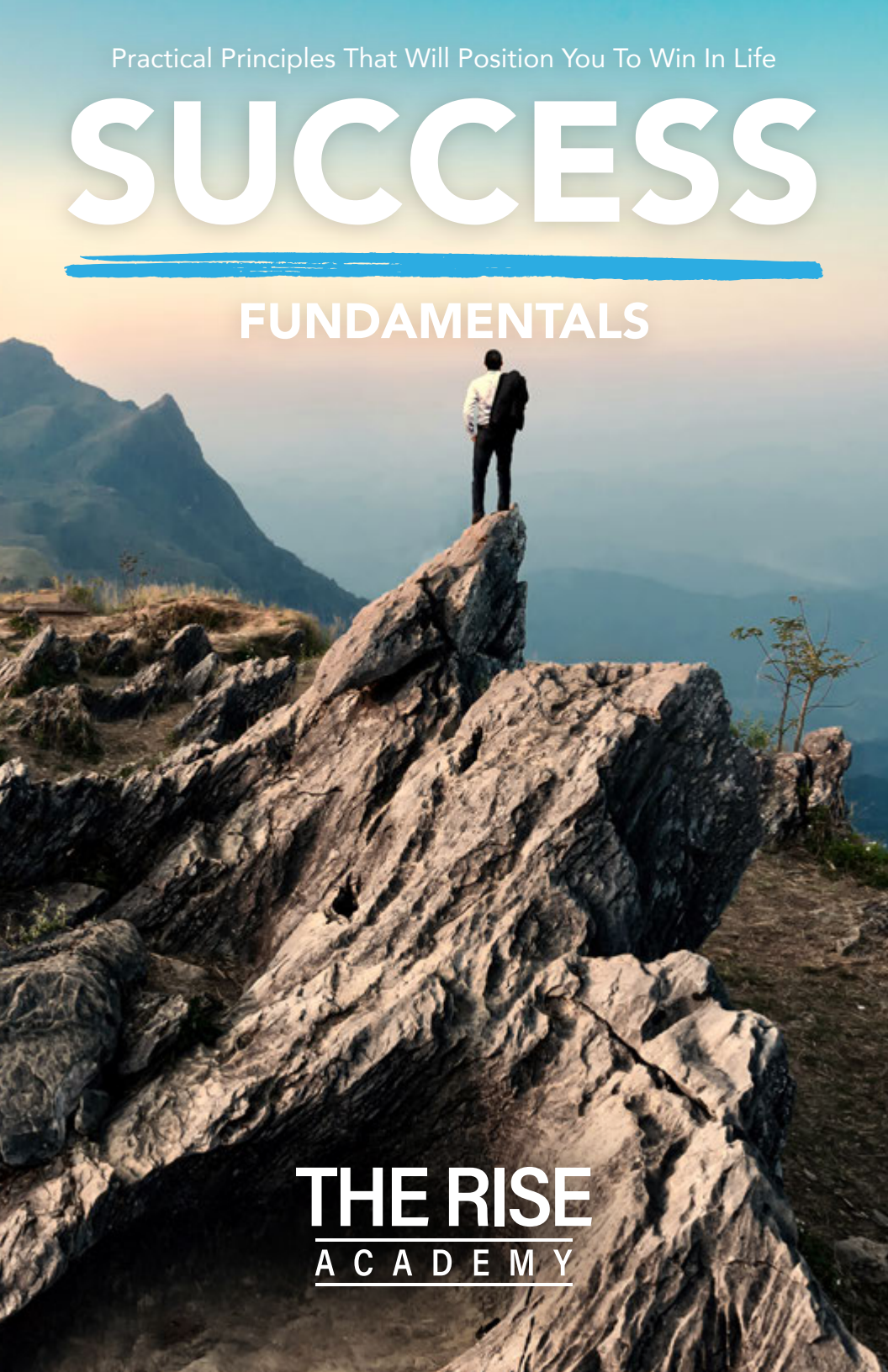
Practical Principles That Will Position You To Win In Life

SUCCESS

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4 ESSENTIAL QUALITIES THAT DEFINE GREAT LEADERSHIP

As a leader, you have a great tool and power to influence others. You also have the choice to either influence negatively or positively. You see, anyone can take the title of a leader, but what distinguishes a leader from a great leader? Let's start with a few things:

- **Those that you are leading need to see your dedication to become dedicated.**
- **Those that you are leading need to see your enthusiasm and high-level energy to become enthusiastic and also have high-level energy.**
- **Those that you are leading need to see your belief and determination to become that themselves.**
- **Those you are leading need to see your hard work and perseverance in order for them to maximize their level of hard work and perseverance.**

Do you notice the pattern? What your team sees is what they follow and become because you are setting the example, so are you setting a good one? Think about it. A great and intelligent leader will set an example of what they want others to produce with them and for them, eventually leading to them being independent and minimalizing training time. Doing this will also open up time for you as a leader to focus on things that need more of your attention, bigger projects, and time to focus on improving the environment for the company. Someone that is just in it for the tile of a manager or someone's supervisor won't value these things, but a great one will acknowledge them and nourish them.

The following traits are what will help transform you. Take notes and see where you are on a scale from 1 to 5; 1 meaning you have a lot of work to do in that certain area and 5 meaning that you are excelling.

1. Having Sincere Enthusiasm:

Real and true and enthusiasm in business, and when working with your team (even with home life) is something that can't be faked. Your team can recognize when you are being insincere from a mile away and if they pick up on that it can backfire on you. However, when leaders are sincerely enthusiastic and passionate individuals, it is contagious and most will pick up on that and reciprocate. Being a genuine and enthusiastic leader will help you identify problems in the workplace and lead you to solutions in a more timely manner.

2. Having Integrity:

Integrity coming from a leader standpoint is huge! The group of individuals that you are in charge of value this trait more than anything. Why? Because those hard-working individuals want credit where credit is due, especially if they took on a specific role in a project. Whether it's giving credit for those accomplishments, acknowledging mistakes, or putting the quality of the service the business is providing first, great leaders must exhibit integrity at all times. A great leader does what's right, even if it is a difficult process.

3. Being Decisive:

A good leader isn't someone that is empowered to make decisions because of their position. They are the ones who will take on the risk of decision making that most people are afraid to do because of the unknown outcome. When they make difficult decisions, they take risks knowing that if things don't work out, they will still hold themselves accountable no matter what. In addition, those in a position of leadership who are indecisive are often ineffective. Instead of simply making a decision most waste more time debating on what they should do to keep things rolling; make a firm educated decision and move forward with it.

4. Being Loyal:

The greatest leaders understand that true loyalty is something that is reciprocated. Due to this reason, they will express loyalty in various ways that benefit their team members. Real loyalty is ensuring that all of the people on your team have all of the training, resources, and additional tools that they need to succeed. Remember, great leaders are those who see themselves in a position of service to their team. When your employees notice they will go above and beyond for you. You are enhancing lives and building others up.

