



What's the **#1** Way You're Sabotaging Your Professional Dreams?

————— Your —————
**Unique Results
Report**

PERFECTIONIST

See what these
results mean inside...

What's the #1 Way You're Sabotaging Your Professional Dreams? Quiz

Thanks for making the time to take the "What's Your Sabotage Type?" Quiz. Now, let's find out your results!

Hi - I'm Ryane LeCesne, INSPIRE Brand Consulting CEO, Creator of the ADVANCE Accelerator Process, Transformational Mindset Coach, Business and Career Strategist, and Energy Healer.

And for nearly a decade, I've helped literally hundreds of high-achieving women of color advance their career or build their dream business by really understanding the mindsets that can cause them to doubt or second-guess themselves, their professional dreams, and their ability to achieve them. I've noticed one BIG issue coming up time and time again...

Women often say things like:

- "Ryane, I'd love to use your strategies to advance, but right now, I'm not even sure where to start!"
- "I'm overwhelmed, I feel disconnected from my purpose, and I'm paralyzed by uncertainty – DO I 'REALLY' have what it takes to achieve my dream?"
- "I know I WANT to advance, but don't I know HOW to stop sabotaging myself. On the one hand, I'm confident in my aspirations and capabilities. Then, on the other hand, I lack the full confidence needed to take sustained action."
- "I feel trapped by my circumstances."

And that led me to create this FREE QUIZ and FREE PERSONALIZED REPORT for you, so you can get instant clarity about the TYPE of Sabotage that may be holding you and your professional dreams hostage.

Self-awareness is the first step in personal growth and transformation.

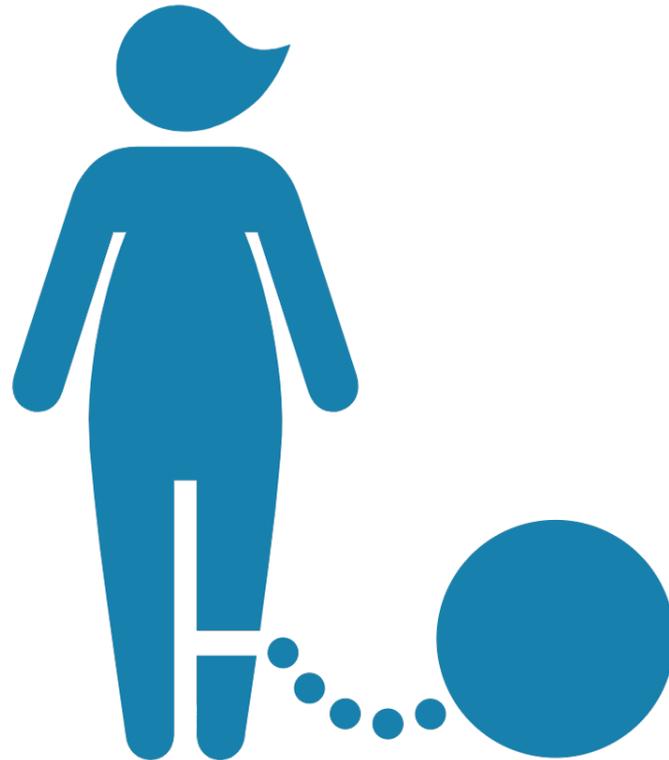
So let's get to your results!

Ryane LeCesne

INSPIRE Brand Consulting CEO, Creator of the ADVANCE Accelerator Process,
Career Coach, Business Strategist, and Energy Healer.



What's the #1 Way You're Sabotaging Your Professional Dreams? Quiz



Your Sabotage Type
PERFECTIONIST

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Your Sabotage Type **PERFECTIONIST**

OK - looking at your results, **you'll notice that your answers align with the Sabotage Type of PERFECTIONIST.**

And what that means is that your responses are consistent with what's known as Perfectionism...

This is a mindset where the underlying belief is, "Until I'm perfect or my idea or product is perfect, I can't move forward or share myself or my ideas with others."

Perfectionism is often misunderstood as being "detailed oriented or striving for excellence." This is actually a misnomer. True Perfectionism isn't about having high standards or wanting order. Instead, it can be a crippling mindset that causes you to set standards for yourself and others that are impossible to meet.

Not "high" standards... but the impossible standard of being perfect, having to get it right the first time, an intolerance for failure, and a deep-seated belief that, "If you or what you produce isn't 'perfect,' then you have personally failed or disappointed others."

Perfectionism can cause obsessive overthinking, debilitating over-analyzing, and chronic procrastination - it's doggedly challenging to be productive or creative if everything you do and say has to meet the standard of "perfection". You'll likely avoid failure at all cost.

