

There's a whole world out there of people that need you to serve them. You are now investing your time and your energy, and you are stepping up to be that person and that woman who makes investments like who takes her business seriously, who's willing to go on. Who is driven, who is ambitious, who is going to make happen no matter what.

This is the million dollar business podcast. Here's your host, Jennifer.

Hello. Welcome to the million dollar business podcast for entrepreneurs who want to create wealth and freedom with their business. If you're looking for the mindset and strategy to get seen, known and paid online, you're in the right place. I'm your host, Jennifer Bates, success and mindset strategy for entrepreneurs who want to start a movement, leave a legacy and build a seven figure business and brand. I am so excited for today's episode. I'm going to be sharing with you the five different things that need to happen in order for you to experience

A quantum leap. So if you feel like I'm right on the brink of a breakthrough, I know that it's my time coming up. Now I'm ready to shift into my next level. Now I'm ready to shift into my next level fast. You're going to want to stick around for this. Let's go ahead and just dive right in. Let's not waste any more time and get right into today's episode. So we all know that dealing with the inner is hard. This is why we're always searching for an outside solution, a quick fix a magic bullet. It's why we try a bunch of different things, but the needle never really moves forward. It's why you see someone who's doing a seemingly nothing and or the same exact things that you are except they're blowing up and you're going nowhere fast. Or at least it feels that way.

It feels like Groundhog day, right? That's why all the marketing and the strategies and investing has not worked so far or it hasn't worked to the degree that you thought it would be at this point. Now don't get me wrong. I love marketing. It is an integral piece for creating a thriving business, but only after the inner work and the mind games have been mastered. So if you are serious about getting on the right track with learning the lessons that you need to learn, never having to go back to certain places in your life. Again, you're really going to enjoy what I'm sharing with you today. In this episode, I'm actually going to share with you a method that I created a five-step method to shift quickly into a quantum leap or a breakthrough. I am super, super passionate about this work because creating a business really starts on the inside.

That's why we say that this podcast is about creating a business from the inside out, right? It's the mental, the emotional, the inner work first. And then that radiates outward that supercharges the strategies supercharges the mindset, right? I have not only lived this, but I have worked through the same exact with my clients over and over and over again. And so mindful set over mechanics is what really leads to true and lasting success. So if you are someone who maybe you have these like amazing breakthroughs, you get like really, really, really close, but you never actually bust through your income ceiling, right? Like it's like you get there. You can feel it, you can taste it, but it doesn't actually manifest. Or maybe you do have like these massive shifts or ah-has and they rock your world. I'm like, things are going really well, but your bank account is not reflecting.

So if you're tired of like all of these life changing moments that feel like you're right on the brink of having what you want, but you never fully manifest it into your reality. This episode is going to walk you through those five steps that are really going to help you do that because the problem it's not you, it's not your offers. It's not your ability to produce it is your programming, right? Like the internal ramming and stories and subconscious beliefs that we have that are really stopping us and blocking us from achieving huge success. And so going through this process, we'll like literally layer by layer a Nyellie any blocks that you have to it's access to money. The things that have been keeping you from those quantum leaps, the things that have been putting a damper on your impact and your income. This is what took me from that, you know, \$35,000 a year to over 500 K and continual growth from there.

And also like, I'll be a hundred percent honest when I stopped focusing on this, when I stopped doing these things to continue to grow my income plateaued, you know, it's not like it was a bad thing necessarily. I mean, many people would die to have the income that I had, but for me it was like, I stopped making those quantum leaps because I stopped focusing on these things. These five steps are really, it's going to be life-changing for you. So definitely make sure that you have a notebook pen, maybe write it out in your notes, walk you through these steps. And then at the end of the podcast, I'm going to share with you how you can learn more and dive deep into this. I promise this is what will change your life and change your world. So the first thing we need to do is say new standards, okay.

The reason why things are the way they are in your life is because you've made it normal. It's because that's just the way that things are. Think about just your daily routine, the thing. And is that you go through the things that you do, the things that you eat, the things that you wear, how you interact with people, what your day-to-day looks like. It's very routine, right? Like it's just like, it's just the way it is. You don't really have to think about it. A lot of things, you kind of running through the motions, your shift starts with setting new standards. It starts yeah. With upleveling, your mentality and creating new ones for yourself. Now you don't have to go big, right. And change everything. I actually recommend like, start with something smaller. You know, maybe it's a specific habit that you either want to get into or break out of.