So, where do you stand on a scale of 1 to 5 in these categories? Are there things that you need to work on or are you on the right path? What kinds of things can you do to improve in these areas? Write it all down and check-in on the following week and continue to do so until you reach a score that you are content with that shows real change and progress!



4 IMPORTANT THINGS NEEDED IN RELATIONSHIPS.

Relationships are most people's prized possessions because our lives are formed by the relationships that we have with people. Our co-workers, our friends, our family, and most importantly our significant others. Whatever relationship it may be, every relationship must be nurtured properly. When in a relationship with someone, you must always keep in mind that in order for it to be successful and long-term, it will require a good amount of effort from both individuals. You need to take care of every single detail to build a strong relationship!

So, what do you need for any good relationship?

Attention:

You must give your partner attention and listen to everything that they have to say. This is important in communicating and expressing your feelings for one another. Giving attention makes the other person feel special and loved. When your partner opens up to you, it is important for you to listen to what is going on in their mind and what is happening in their everyday life. As you continue to do this and have open conversations, you will get to know them better and it will bring you closer as a couple. This is essential and a form of intimacy in a relationship. You will learn what your partner needs without them directly telling and this can help you prepare on days when you see that they are stressed or are feeling down.

- **Take mental notes**
- **Pay attention to their body language**
- **Ask questions**

Communication:

Communication is of utmost importance and it goes hand in hand with giving your partner attention. Instead of suppressing when you are feeling hurt or angry, you must talk to your partner and tell them how you feel at that moment. Otherwise, you will be resentful towards your partner and they will never know why because you never spoke up when you felt a certain way. You can't expect them to read your mind (a common misconception) and fix something that they are not aware of. The more you communicate with each other, the more you get to understand one another and the

better your relationship gets. If you refrain from communicating your thoughts and feelings from your partner, the more misunderstandings will be created. Communication is key to a happy relationship!

Trust:

Trust is one of the most essential aspects of a relationship, as well as being the foundation of the relationship. If you don't trust your partner or you constantly doubt their words or actions, you will never be happy. If you feel that there is a problem with trust in your relationship, it is always best to bring it up to your partner and have that conversation as soon as possible to avoid further conflict. The longer you go on and are quiet about something that is not sitting well with you, the more likely you are to explode from the bottled up emotions. You must also remember that you can't bring up things from past relationships if they are not relevant to the present time, because you decided to get into a relationship with this person. If there are specific things that you need to know, then ask or bring it up kindly to your partner, but always keep in mind that with any new relationship you must learn to trust as well because it is a two-way street.

In any case that there is a situation that causes mistrust, then you should discuss it to understand the root of the problem, then you can act accordingly. You can't doubt your partner without having solid evidence that they are in the wrong. Secondly, just like you expect your partner to be loyal and trustworthy, you must also possess those traits. You have to be honest, truthful, and most importantly transparent in your relationship.

Respect:

Respecting your partner's individuality is another important thing when it comes to having a well-balanced relationship. Some people have the notion that they must be exactly like their partners or that their partners have to be like them, when really this is not the case. It is okay to have different opinions on things, have different hobbies and different careers. You must not criticize your partner because of dissimilarities that exist and try to change each other. What you must do, is respect those things that your partner chooses to do (as long as it's not a life-altering decision that takes two) and find a way in which you can support them. Respecting one another is needed in order to have a healthy and happy relationship. With that being said, if you feel that something that your partner chooses to do is not healthy for them, then respectfully bring it up and openly discuss how it makes you feel. Many times that the other person doesn't know how they are making you feel because they never ask you or you never speak up, so don't be afraid to speak your mind.

Love is important for any relationship, but it alone can't establish a strong and long-lasting relationship. You will need respect and trust to create a strong bond. These simple things can bring an ordinary couple together and thrive. By implementing these few things, you can begin to build a lasting relationship with your significant other.



5 WAYS TO TRAIN YOURSELF TO BE A GREAT LEADER

There aren't many natural-born leaders, and those of us who are currently leaders have gone through a journey to be in that position. If you've had the chance to have been trained by someone else that may have been above you or possibly a mentor, then that is great! Even if you haven't had that opportunity, you may be happy to know that many successful leaders have been self-taught. Most leaders take responsibility for training themselves to be effective, so with that being said take a moment to think what you have been doing as a leader. What are your strategies in leading those around you? It can be at home or in your workplace. Remember, that in your home there is always someone that makes the decisions for their loved ones, similar to what you would do when making decisions for co-workers/employees.

Whether you learn from the wisdom of others or get insights from personal experience, becoming a more effective leader is about what you do, not what you know. Here are five things that you can do to train yourself to be a great leader:

1. Keep Your Promises

It is very important to be a person that does what they will say they will do, especially when you are in a position leadership. This is for many reasons. As a leader, you have a desire and a need to have influence over those who are looking at you for direction, so you have to always follow through with what you say. Granted, there will be times where things won't happen exactly how you plan or promise, but your duty as a leader is to remain firm in decision making and having a sense of direction when things don't go as planned. You have to think fast. This also boosts your dependability and credibility with your team members. Always keep in mind that nothing kills your credibility quicker than unfulfilled expectations. This commitment will develop discipline and integrity.

2. Dress To Influence.

This goes for everyone, not just those with specific leadership roles. Don't dress to impress, dress to influence. This means that you need to make sure that your appearance is consistent with your personal brand and professional brand. You must dress in a way that represents the best of who you are and who you want to be. If you aren't quite sure about how you should dress, begin by asking yourself how a leader with your aspirations should appear to others. You don't have to limit appearance to just yourself, you can apply it to your company!

3. Treat And Train Your Team As You Expect Them To Treat Clients.

When it comes to this specific topic, it is important to not be hypocritical. You can't treat your team badly and be inconsiderate and expect them to treat you or clients differently. Being a leader doesn't give you a free pass to do whatever you want and treat others without having any consequences. Instead, you should take this as an opportunity to influence (keyword in leadership) your team members and give them the correct tools to be successful individuals. Always ask what you can do to help.

4. Show Your Commitment To Personal Growth.

There are two ways to grow your business: grow yourself and grow your team. As you and your team improve and develop, the quality of the services you provide will also improve. Your goal should be to implement and maintain harmony, starting with yourself and then lifting others up. When everybody is strong, the set targets can be reached with less difficulty and in no time.

5. Ask For Feedback Instead Of Waiting For It.

When in a position of leadership you have to ready for anything. You have to be open to receive any type of criticism from your team members, good or bad. It is important to not react when your team members tell you something that you may not want to hear because you may miss an opportunity to learn. You should also not wait for employees to give you feedback about how they feel in the workplace, what changes could benefit them, and how they may feel about you as a leader. You can be ahead of the game by asking what you can do to be an effective leader and be aware of their needs. Are you challenging them enough? Are you building others up? Are you doing things with a purpose?

