

5 Do-Able Steps to Reaching Your Goals in 2014

1. Set an expectation for the new year.

- Not setting a vision--too airy fairy...may happen and may not
- Expectation is more solid and more grounded.
- Take a moment and put yourself in a mental state of being in 2014...envision what you are going to do New Year's Eve 12/31/14. Think about who you are with, what you are doing.
- Take 5-10 minutes and complete this sentence: 2014 was amazing, I _____.

2. Make a daily decision to feel good and do what it takes to feel good and be happy! (Secret Thought!)

- Live by it!
- It is the secret thought.
- Do what it takes to feel good.
- Act from that Place.
- Intentional Action--the action you take after you have moved yourself to a good feeling positive place. Put yourself in a well and positive state.
- If you are feeling frustrated and overwhelmed. Do nothing except get yourself feeling better, happy, relaxed, passionate, light, full of positive expectation, excited. Bubble bath, music, play with the dog/cat, take a few minutes to put you into that happy place. Give it your full focus for a few minutes.
- When you are feeling good, then take action. When you feel good and you take action everything turns to gold.
- Alarm Clock note: Make a decision to feel good today. Linger in bed for 60 to 120 sec. to make that decision and commitment. Then do what it takes to live by that decision.
- Even when your day knocks you off center, you have started out your day with the intention to feel good. Start again tomorrow. When the little tiny things come up, you do remember your decision. This is the single most important thing for success....don't let obstacles get you down...just let take a glimpse of it and moving on.

3. Market in ways that you like, you are good at and that come easily to you.

- We are prone to shiny objects...so much stuff/ways out there.
- We hear something and get that pit in stomach or feeling guilty that we should be doing it in this way. Shoulding on self. You have to do it this way. Feeling pressure.
- Feeling bad or feeling guilty is a total death to business.
- You can stop being prone to shiny objects
- Important to market in ways that you like, that you are good at, easy to you, feel good, etc.
- Look at list again...when list was read, as you heard, you have some sort of gut reaction to those ideas...you felt: I hate doing that or I should be doing that. On the other hand, you probably had positive reactions, that is a good one, that works, I know as I do it. I should try that. When you look at this list, any that you had the good positive reaction to, those are the ones to do. Forget the rest of them. Don't worry about them. No matter who tells you should. Do the ones that make you feel good. You only have to feel good. Market in ways you like, are fun and make you feel good or are interesting or you would like to be doing. Those are the ones that you will keep doing.

4. Instill a daily 50 minute work session.

- If you instill, you will increase your productivity, increase your bottom line, increase your time with your family and friends. It will change everything.
- You sit down start working, check email, ck FB...comment, comment, comment...like, like...check email read an article...leads you back to FB...read another article...you are prone to shiny objects. In the moment, Like excitement, like to be engaged, that is why/how we are in our own business.
- Select the Marketing Method you like...something that will put money in your pocket because you like to it. When we market, we make money. Anytime you can identify what your marketing method is and you do those things you make money.
- 50 minutes of the day (preferred 1st 50 minutes of day)...Set a timer. Not checking email, FB...working on the way you make money...stay off internet if possible, turn off notifications, things that make you go down the rabbit hole. Sit in work space and work for 50 minutes on the things that make you money.
- At the end of 50 minutes take a 10 minute break.
- If after 10 minutes, you want to do another 50 minutes, you can. Two is the max.
- IMPORTANT THING IS DO IT EVERY SINGLE DAY!
- Do first thing in the AM you can do anything after that or the beginning of your work time. Spending first 50 minutes on money making tasks. If only have 30 minutes, do 30.
- Always remember that email/FB is the way that other people want you to spend your time.

5. Find a buddy in your program

- Someone to keep you on track
- Someone to hold you accountable
- Someone who is close to same place as you are.
- Someone to talk to about strategy
- Someone to build your business with, meet with, talk with.
- Someone who is pacing and wants the same things you want.
- Someone who is self motivated
- Someone who understands that importance of mindset
- Someone who is committed and you can count on.
- Meet with the person regularly or call at least weekly or bi-weekly.