Maybe it's a tough conversation that you need to have. Maybe it's somebody that you need to get rid of in your life. So start with like small things. Don't feel like I have to completely shift everything and set new standards and get rid of everybody in one shot. It doesn't need to be that way. But what we need to do is to start moving things, moving things around, moving the energy around, letting the universe know like we're serious about these, your standards. What do you tolerate? What do you not tolerate? Where do you want to be? And how far off is that from where you currently are? And so funny, because I'm really feel like I've referenced this episode and all of my other episodes, but the closing, the gap episode of this podcast is like super life changing. So if you haven't listened to that one, go back and listen to it.

If it's been a while, go back and listen to it because that'll really give you a starting point for the things that you need to change. And the next levels that you need to create, or the new standards that you want to shift into, you know, by raising the standards and really operating from that place of like, Hey, this is who I want to be. This is what I desire. And then rewiring your beliefs around that. This is the first step we've got to have a starting point, right? We've got to know what we're currently accepting, not accepting tolerating, not tolerating, and then move from there. The second step is to heal old stories. So this is about rewiring, rewriting and ingraining, a new belief system to get rid of anything old. That's been keeping you stuck in small, catch yourself, going back into old habits and beliefs, right?

So if we're doing step one where it's like here's setting the new standards, we've got to also heal that part of us that wants to go back and do it the old way that wants to go back into comfort. And we've got to break that we have to have an awareness around it. And the crazy thing is that, like these stories that we have, the majority of the story, like aren't even ours, the majority of them, the stories have been passed down through generations, through our parents, grandparents from other people. Some of us also may have stories that we have experienced. So it's things that we experienced in our life. We might've only experienced at one time, but we made it story. So we really have to have an awareness around like the current one, at least that we have around money around success. Where did that even come from?

Right? So if there's any limiting beliefs, if there's any, you know, feelings that you've placed on yourself and caps that you've placed on yourself, where did that come from? We need to unravel that we need to rewire it. We need to rewrite it. Right. And once you're able to do that, it's like, oh, I can actually set

that. The new standard heal. The part of me that no longer needs to go back to desperation that no longer needs to go back to sabotage that no longer needs to go back to suffering, right? Because that's really what it is. It's like, we're so ingrained into having these things. And this is just the way that life is. And we sometimes don't see how it can be better, but when you actually shift into a different mentality and you see how these old stories and old beliefs that most of the time, aren't even really true, right.

They're just made up whether they're conscious or unconscious, they really us up. Like they us up in what we're able to create because we're constantly sabotaging. We don't even realize it with healing, old stories with the step we want to seek to eliminate destroy anything that does not serve your highest potential for greatness. And there's a lot of it. And it's about digging deep. And one of the things that I tell my clients all the time is like, you know, I have people that are like, oh, I know where it comes from. Oh, I know what the thing is. And I'm like, mm, no, because if it was really something that was that surface level, something that you actually knew was happening, honey, you've already changed it, what it is. But these old stories and beliefs is that they are hidden. They're like in the back of our mind, they're in our subconscious.

So it's not something that we readily see as an issue. Right. And so that's why it's not easily fixed. That's why it continues to sabotage us when it's like, man, I'm doing all the right things. Like what the hell was happening in this step? You want to dig deep. You really want to dig deep. What experience did you have? Is it experiences with your parents with old relationships, jobs? Like we really want to dig deep into like, why do I feel like I have to sabotage? Why do I feel like I need to suffer? Why do I feel like I can only make it a certain amount of money? Why do I feel like I'm always going to be bad with money or whatever your stories are. One set, new standards, number two, heal, old stories. Number three is my favorite because it's all about identity and intentional identity, right?

So really just deciding like I get to be this new version of myself. It's the U two point. Oh, right. So new thoughts, new beliefs, new behaviors, new actions, new environment, friends goals, and visions desires. Like what is that next level look like for you? If we don't know what it looks like, we can't really be intentional in making it happen. Being really intentional on like, who do we want to shift into? We'll help you create that faster. So again, I'm going to reference the episode of closing the gap, because this really shows how far off you are from where you want to be the easier and the faster that you can close that gap, the faster you'll be able to snap into your new identity in this step. You really want to find evidence of your desires. You want to look to like, Hmm, what are some of the things that I know that are showing me that this is available to me, whether it's in your own life or whether you borrow the belief from somebody else and what they've been able to create.