Overall, listen and watch for actionable behavior. Be open to growth and assist in the growth of those around you. A true leader raises others up, not push them down.
Which of these actions will you take first to train yourself as a better leader?

ARE YOU LIVING YOUR BEST LIFE?



In the time of uncertainty and crisis that we are currently living in, it is important n ow more than ever to really evaluate the quality of your life. It may not be an easy task, but by all means it is necessary to make sure you are on track to living your life at its fullest potential. It all starts with you. Taking the time to analyze the most important parts of your life will give you a more clear idea of where you stand and what changes you may need to make. There are three main areas that you will need to focus on in order to re-align and be sure that you are allowing only the best and valuable things into your life.

The first area in defining and determining the quality of your life is mental clarity.The reason that mental clarity is the first, if not the most powerful thing in your life is because when you know exactly where you are and where you want to be you are able to set yourself up for success without uncertainty. Without a clear target, you have a weak aim and an unsteady foundation that will not hold you up, especially when you are faced with adversity. Keep in mind that there are things that can positively or negatively impact and influence you, whether you are aware of it or not. With that being said, your self-awareness is crucial to this process because you may be letting things lower the quality of your life and you don't even know it. If you have the power to do that, imagine how powerful you can be when you have full control and only allow the best in your life!

What you want to do is filter out and remove the things that are causing an imbalance in your mind . Consider the following:

Attention & Focus

Be aware of what you are giving mental space to. This could be as simple as spending too much time on social media, watching tv, giving time to toxic people and habits. This also includes your attention span:are you easily distracted? Begin eliminating things that are taking away from your clarity and productivity.

Distractions

This is quite similar to what I just mentioned above, but it can't be stressed enough!Are there things you know are a distraction, but you still give them power to drain you of your time and energy?If you are consciously allowing this, you need to have the strength to cut them off.

Practicing Mindfulness

This is something that can be different for everyone, but with time and practice you'll have it down. Think of it as a form of therapy and exercise for self-awareness. With mindfulness you can practice self-soothing techniques that calm you down in moments of stress or anxiety, as well as a form of relaxation for you. These are things that are comforting to you that you already know: the smell of your favorite candle, going on a walk in nature, reading, or maybe even taking a quick power nap to give you an energy boost. You can also practice other things such as yoga, guided meditation, and breathing exercises. Any type of physical movement can easily enhance your mood, so get moving!

Focusing On One Thing At A Time

The fact of the matter is, you can't give your undivided attention and best effort to a task or project if you are trying to do more than one thing at a time. If you want to lower the amount of stress and pressure, then begin planning accordingly so that you have time to put your best work forward and allow some room for changes. This will boost your productivity and efficiency over time. Of course there are moments where you will be in a crunch, but if you keep yourself organized you will accomplish more.

The second area of focus is your emotional stability.This is an area that is often overlooked or ignored because most people think that it is best to not show emotion or express their true feelings, but doing so is actually counterproductive to your state of mind. Bottling up your emotions will come to the surface one way or another if not processed and dealt with properly at the time of need. Although it is common to suppress things without trying to , there is always an opportunity to make a change. The key thing is to know that when you are in your best emotional state, you make the best decisions and this will determine the c urrent quality of your life. Think about it. If you are anxious, tired from stress, depressed, or angry, it is a red flag that there is an imbalance in you.

- **Know that you are in control of your emotions, they should not control you.**
- **Breathe.**
- **Express gratitude.**
- **Maintain a positive attitude.**

Last, but not least is having functional loving relationships. The majority of our life revolves around the people that matter the most to us or that are consistently present in our lives. When you think about it, everything that we deal with or milestones that we reach have to do with the human connection; the careers that we choose, our partners, who we spend quality time with, who we care for, and who we do things for. Right now that we are in a time of instability , most are stuck in places where they now have to deal with their state of mind, unprocessed emotions and having to spend more time with those they are used to seeing mostly in passing. This goes for those living with you or your team at work. When you have mental clarity and emotional stability, you can thrive when it comes to connecting with others and building trusting relationships. So, to truly master this area you must also master the first two because you will give the best of yourself and receive the best from others. You will see the following take place:

- **Proper and open communication**
- **Loving others**
- **Creating and sharing ideas**
- **Connecting emotionally**

Begin implementing and setting a high-quality standard to no less thanthe best for your life.If you set that bar for yourself, you will also be letting others around you know that nothing less is allowed and if they truly care they will respect that (and if they don't they will fall off). Feel free and be open to discovering the real you and don't be afraid to share your experience with others that may be looking to go on the same journey as you. You never know who you are also inspiring.



BUILDING CONFIDENCE & WINNING AT LIFE

Confidence is a common trait that many successful people share, it almost makes it seem like some people are born with it and some people are not. Have you noticed that often we are attracted and drawn to people who are confident, bold, and radiate positive energy? Why do you think that is? There is just that special something about people that carry themselves confidently. Is there a secret that we need to know about or can we get in on the key to being bold and confident?

Let's find out...

What is self-confidence? Self-confidence can be broken down into three very similar categories that you may have heard of before.

1. **Self-esteem:** How much you accept yourself.
2. **Self-image:** How you view yourself.
3. **Self-worth:** How much you value yourself.

Then there is self-confidence: how much you believe in yourself! Take a moment to think about that. How much do you believe in yourself and why? Do you believe that you can do anything or do you second-guess yourself more often than not?

Self-confidence is crucial because it is about how much you trust your own abilities, judgment, and qualities. It is you feeling safe and secure in knowing that your actions will produce results, whether they are good or bad. You are taking responsibility for your actions and holding yourself accountable. You have the ability to always control your actions to influence the results that you will get!

Self-confidence is not your pride, ego, or about being arrogant. It is about being true to who are and it is a big part of your character. There may be certain things that you value about yourself and stand by that may be different from others, and that's okay. Bottom line: it is the core that allows you to act boldly, take risks, overcome challenges, and grow. Take a moment to visit the things that you value about yourself, that are positive and crucial to your growth. Is there anything that you can improve on or polish up? Remember, there is always room for improvement!

1. Knowing Your Value:

You must always know that you are unique and there is a reason as to why you are you! You are an irreplaceable and extraordinary person; there will literally ever be anyone exactly like you. Think about it and take a moment to evaluate your uniqueness. What are your strengths and talents?

- **What abilities have you developed and value?**
- **What values do you see in yourself that you also value in others?**
- **What do you like most about yourself?**
- **What can you do the best with the least amount of effort?**

2. Your Foundation:

Understanding your value is important because it focuses on what motivates you and it is a source of fuel that has the ability to lead you to success. Your foundation is what you may have heard of as "Your WHY". What is your purpose and why do you do what you do? This is the time to think about what drives you to produce results and be a better person. When determining your foundation (your "why") you have to be brutally honest with yourself. Are you motivated by healthy and constructive things? Or are you motivated by things that are not good for you and serve only as temporary ammunition.

