really interesting perspective, because I thought that I had to go into more doing and putting in more work and putting in more elbow grease into my business to get more results. So the less that it worked, the more work I was doing. And it was like this inverse relationship. Whenever I do that, personally, I physically start to burn out. So it's really easy for me to recognize when I'm actually into Victim Consciousness mode, and I'm focusing on the things that are not working and I lose focus on the things that I love. So when I reorient myself, sometimes the reorienting is not easy. Because I'm so lost in the moment, I'm so lost in the doing doing doing that, I don't realize that I'm feeling bad until my body starts screaming at me.

This is my telltale sign, yours might be different, it might look different. But for me, it's physical fatigue and burnout, that tells me that I have to stop and slow down. And when I do that, when I reorient myself into creating and focusing on the outcome and focusing on what it is I would love for it to happen, right, I would love for it to happen and focus on the results that I want. For some reason. It's a little bit like magic, honestly, for some reason, when I start to do less things start moving in a positive direction. And I do think part of it is because that seeing when you look at things differently, then things start to change. When you look at them differently, it's not that they're actually changing, it's because of the way you're looking at them. Right. So I think there is a little bit of that mixed in there. But there's also the energy of being in the more I would say receiving energy, you know, some people call it feminine energy, being more in that relaxed state could actually make you more relaxed. And sometimes that attracts more of what you love towards you. It's kind of playing with energetics, right? Like I've done a lot of playing with this energy. And it's very against the grain because we're taught that in order to get

what we want, we have to work hard for it. For me, that's how I've been able to recognize that I need to reorient myself.

So when I'm feeling burned out, and I'm start thinking in my head that there's no way out, I just have to keep going until I dig myself out of the hole that I made for myself. What I started doing is to get myself back into power mode and creator mode. I start thinking okay, yes, there's no money coming in, or yes, it's true that I need help with my marketing. So what can I do to get back into my power mode and to get myself out of burnout? So I'll start asking questions and flip it and reorient myself to who can I ask for help or who can I hire to get things off my plate so that I can recover? Right? Here's the caveat is that don't hire someone that needs so much guidance and assistants that now you have to, like help them, right? It's like how can you get a minimum viable product out? How can you give 40, 50, 60% of yourself and have that still kind of be over delivering? If you're in my world, you're probably an overachiever and 100% to somebody else's 1,000%. So just noticing that, recognizing that and recognizing that your 60% might be somebody else's 100% That's how I flip myself from a victim mode into the power mode. And then sometimes when I feel like nothing is working, and I've heard that a lot, it's like, Oh, I've done all the things and nothing is working well. In your mind, you might be thinking something like, this is for me, sometimes this is what it's looked like, I think the thoughts well, maybe I need to overhaul pricing and overhaul pricing on my services, because nobody wants them. Right. But to reorient myself back into the power mode, because I also have to question myself, that's when I start thinking, well, is what I'm saying really true. Here. I'm in this victim mindset. But is there some truth to it? Right? It's valid to ask yourself that. But we can flip it into thinking something like, Well, let me step back for a moment and take a breath. Let me analyze past data to compare what didn't work with what has worked, and then see what's worth repeating.

When I'm in that victim mode of nothing's working, then what I do is I actually get real with myself and I present myself with data. And it's almost like doing the work, right? Some like Byron, Katie, like the work well, is this true? And you keep asking yourself until you get to the bottom level of an answer that you can't refute. And then if you have something like employee drama, this is really easy to get into victim consciousness. I've heard this a lot. And one thing that I hear a lot of entrepreneurs say is that, gosh, it's so hard to find good help, it's so hard to find someone that will actually be able to do what it is I need them to do. However, to reorient yourself back into your Creator or your power mode, what you can do is ask yourself, well, am I leading and communicating like I need to be, because most of the time, people do have good help. People do have good assistants. And you know, in my experience, there are people who have really wanted to knock it out the ballpark for me and do a great job. They're willing and open to constructive criticism and to wanting to improve themselves, and wanting to deliver. So in my mind, whenever I'm looking for someone to help me, whenever I'm looking to hire, I'm always thinking, Well, I like to attract talent, versus just hire someone who's looking to punch the clock. First of all, that's how I roll when I look for someone to help me in my business. But also, I am thinking, well, in order for someone to deliver exactly what I want, I need to make sure that I'm leading them in what they need to do, and also being a good role model being a good example. And am I communicating exactly what it is I want? And are they understanding it. A really good way to do this kind of test the waters as you know, I've I've hired freelancers before the and I've given them small projects and kind of seeing how they deliver and some people have done great some people have done not so great. And people who I keep around are the people who have done great, it's not that it's so hard to find good help.

