



Hey there!

From Overwhelm to Abundance

As entrepreneurs, we've all felt an overwhelming sense of self-doubt. Sometimes, we may feel scattered, disorganized, and as if we're in waaaaaay over our heads. Imposter syndrome can happen to even the most self-assured and accomplished among us. One minute, you can feel proud of yourself, and the next, you're telling yourself, "I'm a hot mess!"

What if, instead of low-vibe talk, you frame your experience by announcing, "I am on the verge of greatness"?

Yes, I know what you're thinking: *Sure Beth, that sounds great, but how do I get there?*

Well, the "how" is up to you, but the person to help you get there is stress management and mindfulness coach Terri Hamilton of [Apparent Connection](#). In March, Terri is offering **A Mindful Journey: Overcoming the Overwhelm**, a 6-month program designed for business entrepreneurs who want to conquer feelings of imposter syndrome and self-inflicted pressure in their lives. Read more about Terri and her program below.

In other news, last month, I shared my joy about [Clockwork: Design Your Business to Run Itself](#) by Mike Michalowicz whose sage advice, "Make your employees act like owners," has become my management mantra for 2021.

My Book of the Month for February? [Get Rich, Lucky Bitch: Release Your Money Blocks and Live a First-Class Life](#) by Denise Duffield-Thomas. I love a good book about manifestation and this book helped me unlock my money blocks and move toward abundance. I loved the book so much, I raved about it on my [Instagram](#), tagged the author, AND SHE RESPONDED! It was like a COVID-style Celebrity Sighting!

Be sure to check out my other book recommendations as we continue to snuggle in this winter and enjoy the great indoors!

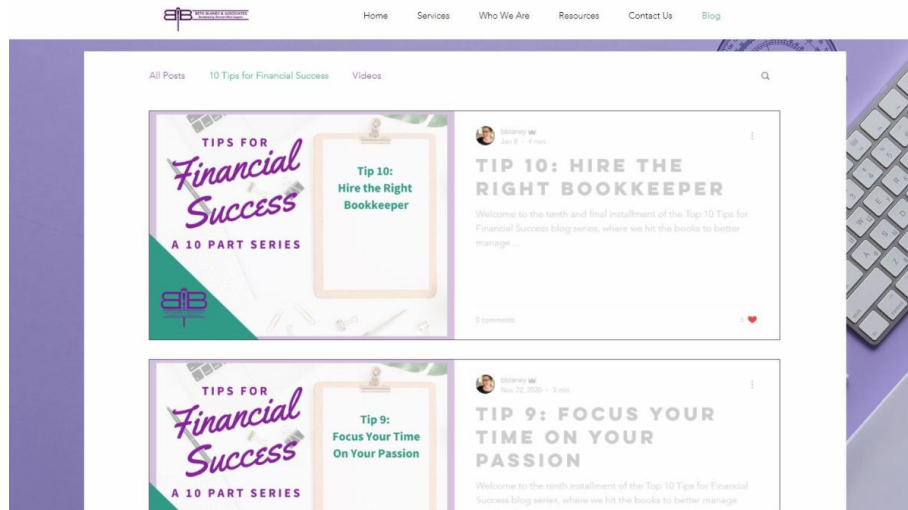
Happy February!

-Beth

Email Beth



Beth's Blog Series



If you missed any of the posts in my blog series, Tips for Financial Success, you can check them out on my website. I've got you covered on topics including maintaining a good chart of accounts, using the right software, hiring the right bookkeeper, and more!

[Keep Reading...](#)



Small Biz Spotlight



Apparent Connection, LLC is the brainchild of the amazing Terri Hamilton, who is a mindset and mindfulness coach.

She offers a variety of options to fit her

clients' needs - from 5 minute guided meditation sessions to 1:1 coaching. The best part about Terri and what she does (outside of the wonderful work she does with her clients)? All of her services are completely virtual!

If you're feeling stuck in the overwhelm, Terri's new group program could be a great fit for you. It starts in March and is called A Mindful Journey: Overcome the Overwhelm. For more information on Terri's new program, head to: [A Mindful Journey page](#).

Find Terri on [Facebook](#), [Instagram](#), or visit her [website](#) to see how she can help you!



Beth's Favorite Things



Activated Carbon Filters for Masks & Instacure, the Original Nose Balm

File both these favorite things in the "odd, but practical" category.

Filters are a must these days while we're all wearing masks to stay safe.

And Instacure makes having a cold so much more bearable - plus it's great to use on dog noses too!

At Beth Blaney & Associates our top concern is providing small businesses and solopreneurs freedom from the number-crunching and office work that pulls them from their fields of expertise. We relieve our clients of the demands of running an office so that they can find freedom to focus on what they love to do. We alleviate the stress and chaos that can accompany bookkeeping and office tasks. We also keep up with new regulations so you don't have to!

Email: beth@bethblaney.com
Phone: 978.300.BETH

[Visit Our Website](#)