- **What is your mission and purpose?**
- **What are your deepest values and morals?**
- **What are your convictions? Do you have any?**

Once you have taken a moment to write down and analyze your answers to the above questions, take some more time in figuring out how your current values align with your growth. Are your values bringing closer to your goals or are they steering you away? This is where you begin to capture and kill those limiting-beliefs and mindset that tell you that you can't go any further from where you are.

All of those excuses and thoughts that run through your mind need to be canceled. If your values and foundation are in agreement with your growth, then there is no real deadline as to when you can do things. If your goal is to own a business, then you are never too old to go for it. If you want to lose weight, there is always a way to make the time fit into your busy schedule. The goal is to eliminate all of the excuses and instead, build a realistic plan to reach every single one of your targets. Keep your mind and focus away from problems and things that limit you!



KILLING PROCRASTINATION

Did you know that the lack of decision is one of the biggest causes of failure? Lack of decision means procrastination. Unfortunately, decision is a common enemy that we must all conquer on a daily basis. People often procrastinate because they are afraid of failing at the tasks that they need to complete, either big or small. Fear alone is what drives most people's reason to procrastinate simply because they don't want to make a mistake! They may fear the judgment that may come with making mistakes or it may just be hurting their ego. Regardless, they are holding themselves back. The problem is that they will never finish what they need to do or they may finish too late, and that has consequences of its own.

So, What Can You Do About It?

First, you must be aware of yourself and who you are. You are the only one who knows what you truly want and you are the one that has to put in the work. This means that the only opinion about you that should matter, is your own! The majority of people who fail, in most cases in their pursuit of financial success, fail because they are easily influenced by the opinions of others. An opinion really has no value, unless it is from someone that is holding you accountable or is your coach because at the end of the day everyone has one! Really! If you want to test your self-esteem, ask people what they think about you. Your parents, siblings, co-workers, and your friends will all have a different point of view because they only know you in a certain light. So, no matter how much you love them it is better to always protect and listen to who you see in the mirror.

If you are influenced by others opinions you won't really conquer the skill of decision making because you are not doing it for y ou. This is crucial because if that is the case, you will have a hard time bringing your desires and dreams to life! You will be stuck on what they will think, what they will do, and what they will say. Block it all out. You don't necessarily need to make it a harsh process, simply create healthy boundaries, and let others know when you feel that they are crossing the line. Be open, honest, and firm in who you are.

Another big key to preventing procrastination is sometimes saying less. Ever hear the saying less is more? Well, in this case, it is because you want to watch and listen to those who are around you or those who are asking you to accomplish a task. You will know exactly what you need to do (or not do)

and what your task entails. Unfortunately, sometimes it is better to not even speak of what you are trying to achieve because those watching you don't always want to see you succeed. In fact, many hope that you fail and are delighted at an opportunity to defeat you because they envy you. If that bothers you, just remember that haters or those that envy you are actually fans who admire you, but in a slightly twisted way. Take it as a compliment if you want, but ignore it and stay in your lane! Work in silence and let your success speak for itself. Always remember that it is about you and sometimes you have to shut others out. It may be difficult because the majority of our lives are revolved and based on relationships, but those that really want to see you thrive will show it.

So, now that we've gotten through some of the possible obstacles that may cause you to procrastinate, it is time to give you some homework and drills! How to kill procrastination before it even happens in two easy steps:

1. Always Have A Definite Purpose.

Why are you doing what you are doing? It is easier to get things done if you have a solid and valuable reason for doing it.

2. Be Firm and Definite When Making A Decision.

If you need help here, refer to the first step! This will require a lot of courage, but you can't get anything without a price. Don't be scared, just plan and execute.

Don't forget to also practice the following:

- **Be easy on yourself if you have procrastinated in the past.** You can't change anything about the past, you can only control today.
- **Be committed.** Your word is the most valuable thing that you have.Check your internal dialogue.How are you speaking to yourself? Is it loving and encouraging self-talk?
- **Prioritize.**You can only do what you can in a day and you don't need to be overwhelmed.
- **Always aim high.**You never know how great your potential really is unless you push past your limits.

The more that you practice these things, the quicker you can kill your procrastination. Create checkpoints and reward yourself if necessary, but always know that the biggest reward that you can get is following through with what you couldn't before. Most importantly, remind yourself that you can do anything!



DON'T BE AVERAGE.

Vision is the art of seeing what is invisible to others.

If you look at yourself and reflect on who you are, would you tell yourself that you are doing amazing andkickingbutt,orwouldyousaythatyouaredoingjustokay? Areyouputtinginthemostthatyou can into being better every day or are you just going through the motions? Whatever you answer to yourself, it's your reality and hopefully you are where you want to be. If not, let's talk about how you can begin making some changes today.

What you need to know is that the capacity at which you desire to strengthen and increase your success in all of the areas of your life, is one main common denominator among successful people. Being hungry is the most important element that differentiates and determines the quality of people's lives. The thing is though, that it isn't only about being hungry and wanting to succeed as much as you want to breathe, it is about **sustaining your hunger.**

Being successful doesn't stop when you hit your targets and accomplish just a few goals that you set for the day or the week. Real success is an ongoing process where you thrive off of the energy that you provide for yourself when you do hit those targets, but then you **reset** and prepare to go again! The key is to never stop reaching for success or growth in anything that you want to do. The moment you start feeling comfortable or stop reaching because your life "seems" better and you're feeling a little better too, is the moment you have allowed yourself to settle. When you start settling is when you start having problems because you lose your vision. This is called your *comfort zone*; a very dangerous place where you can lose the great things you've brought into your life after all your hard work. If you are currently in your comfort zone aka safety net, then this is also time for you to step out. You will begin to starve for change at some point.

Being comfortable is dangerous because you are saying "Okay, I've done it. I have reached my full-potential.", but have you really? This doesn't mean that you can't celebrate milestones like getting a promotion in your department or even getting the big raise you've been waiting for. It means great, you earned what you worked for! Now, where can you apply that positive energy and success as fuel in other areas in your life that also need a little upgrade. Yes, be happy and grateful with your new income, new home, new position, but don't relax for too long! There is a lways room for improvement:

- **If you are not expanding or working on improving your career/business, then work on yourself:** *mentally, spiritually, physically, and emotionally.*
- **If you are not working on your personal wellness, then look into what you can improve on in your relationships:** *family, friends, business, or*
- *create new relationships.*
- **If you aren't working on your personal life, then practice and improve your craft:** *tap into your natural talents, your career, your hobbies, and learn something new about yourself.*

Here are some habits that you can implement to go from average to amazing:

1. Account for all of the time that you are active during the day.

What are you doing with your time? Use a planner to track what you are actually accomplishing.

