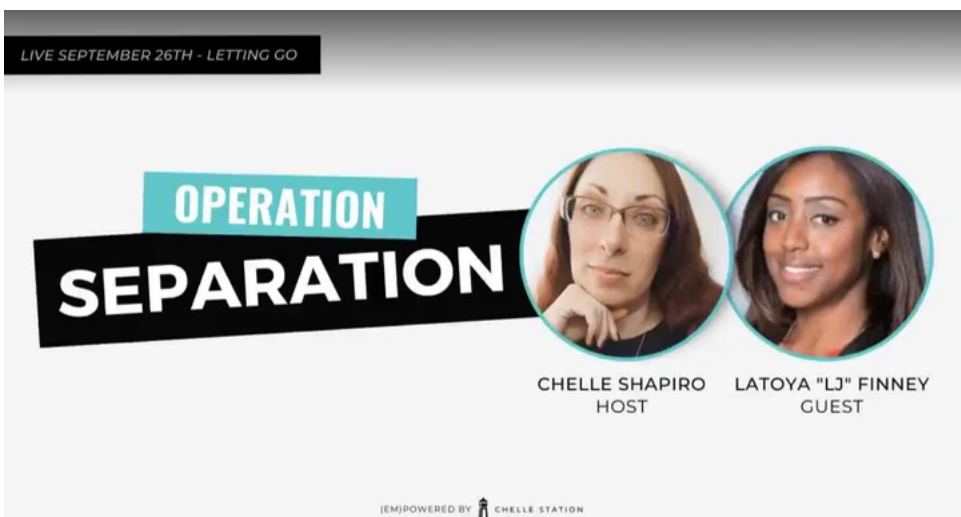




## Our Theme For November... Self-Sabotage

Self-sabotage is something everyone has done in their lives. Staying up too late when you have to work early the next day, putting off your goals or not taking up a promotion because you feel undeserving of it are all ways that we self-sabotage ourselves. Sometimes we do it unintentionally which is why it's important to realize when we're doing it and how can we overcome it. We are deserving of our achievements and it is important to have self-discipline so we can stay on track towards our goals.

Tune in to our previous session about self-sabotage with Chelle Station in October [here](#) to learn more about how we struggle with self-sabotage, what we do to overcome it and how to better ourselves by letting go.



Over the course of November we will be posting information in regards to self-sabotage for our Monday Motivation posts. Be sure to check it out on our social media channels, @in18llc .



## Connect Monthly

IN-18 launched 4th SunDaze in 2021 for both men and women to get comfortable swinging the club. Every month on the fourth Sunday, small group activity is designed to facilitate networking while learning golf. [Sign up to join us on 11/27](#)



## Operations Audit Consultation

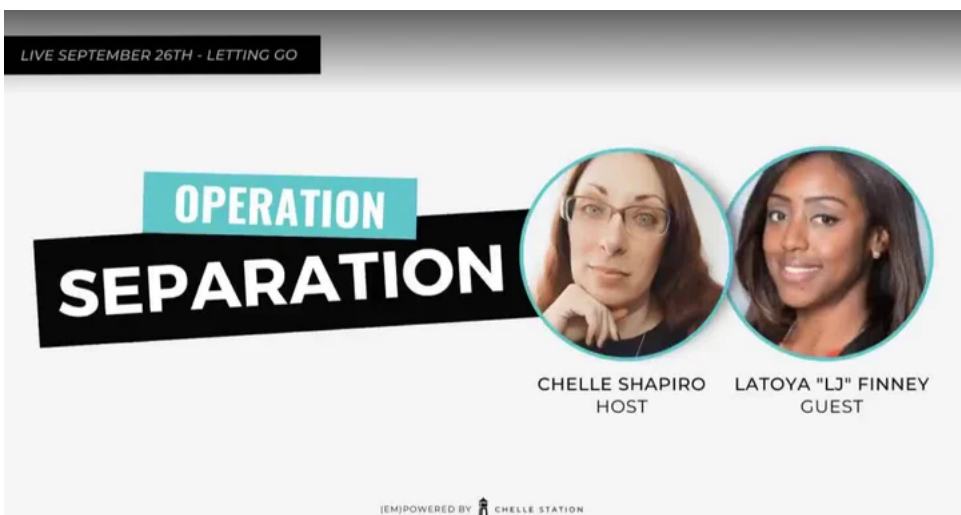
Q4 is the most important time of the year for you to ask yourself if your business has all the requirements and tools to excel before the year is over. IN-18 is offering a 30 minute operations audit consultation, which helps businesses discover risks and provide insight on situations so they can adapt accordingly. All it takes is 4 simple steps. [Book a call here](#)

## Q4 Review for 2022

During the fourth quarter, IN-18 helped managed the 2022 Golf and Tennis Classic at Paramount Country Club, on October 11, 2022, for the Harlem Boys and Girls Club. IN-18 also launched a 30 minute operational audit consultation for our clients, aiming towards helping businesses discover risks and provide insight on situations so they can adapt accordingly. We have also continued with our LinkedIn live series called Any Given Monday, which focuses on simple techniques small businesses and entrepreneurs need to grow and scale. To listen to past episodes, follow @IN18LLC on LinkedIn and Youtube. New episodes of TeesMe podcast, about the intersection of golf, business and life is released monthly and available on Spotify, Apple Music, Anchor and everywhere else you listen to podcasts.



## Most Recent Guest Appearance...



LJ Finney recently made guest appearance on Operation Station with Chelle Shapiro in October to discuss self sabotage, it's causes and effects and how to overcome it. Productive procrastination, telling yourself you work better under pressure, making excuses or negative self talk are sabotaging behaviors that affect you and your business. Recognizing these behaviors or being called out for it is the first necessary step to change for the better. As LJ said it, "ignoring it is another form of self sabotage." Fear of success is real but what are we so afraid of? People being jealous? Fear of winning or rejection? It's time to believe in ourselves so we can make positive changes and thrive in all areas of our lives. Learn to pay attention when you're not making a decision or a decision too fast. Once you are aware of self-sabotage, you see it in others. Tune into the episode [here](#)

## You can still have structure while creating change - Chelle Shapiro

Visit this article called, "Stop Sabotaging Yourself: Tips for Getting Out of Your Own Way", by Brad Brenner, Ph.D, offers helpful solutions to recognizing self-sabotage and how to conquer it. Read [here](#)

At IN-18 LLC we provide a suite of strategic planning, leadership and business development services. We also use tools like golf for business development and to help clients build authentic relationships. Our consulting services empower medium and large firms to operate more effectively, as a result they perform better.

Let's work together, contact [LJ@IN-18.com](mailto:LJ@IN-18.com).

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