Maybe what your victim mode consciousness is really wanting to say is, it's so hard to find someone to do exactly what it is I want them to do. And the problem with that is, is that in order to get that person, you have to be the best leader and communicator of what your needs are. That's how you can step back into your power mode. And once you're able to do that, once you're self led, and you've kind of mastered communicating your needs, then the right person will be available, they'll show themselves and it's like when the teachers ready, right? The student appears sort of thing, though, this is my take on how I look at daily situations of the things that run through my head because just because I'm doing personal development doesn't mean that I don't have negative thoughts, or it doesn't mean that I don't get stuck in a negative thought patterns and get into funks that I have to get drawn out of. And I'm saying this on the heels of probably a few weeks of me being in a deep questioning of things. And it's interesting because I know that I'm definitely on the verge of some sort of shift or transition or transformation of taking things to the next level of my business when I'm asking these deeper foundational questions.

So if you find yourself really getting into hardcore feeling burned out feeling like nothing is working sort of thoughts and that victim mode consciousness, just know that there is a way to reorient yourself back to what it is that you love. There is a way for you to step back into your power. And it all starts with the daily micro thoughts, the daily micro decisions of reorienting yourself because it is a choice, right? When you're feeling down in the dumps about something, it is a choice to choose to feel a certain way. Just remember, you can feel your feelings that I'm not saying not to feel your feelings. But you can also choose when to shift those feelings and to shift those thoughts, thoughts follow feelings, and feelings, follow thoughts, they're all connected, you can decide to shift them at any given time. I personally, I let myself dwell a little bit in my emotions, even if they're a little bit negative, I'm used to them, right, I'm actually used to negative thought patterns, because that's how I've been my entire life. So I allow myself to feel everything right, allow myself now to feel all the deep feelings, the anxiety, the depression, but I also allow myself to have high vibing joy, and lots of happiness. And I actually let happiness and joy now ruin my depression and anxiety. And also, I don't dwell in one state for too long. So now what's different for me is after doing personal development is like, yes, the negative thoughts happen, the negative emotions come the depression comes, the sad feelings come, but I can pull myself out of it. Right, I can notice it. And I can ask more thoughtful questions of myself and know that I can reorient myself from the victim mode consciousness back into a power state because where I'm going, right, and I'm sure this is true for you, too. If you're listening to this, where you're going, there's no room for the past self, it's all part of you. It's all there. But it doesn't have to linger as long as it did before. You'll have glimpses of it, but it'll be less and less and less. So as you grow and as you evolve as an entrepreneur. And as frickin amazing human being. And so loves. I hope you enjoy this. I kind of just really bared my heart here. This is a really deeply personal practice. I just want you to know that in a victim mode consciousness if you're feeling sad or depressed, because you're feeling like things are hard or things are not working, it's possible for you to reorient yourself. And if you like this kind of conversation, then I would love to have you over in my Facebook group where we have deeper, bigger conversations about this and that's where I throw a lot of my free master classes. So until next week, sending you the highest vibes your way.

Are all the pieces starting to come together. You were built for this. Let's keep the life and business longevity buzz going over in my Facebook group called sustain your success for lucrative ladies. And if

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