2. Wake up early.

Waking up late means having less time to do things. This is a habit of an unproductive person. Get your day started, eat a healthy breakfast, and use your fresh energy to knock things out!

3. Don't wait to feel motivated.

Do not solely rely on moments of inspiration or motivation. If you are waiting to feel motivated, you will be waiting forever. True strength comes from pushing yourself even if you don't "feel like it".

4. Read and learn some critical thinking skills.

Step away from the t.v., put your phone down and take the time to feed your mind. Read about things that interest you, things that make you feel inspired, and read to learn something new. Figure out how you can apply what you learn to your daily life!

Remember that it is okay to be passionate about your future. Always be consumed and excited about the possibilities, and while doing so don't ever apologize for being ambitious. Success waits for no one, so go and get it.

GET EXCITED, BE EXCITED, STAY EXCITED. NEVER SETTLE.



DON'T LET YOUR PAST BE AN ANCHOR

Allowing your past to be an anchor to your current and future well-being is something you need to attack and diminish today. If you are using past circumstances to define who you are, it is critical to take the time to address it. This includes and is not limited to: past trauma from parents, relationships, abuse, etc. Whatever your case may be, you are notwhat happened to you. It's not to say that the challenges that you went through were not difficult, hurtful or have no value, but there is no reason to allow those things to continue to follow you and hold you back from being the amazing person you are meant to be. Stop letting the past keep you from being the best version of yourself and lowering the quality of your life. Will you make the change today?

It comes down to how badly you actually desire to be happy. The reason is simple : you are the only one that knows how you feel about yourself , your life and you are the one that has the power to change it immediately. You may be thinking that it is impossible to make an immediate change, but it really isn't. It all starts with an intangible thing and that is your mindset. You can't see it or feel it , you can only feel the repercussions of what you allow in your mental space and what you speak to life. Think about what kind of thoughts you find yourself playing over and over again. For many people the things that they think about constantly are usually not something good that happened to them, it is something that hurt them, left them feeling angry or confused. Allowing this negative tape to be on replay will leave you in a constant state of wanting to know "why". You want to know why things played out how they did. You think to yourself what you have could have done differently and maybe that would have changed where you are today. This is a trap and you have to stop it and get out!

So, how do you know if you are living in the past and allowing it to be a mental block? You may be feeling "triggered" by things that happen to you and you suddenly feel an emotion that doesn't exactly match what is currently happening. This could be because you still haven't addressed a past incident that took place that really affected how you react to certain situations. Some people tend to suppress things they don't want to deal with at that very moment or they just don't know what is happening to them and they just let it happen. A lot of times we just weren't taught how to process traumatic and very stressful things in our lives. The good news is that there is always an opportunity to learn and make the necessary changes.

Here are a few things that you can do to begin :

1. Figure out how you feel about your life and then think about why moving on from the past is necessary.

- **Acknowledge what is holding you back and determine the reason why you have to move on.**
- **Do you need to forgive someone?**
- **Are you holding onto a failed relationship?**

2. Identify your emotional habits or triggers.

Now, this part may be a bit more difficult because you need to deeply analyze and it requires deep introspection.

- **Think about how you are living your life.**
- **What are your limiting beliefs? What beliefs have you set within yourself that won't allow you to go past a certain point?**
- **Where do you live emotionally? Are you in a constant state of fear, thinking only bad things will happen, always angry or on edge?**

When you are able to identify your emotional habits you will realize what you can do and what you allow to really affect you. You will notice how your emotions impact you on a daily basis and you weren't aware of them because you have become so accustomed to just letting it happen. If you can allow yourself to feel sad, frustrated, or angry you can train yourself to feel the exact opposite when dealing with challenging situations. Tell yourself that you will feel happy, positive, joyful, and strong! The key is to keep that mindset at all times no matter the situation and over time that will become your default.

3. Conditioning Your Mind & Thought Process.

This goes hand in hand with identifying your emotional triggers. Just like studying and thinking about your emotions and when they are triggered by something, it is the same thing with your other habits. If you Conditioning your mind means standing guard of what you allow to enter it. This means self-empowerment and overall self-growth. Feed your mind empowering and positive information. Something empowering for you to do can be things like reading books about things that interest you and will make you a better person, meditating, working out, and surrounding yourself with other like-minded people. You can listen to motivational videos and audios! You have access to empowering material on a daily basis, use it to your advantage! are the type of person that just lets life happen to you, then this is your time to make the change and start making life happen for you!

The best time to focus on personal growth is when you are trying to move on from your past. When you are only focused on bettering yourself you have little to no time to focus on any negative things. So, take all your energy and re-align your mindset. Focus only on the present and continue to build an amazing future. Don't let your past keep you from living your best life!



EFFECTIVE LEADERSHIP

How exactly is effective leadership achieved? Ah, the million-dollar question. Well, one thing is for sure and that is that no successful organization would be where it is today if it wasn't for effective leadership. Effective leadership is of the main drivers for growth, development, and overall innovation. So, it is a must for anything business! There is always someone (or sometimes more than one) specifically calling the shots and leading the rest of the team towards the most desirable direction. So, in reality, being in a position of leadership is more than just the title of being the "boss", but more of an honorable position where many people trust you to make decisions that will better their lives. It's a big responsibility, isn't it? Take note that some people may envy someone that is "above them", but it probably is for a good reason, or simply because not everyone equips themselves properly to lead others without o nly considering what's in it just for them.

Effective leadership is a more profound subject. It is a position that one has to work for and earn. It is a job with so much meaning and value, and it has the power to change many lives. There is no exact step by step formula to make every single leader the same (because it could also depend on the culture of the organization), but there are some fundamentals that all leaders should have ingrained in them. Before we get into those, let's first define what leadership is.

Technically speaking, l eadership means " to lead a group of people or an organization", but the truth is that it is not that simple. When broken down, a leader is really the core of a business because they have to execute the company's vision. Sometimes a leader may have to step into a position that someone previously held and have to redefine/improve the vision that was in place. Most importantly, a leader must set the tone for that particular organization.

Leadership means creating and planning. It is about motivating people to work together and cooperate with one another in order to achieve certain goals. You must also understand that leadership is different from managing. While management is an essential part of the success of an organization, it is different from leadership in a couple of different ways. A manager and a leader do not always necessarily come in the same package (we'll talk about this later), but basically it comes down to the specific tasks each position is made up of and responsible for.

So, let's discuss what makes someone an effective leader!

1. Effective Leaders are Decisive:

Effective leaders do not like to waste time. This includes the time that they need and take to make decisions. More often than not, there is so much time that is wasted in the decision-making process and it causes opportunities to be missed. Deadlines are pushed, procrastination becomes a habit, and some times production comes to a stop. You and your team stop producing results. Good leaders will make informed and timely decisions, and will always be aware of any specific time frames involved. Once a decision is made, a leader always commits to seeing things through. As an effective leader, always be aware that putting important decisions off can have a tremendous effect on the organization; therefore you must be logical and efficient with things. Remember, the overall productivity and growth of the business and team is in your hands.