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Perfectionism can also cause a person to be highly sensitive to feedback or the perceived judgment or criticism of others. A Perfectionist, whose driving motivator is to be no less than "perfect," is most likely going to take feedback or judgment straight to the heart.

Receiving judgment and criticism, especially from those you love, trust or admire, can be so incredibly painful for as a Perfectionist, you might find that if you're not 100 percent sure you will execute "perfectly," you won't try at all.

This "oping out of the game" can create a cycle of you waiting on the sidelines of your life looking for the perfect moment to jump in... but only if you can execute flawlessly.

Procrastination also tends to be coupled with Perfectionism. **Procrastination generally comes down to a Perfectionist waiting until the perfect moment to start on a project or until she has a perfect idea or feels perfectly ready to take action.** Because the "perfect" timing rarely comes, the driving force to produce is a looming deadline.

Still, because you're also a high achiever who strives for both perfection and excellence, under pressure, you produce good work, **but it's never as perfect as you'd like. This only affirms your unconscious belief that you're not "perfect."**

Can you feel the weight of this vicious cycle and all of the energy and self-confidence that is drained out of you by a Perfectionistic mindset?

I want you to know, and assure you, that you are not alone in your Perfectionism.

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Your Sabotage Type **PERFECTIONIST**

Studies show that 87% of "gifted" people suffer from feelings of Perfectionism.

Imagine this...

- Beyonce
- Adele
- Shakira

Have all publicly shared their struggle with Perfectionism.

And I can tell you firsthand that Perfectionism has been one of the most challenging self-limiting mindsets I've had to overcome as a passion-based entrepreneur. It took me a very long time to unravel and recover from my deeply embedded Perfectionist beliefs and behaviors that caused me to doubt my self-worth, thinking, "Until I'm 'perfect,' I can't fully express myself or my ideas to others."

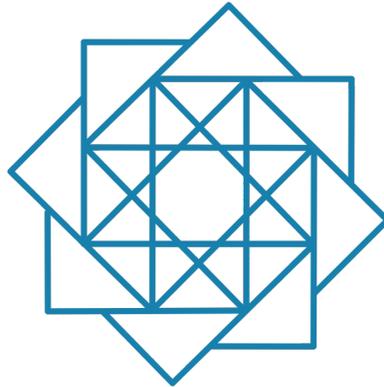
This was a very painful way to live, but that wasn't the end of the story for my professional dreams and doesn't have to be the end of yours either...

Now that you've identified that Perfectionism could be the root cause of your self-limiting beliefs, **if you're happy with settling for a life less than achieving your professional dreams: you could stay exactly where you are...**

...But if you're like MOST of the high-achieving women I know and work with, and you're not interested in playing smaller than you're meant to and you're not content settling for less than your dreams...

You most likely want to know HOW to stop sabotaging your efforts.

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And, if you're ALSO like MOST of the high-achievers I work with, **you're looking for the tools and strategies needed to have the mindset shifts that will allow you to get crystal clear on your professional dreams and set you on a path to achieve them.**

You want to know HOW to feel more confident in your field of expertise, and you want to know HOW to experience more courage so that you can take the inspired action necessary to get from where you are to where you know you want to be.

Now, what do I mean by a mindset shift?

Well, **your mindset is the unconscious way you see yourself and the value you place on how you fit into the world around you.** Your mindset determines 100 percent of how you think about yourself, influences your clarity on your unique value proposition, affects how you communicate who you are with others, and **ultimately determines your ability to take action on your dreams.**

And, as a high-achieving woman with big, bold professional dreams, it can feel incredibly overwhelming to be faced with the challenging question: How do I shift my mindset?

But what I've found, and what 100s of my clients have also experienced, is that when you focus on what I call Living Your Brilliance – identifying your unique, specific core-strengths that are perhaps – currently – going unnoticed, under-utilized and un-nurtured...

...But, when identified and leveraged, Living Your Brilliance is your best and most powerful doorway to launch you into your professional dreams. When you lead and create from a place of personal power – from your Brilliance, rather than unconsciously hide behind self-limiting beliefs, you'll be more aligned with the clarity, confidence, and courage needed to take action and ultimately achieve your dreams.

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So, you're now clear on what your Sabotage Type may be and that a mindset shift towards Living Your Brilliance is the key to unlocking the clarity, confidence, and courage needed for you to take sustained action to achieve your dreams...

This alone definitely puts you in an awesome position to make powerful new choices for yourself and your career. Remember, self-awareness is the first step in personal growth and transformation.