Also, there's a really great book by Todd Herman called the alter ego. You may want to pick that up. It's a really great book, but also like that just helps you like go into that next level. You stepping into that next level. You, because like I was saying before, we have tendency to just go back to old ways because it's easy. It doesn't require any work. And even if it sucks, or even if it's not the best scenario for us, it's comfortable. Right. It's comfortable. So we just go back there with intentional identity and really upleveling like who we are. I always go back to the 10 X method as well. So my next method is like your vision, turn it up, turn it up to 11, like go the extra mile, go the extra step to lock in that new identity. Once you do it, it's just going to be who you are, right?

Like once you do it and nail it, it's not going to be as difficult to lock it in, but you're doing it as you're shifting into it. You've got to be intentional every day. You gotta be intentional, whether that's and your mindset work, whether that is shifting your beliefs, whether that is, is doing any kind of healing method or modality. But you've got to be really intentional until it just becomes who you are. So that brings us into step four, which is the future. You. So this is about the future pacing, right? This is really like my secret weapon to getting everything that I want in record time. You can also go back to my episode on

journaling, where I talk exactly about how to do this, right? So this is about acting, doing, and being as if you all ready know you're already there or it's already done instead of like, oh, I want this.

It happened or I'm going to make this happen, or this will happen in the future. No it's already done because when you can live into that future, you and you can live into what it's been done. You're there. No, we're not going back to the old me. We're not going back to those old stories. We're not going back to those lowered standards. We're really locking it into the future self and committing, and really obsessing is what I call it to your own growth, your own expansion and growth, creating these daily success habits that allow you to, I have it all again, not going back to the old ways, not going back to the old habits, but really locking in that future self until you just become her. This will allow you to create drastic results. Really, really, really fast epic manifestations. You're just her bam.

I'm her. Now then step number five is to transcend. So all of these really play off of each other, right? It's like each one of these layers, it's like going deeper. It's going further. It's going fast. So when we transcend that old us, the old stories, the old belief, they don't even exist. Now, I'll be honest and say, I don't know how easy this is for other people to do, but I am a Pisces. I am someone who, you know, once I realized that something's messing me up, whether it's a person, habit or belief, I can literally pretend like it never even existed in my world. You know, some people are able to do that as well. Some people aren't and if you're not, you have to consciously commit to leaving it all behind. Right? We want to thank that old person because that brought us to where we want to be.

That taught us the lessons that we needed to learn. It shaped us to who we are, but we can't be that old person anymore. We need to really cut off, delete uncreate. Anything that no longer serves this new version of you, because if it's still left there lingering, if it's still left there unhandled, that's when it's easy to go back, right? That's when it's like, I'm just going to go back to the old ways. So it's like a ladder here that I'm walking you through. These five steps, right? Set the new standards, heal the old stories, be intentional with your new identity, step into the future. You and then transcend to new Heights by completely leaving behind this old you, it doesn't exist anymore. The person that I was eight years ago, 10 years ago, I don't even know who that person was. I don't even know.

It's a little embarrassing. You know, I look at it. I'm like, holy crap. As much as I have shifted and changed in my life, that person does not exist. Yes. I take the lessons and they taught me how to create the new standards, how to finally take a stand, but we've got to declutter declutter your life. Step into the new you. Now. That's what the transcendence is about. It doesn't even exist anymore. These are the steps. Like I said, if you want more information, definitely go to the show notes of this episode, set new standards, feel old stories, intentional with your identity, future you and transcend to new Heights. I promise you if you can lock these in, you will experience an epic quantum leap in your life, in your business with your finances, with your romantic relationships, everything. So that is it for today's show.

Once again, I want to thank you so much for tuning in, take this and apply it. The shift method is the life-changing. It is quantum leap creating it is time bending. It really is the catalyst for getting where you want to go and getting there fast. If you really want to dive deeper into this head on over to the show notes, JenScalia.com/forward/slash/E99, where I will have a link to the shift method and how I work with people in this way. And also a video that explains a little bit more out the shift method and why it's so important to really master this and lock this in and how this will help you create content. Can you as quantum leaps and helping you go up and down, uh, so you don't have

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