2. Effective Leaders are Humble & Accountable:

Being an effective leader relies a lot on generating respect from others, that is earned through being humble. A true leader is open-minded and is willing to listen to others, as well as taking constructive criticism. Instead of relying on their title to give them "automatic" respect from their team, they earn it by taking responsibility for their actions and don't blame others when things don't go as planned.

3. Effective Leaders Give Credit Where Credit is Due:

Have you ever heard any horror stories where someone's boss steals their idea or takes credit for someone else's accomplishments? Well, this is why it's so important to acknowledge people's efforts. A good leader lifts others up and gives them recognition for their hard work. Someone that wants to see their team excel, knows that success is achieved through teamwork and must respect those who put in the work to make things happen.

4. Effective Leaders Help Others Grow:

A great leader helps people grow. They willingly share what they know without the fear of someone else taking their position or overstepping boundaries. They will also provide and make way for learning opportunities for those who are part of their team. Also, they encourage and build strong trusting relationships. They won't leave anyone behind!

Every organization should do whatever it takes to enable effective leadership. If you are currently in a position of leadership, consider what abilities you have that you haven't tapped into, that could make you even more effective. The more you practice good habits and seek to grow as person, the more you can do to grow your team.

What will you do to maximize their potential?

EMBRACE THE WORLD WITH YOUR IMAGINATION

Success requires no explanation.



What exists now was only just a thought in the past. Are you aware that your imagination is a creation station? It is an invisible workshop where everything that you see around you is the **product** of someone's thoughts; plans and objects created by unique people. A common misconception is that in order to be one of these people or "inventors" that are really successful and continue to be, is that you have to be intelligent at some supernatural level. That's wrong. We can all create anything that we **imagine!**

How?

The human mind works in very incredible ways and it is an extremely powerful machine that keeps you running 24/7. There is an infinite amount of stories about people who have done astonishing things, like fully heal themselves from diseases that they were diagnosed with that put them on a bedridden path! Imagine that! There have also been stories of disasters where humans are put to the test and out of nowhere get super strength to save a life. The point is that your mind can make you do anything if you really want to and it all starts with having a *desire.*

Desire begins by what we see; everything that you look at triggers your imagination. Every single day that you wake up you come in contact with things that stimulate and develop your imagination. This is exactly how people have invented all the things that we label as essentials in the modern world and what people used for survival in the past based on how far their imagination and senses were developed. Humans have discovered that our brains are both a broadcasting and receiving "station" for the vibrations of thought and that is exactly how dreams that we have come to life. The awesome thing about this is that the imagination is limitless and we have yet to reach the highest peak of it. What does this mean for you if you're feeling stuck with what you can do? **The only limitation that you have and you set for yourself, all lies in your imagination.**You set your own limits.

Your imagination is like any muscle or organ in the body. You have to exercise it and nurture it in order for it to give you the best possible results:

- **The more you exercise it, the more alert and aware you are of everything. This serves as a great tool for you because you filter out what you are allowing to enter your mind and you can detect what things are going to help you grow and go in the direction that you are imagining.**
- **If you choose to not develop your imagination, just like the muscles in your body, it becomes weak because you are not using it. This can be applied in anything that you are thinking about accomplishing:**

→ Your craft will not improve or reach its full potential if you don't put any time and effort into making it better.
→ You can't reach your dream career or position at a company if you aren't thinking and acting like the person you want to be. You need to already have the mindset and imagine yourself in that place that you desire to be.
→ You have to see yourself having perfect health and healing from any type of illness that you may be facing. Imagine how it feels to wake up every day pain-free and full of joy.

The good news is that your imagination never dies if you don't use it, it just goes into sleep mode until you decide it is time to make things happen, but it does weaken because of lack of use. Don't let that be the case for you! Tap into those ideas, dreams, and aspirations when you have them because they are there for a purpose. It is for this very reason that the wealthiest place in the world is a graveyard, think about it! Think about all of the thousands and thousands of people that are laid to rest that didn't live up to what they really wanted and guess what happened? All of their ideas died with them and no one knows exactly what they could have brought into the world. Every single one of them could have been super successful individuals. If you are someone that aspires to acquire any type of wealth, the key lies with in your mind . Bring your thoughts to life through action!

What You Have To Do:

In order for you to build and maintain the best imagination creation station is to be on a **continuous pursuit of knowledge.** Read that again. You have to not allow yourself to get comfortable and always be hungry for more. Get out of your comfort zones and step out and do the things that scare you. Turn off the t.v., stop scrolling through social media, and put your phone down! Pick up a book and learn something that will help you grow as an individual and in all areas of your life.

1. **Write down what you are thinking about and exactly where you want to be.**

- **Who do you want to be?**
- **What new skill do you want to achieve?**
- **What kind of life do you want to have?**

2. **Write down as close to an exact date as possible, when you want to acquire what you are imagining.**

- **The more specific and clear you are, the easier your journey is and it's harder for you to deviate from the path of success and prosperity.**

3. **Write down and construct your plan of action.**

- **Who do you need to be there to bring this to life?**
- **What exactly do you need to do to accomplish this? Include small and big tasks.**

Listen and take note: all who succeed in life must begin with a d efinite purpose. Definiteness of purpose begins by desire. Desire then translates into action. Action with faith brings forth exactly what you want. Continue to give life and guidance to your ideas as they come to you; push all opposition aside.

Accept opportunity. Be patient. Be positive. Embrace it all.



FALL IN LOVE WITH THE PROCESS

Our your habits putting you on the path toward success

Did you know that winners and losers have the same goals? Whether or not they reach their set goals is not what makes them a successful individual though. What makes a person successful is their system; a system of continuous small improvements that give them a different outcome over another person. The system of their habits.This is what makes a person truly successful and a winner. You may be a bit confused because the common thing said about successful people is that they always have goals and knock one out after the other, so isn't that resilience what makes them so amazing at what they do? No! It's the habits and discipline behind every step that they take that brings them an abundance of success. It's all about their habits, down to the smallest ones that creates the motivation, drive and ultimately brings accomplishments.

So, what does this mean for you? You need to do a habit system check, down to the simplest most small things that you do every day. When you wake up in the morning, what is the first thing you do?Do you go on your phone and check your social media ? Or do you get up, make your bed and get ready for the day? If you don't have any type of routine to get you going in the morning, then that is where you need to start! Without any healthy habits, you lack self-discipline and if you lack discipline then you have no control over what you are doing. Think about it for a second. Is your life just happening or do you have control of what is happening for you? Many people are not aware of why things are going how they are going , whether good or bad, but it is because they aren't paying attention.