Now you know a lot about WHAT could be holding your back.

But there are TWO big mistakes most high-achieving women make at this very step in the process...

And it breaks my heart because it can take years to discover these mistakes... and during that time it can cost you in SO MANY WAYS - between time, money and stress.

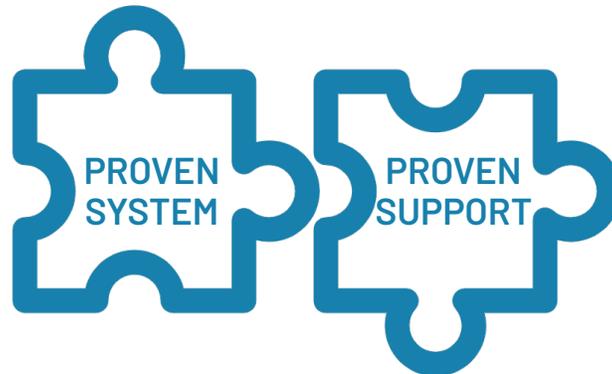
AND then there's the "opportunity cost" of creating a career that you end up hating.

When, if you're like most people, what you want, is a career that creates a great income for you and your family... gives you freedom... and allows you to make the type of impact you want to make in the world.

Studies show that less than 10% of people achieve their goals, and the single biggest reason why all comes down to these two big mistakes...

Two mistakes that are made SO often because most of the conventional wisdom about how to achieve your professional dreams is flat out WRONG!

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And it all comes down to two of the most important decisions you need to make IF you want a shift in your mindset...

The ability to shift from self-sabotage to Living Your Brilliance is not WHAT to do differently... It's not a particular tool or a magical strategy...

It comes down to – ONE, having a proven process and TWO, having a proven support system to guide you through HOW to IMPLEMENT the process into your everyday life...

As in... What's the proven formula that is going to support you to close the gap between where you are and where you want to be, and what's the proven proper support that will help you get out of your way so you can get to where you dream of being?

In other words... it's about you having access to a process that works... and the support of an expert to help you implement the process.

Most people spend ALL their time on the WHAT - a new tool, a new strategy or a new book - and almost NO time on the actual "HOW TO" to implement a proven system.

The combination of having a proven system and the support to implement the system into your life are the two most important decisions you need to make to experience the mindset shifts required to make a quantum leap out of sabotage and into your professional dreams!

...That's because a proven system and the support to implement the process are the foundation from which all other mindset shifts can take effect.


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When I started my coaching business, which has supported 100s of high-achieving women to make a mindset shift out of self-sabotage and into Living Their Brilliance, I realized the biggest mistakes people were making when trying to achieve their professional dreams came down to not having a proven system and not having the proper support.

So I embarked on the single biggest quest of my life – **How to create a proven system to support high-achieving women make the necessary mindset shifts needed to get unstuck from self-sabotage. And, I was determined to rise to the ranks of being the "best-of-the-best" in my field** to support these women implement a proven system into their everyday lives.

And the answer to this quest... was to create the scientifically based ADVANCE Accelerator Process and to become an expert in supporting women, just like you, make profound and lasting mindset shifts about who they are and what they are capable of – to tap into and live from their Brilliance.

And THAT is the mission of my coaching business, INSPIRE Brand Consulting...

And, it's at the heart of what I want to do right here, and right now today for you, because you've taken the time to invest in yourself by taking this quiz – I want to gift you a *Discovery Session with me for FREE.* No strings attached – absolutely a gift from me to you.

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If you have big, bold professional dreams but have been afraid to take the leap and potentially screw up your already good life, this FREE call is for you.

For your FREE Discovery Session with me, together...

- ✓ We'll go over your quiz results.
- ✓ I'll support you clarify your professional dreams.
- ✓ You'll discover what's holding you and your dreams hostage.
- ✓ I'll share powerful next steps you can take immediately to shift your mindset from sabotage to living your Brilliance, and ultimately creating the career or business of your dreams.

This process has been designed to minimize your risk of failure... And this unique, counterintuitive method, coupled with expert support, will not only provide you with clarity on what your professional dreams are but also the confidence to finally take that leap and get started.

So, all you need to do is this... **to take advantage of this one-time special offer valued at \$250 yours for FREE, is to simply click the button on this page...**

[...Schedule your FREE Discovery Session with me and show up for your call... THAT'S IT!](#)

So go ahead and do this right now, while you're on this page and feeling inspired to take action. **Simply click the button and schedule your FREE Discovery Session with me.**

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TODAY!**



Cheering you on!

Ryane LeCesne