A habit is defined as: a routine or practice performed regularly and in many cases, automatically. So, why is it so hard for people to create and maintain healthy habits for themselves? The reason is that changes that seem small and unimportant take a while to compound (kind of like money in the bank) and it will be some time before you see "big" results. Take this for example: You've been going to the gym every single day, changed your eating habits and you are wondering why you haven't lost the weight you wanted or gained the muscle that you expected within a couple of weeks. Most people expect immediate results when working on their physical

image, but the reality is that it is going to take some time for your body to get accustomed to your new routine and start showing results. It's nothing of another nature, it's just science and reality. If you haven't been giving your body what it needs to be fit and healthy for a long time, it is going to take some work to undo all of that. This goes across the board for other things as well like building a business or polishing your craft. If you are willing to stick to the small and what seem "unimportant" habits, you will see remarkable results over time.

The Winning System Consists of:

- **Self-Projection:** Project the image of yourself that you want to attain and practice this on a daily basis. Remind yourself how powerful your mind is and what an amazing life you can create for yourself. You have at your disposal a limitless and untapped resource to become a more creative, inventive and successful person.

- **A Positive LifeStyle:** Winning is mostly about having the right attitude to unleash your untapped potential, so adjust your gears! When you understand and apply the principles of being positive and winning you are bound to feel good, think more constructively and glow on the outside. Lose the habits of harsh self-criticism, laziness, procrastination, and feeling anxious. Take the time to figure out why these symptoms are popping up and address the real problem.

- **Excellent Self-Awareness:** A real winner is brutally honest with themselves.You understand and accept your potential. This type of individual is realistic with the time and habits it will take to acquire what they want. Be open minded. Act and feel in a manner that is consistent with who you are and who you want to be!

- **Be Adaptable:** Train yourself to be able to handle rapid changes. When you are an adaptable person you are not overwhelmed with change and you have no problem with some unforeseen circumstances. You think quickly on your feet and don't dwell on the problem. You become a problem solver and when stressful situations arise you accept them and keep moving. This is a great way to help unleash your potential because you know how far you can push yourself!

- **Living In The Present & Creating More Winners Around You:** You are aware of the big picture and understand your role in it. You indulge yourself in what is happening around you; at work, at home, and in your relationships. You savor every moment in your life because a winning individual understands the value of time. To top it off, you influence others and create more winners around you. Everyone ends up being on the same frequency of happiness, joy, positivity, confidence and really anything good that you can possibly imagine. It's all a domino effect.

See, too often people make the mistake of convincing themselves that "massive success" requires massive action. They put so much unnecessary pressure on themselves to make some record breaking moves that will have everyone talking about them, but that's not how it works! Why do you think people call these never before known successful individuals "overnight successes"? They are not overnight, it's been a work in progress. These individuals have simply put in the work day in and day out and finally hit the tipping point where success is all around them.

Always remember that just because your transformation may be slow-paced, it doesn't mean that you can just let bad habits slide. Ever! Single decisions are so easy to dismiss and you have to cut that out. Tiny battles like choosing to not eat a healthy meal for the day are the type of battles that will define your future self because everything has a consequence (good or bad). If you eat unhealthy food, you will feel tired and then you have no energy to get anything done...do you see it? It's all a cycle. Construct a successful system of habits for yourself and you will thank yourself later for the abundance of things that come your way. One step at a time.

- **The more specific and clear you are, the easier your journey is and it's harder for you to deviate from the path of success and prosperity.**



FOCUS & GET IT DONE

Our your habits putting you on the path toward success

Your mindset is everything when it comes to accomplishing a goal. When you are serious about focusing and getting things done, you have to have a very clear understanding of what it means for you to have a set target and how you are going to hit it. This includes having the correct attitude and perspective. Maybe you already have a strategy in place, but you have noticed that it doesn't work. It could be that someone gave you some tips and tricks, but you still didn't gain anything. So, what new things can you begin to implement throughout your day to get more out of your time?

To begin with, your attitude is everything because it is the foundation for your road to success. Whether you have a full-time job, run your own business or are looking to launch your own business, it's essential to know what tools you already have inside of you. It is possible that this whole time you've had the world in your hands, you just weren't aware of how to use your natural gifts—have you been applying the correct attitude, time and energy on the right things? Here's a quick attitude checklist for you:

- **Are you acting with purpose?**

When you act with a purpose, it is easier to navigate through your day and knock things out. You may be faced with challenges, but keeping your eyes on the prize and knowing what the purpose of your hard work is for will make you unstoppable.

- **Are you stretching yourself past your limits every day?**

We all have things that we know we can probably improve on and do better in. It's just a matter of demanding and pushing ourselves to do what it takes to make progress. No one can truly force us more than ourselves. Be your #1 cheerleader.

- **Are you using setbacks to improve your skills?**

Uncomfortable and unwanted events take place in our lives when they are least expected, and we don't like the inconvenience of not having control. Realize that sometimes setbacks are needed to refocus and realign ourselves in our work or personal lives. Don't look at them as a negative thing, but more of an opportunity to make yourself stronger.

- **Are you grateful and saying thank you?**

Being grateful means welcoming the good and the bad. This is because more often than not you will look back and say that even through the bad stuff, something down the road worked out for the best anyway. Saying thank you sets a good environment and provides great energy not only for yourself, but for those around you. Be thankful you woke up to live another day, you can breathe, work and be around loved ones. Learn to appreciate the small things that you often overlook, and when greater things come around you will see that abundance has always been on your side.



WHERE ARE YOU INVESTING YOUR TIME?

This is a very important piece to the puzzle. Are you using your time as efficiently as possible? We all have 24 hours in a day. You have 24 hours, I have 24 hours, your favorite music artists have 24 hours, your friends have 24 hours, so what is the difference? The difference is how everyone is investing their time. Highly successful individuals know that time is money. As a matter of fact, time is even more valuable than money because you never get it back. It's a one-time purchase every day and your long-term investment will show up later in the race. Your level of success will be measured by how and what you put into your hustle: hard work, long nights, stress, and perspective. The crucial thing is where you are making deposits and why. The reason attitude is also important here is because it changes the way you deem things as important or unnecessary. You may see others doing things that you absolutely don't want to do, but they have things that you don't have and are also wanting. See the dilemma? Always remember that your withdrawal from any of your investments (projects, self- improvement, etc.) will be based on where you have been making deposits with your time and energy. Remember that if you want something you've never had, then you have to do something that you have never done. Consider the following:

- **What things are important in your life?**

When you recognize what things bring the most value to you or to those around you, you will make better choices of where and how you spend your time.

- **What are the current obstacles you are facing and how are you handling them?**

If you have a problem-solving mechanism down, you will waste less time trying to find solutions and avoid making hasty decisions. If you are prepared, you can move on without too much hassle.

- **Are you seeing progress and improvement?**

Saying you are going to do something is one thing, but having results to show for it is what matters. Make sure to track your progress to make sure it is really happening. Yes, even the "small" things.

- **Are you taking on the proper behaviors and action?**

This is where you ask yourself if you are really doing what you need to do. If you haven't figured it out, then begin brainstorming of how you are going to do so—breakdown each step you need to take.



A FEW REMINDERS FOR YOU!

Some of these things may seem repetitive, but repetition will bring forth great fruits!

- **Keep your fire fueled at all times:**

Be passionate about what you are doing. This will be very helpful, especially on the tough days when things seem to be harder than usual.

- **Be intentional:**

Always write down what you want to accomplish in a place where you can always see it. On your phone, your mirror, your agenda, etc.

- **Schedule priorities:**

What has to get done and what can wait? Just a tip to remember what things may be stealing your time that can actually be put off for later.

If you find that through this journey you need an extra push and motivation, don't be alarmed it isn't supposed to be easy! Don't be afraid to search for other options. Maybe you are the type of person that needs someone to hold them accountable at ALL times. Choose an individual with experience that has already mastered the journey of self-discipline or designate someone that you love and trust to keep you encouraged. Ultimately, find a mentor or a coach—it is always better for someone to guide you that knows what they are talking about and cares about your success because they have been through it already. Take that step today and outgrow your comfort zone!



FORGIVE & LET GO

A very common issue that people face today is being stuck in the past. They are full of resentment, sadness, anger, anxiety; the list can go on and on. Many don't see that holding in all of these emotions is actually very heavy and it is keeping them from living at a high-quality level of life. It is not only heavy emotionally, but it affects people mentally, physically, spiritually, and sometimes even financially because they can't focus and are drained. Can you or someone that you love relate?

The problem is that many are taught to not process their emotions or "let things get to them", when the reality is that certain events that hurt them still cause an effect subconsciously even if they try to ignore them. Some cover up traumatic pain with drugs, alcohol, abuse, violence, and many other forms of self-neglect. Thinking that they are doing themselves a favor, they are actually hurting themselves and continuously suppressing the feelings and thoughts that need to be acknowledged. Instead of covering things up with bandaids, rip them off and do full-on surgery from the inside out!

This goes to say and to remind you that all pain is valid pain, meaning that no one's pain or suffrage is greater than someone else's. You don't know exactly what they went through and how they have been affected, so there is no comparison of who is more "damaged". What you can do is begin to acknowledge what you hold inside of you, and little by little let it out. Some things may be very difficult to speak about or even think about again, so you can take your time in working through it, just as long as you begin!

This is where forgiveness starts.

You have to forgive yourself and those that caused you pain. Some may have done or said things to you that they weren't even aware that was hurtful to you, but forgive them. There are those that were hurtful on purpose, but forgive them also. Yes, it may seem unfair or crazy because you feel like you need an explanation or apology, but you really don't need one if you are serious about letting go and moving forward. Don't wait on anyone to apologize or explain anything to you, or else you will be waiting forever. What you need to do and what is most important, is forgiving yourself! Embrace all of those battle wounds that were left behind. Embrace who you are now and turn that pain into power!

Once you have stepped in the realm of forgiveness, you will notice a weight beginning to lift off from your body. Did you know that holding in any negative feelings such as anger and resentment can affect you at a cellular level? So, it is realistic for you to literally feel "weight lifting off". Have you ever noticed chronic pain or pain that is triggered as soon as you start to get worked up? Those are trapped emotions that need to be acknowledged and released. It's the same as the relief you feel from accomplishing a task that was stressing you out. Having chronic pain can lead to you feeling drained and having little to no energy to get things done; so you then become unproductive because of unprocessed emotions. Are you beginning to see the power in letting things go? Do you see any of these symptoms within yourself?

So, what else can you do? Here's a little to-do list for you:

1. Commit to letting go.

It's not going to happen instantly, but it will happen eventually.

2. Think about the pros and cons.

What has holding onto pain caused you to do or feel?

3. Realize that you have a choice.

What has holding onto pain caused you to do or feel?

4. Understand your responsibility.

You are the only one in charge of your life, well-being, and happiness. Acknowledge it and make it happen.

5. Focus on the present.

Ah yes, the ultimate reward of letting go. You now have the time and energy to focus on today and that is all that matters. Tomorrow is never guaranteed.

6. Welcome peace into your life.

You are allowed to be happy and experience joy. Why not start today?

The list of benefits from forgiving and letting go is endless, but here are a few things:

- You will have healthier relationships.
- Your mental health will improve.
- You will feel less anxious and stressed.
- You will have a stronger immune system.
- Your self-esteem will improve.

It all comes down to truly loving yourself and only wanting the best for your life. It begins with what you hold in your heart and in your mind. You can heal your soul just by beginning to forgive and let go. So, trust the power of forgiveness to heal the hurt and pain.

True forgiveness is a rational act of self-love.



FULFILLING YOUR NEEDS BEFORE A RELATIONSHIP

Our lives revolve around relationships, right? So why not take the time to analyze and understand exactly who you are and what you need in order to thrive in the relationship that you are seeking? The most important thing that is often overlooked by people is, what exactly is that I am looking for, and why? If you don't know what it is that you need to be genuinely happy in a relationship, our first suggestion is, don't be in one just yet!

The first step in identifying the needs in your relationship (or future to be) is to identify yours.

1. **Define your core values**
2. **Understand your emotional needs**
3. **Identify your love pattern**

Let's break them down:

1. Your Core Values:

These are the things that you are not likely to change; you can call these your "non-negotiables". Your values can derive from specific beliefs that you truly feel and have established that you need them to be who you are. This can include trust, decision-making, honesty, spiritual beliefs, family, self-discipline, or a specific lifestyle. Everyone has different core values.

Always keep in mind that when it comes to overcoming and dealing with issues as a couple, whether big or small, values are what count the most. This is because if you are not on the same page at the "core" then when things get shaky, both individuals will be pulled in two different directions causing additional problems. Now, who wants that? Make sure that you communicate your values with the person you intend to build your life with.

2. Your Emotional Needs:

So, now you understand that your core values are the foundation of who you are as an individual and that they will serve as a foundation for your relationship. Well, your emotional needs begin to define things at a deeper level in your relationships. One thing that you have to know is that you have to acknowledgetheseneedsb eforeyouattempttofindsomeonetofillthem.Thisgoestosay,thatyou must take responsibility for yourself and not put it on your partner's shoulders. Sure there are certain things you need the other person for, but if there is "baggage" your partner isn't aware of, then that may cause some problems. If your emotions are triggered and you don't even know what the root cause is, how can you expect your partner to fix it? It will be unfair if they don't know what you were carrying to begin with and confused as to why they have to deal with something they didn't cause. This happens all of the time, so invest in healing those emotional wounds.

Once you understand what fulfillment means to you, you will be a step further in finding a partner who you can feel satisfied and happy with. You have to be happy with yourself first.

3. Your Love Pattern:

Think about relationships that you've had or that you currently have, that have brought out the best in you. They don't necessarily have to be romantic relationships (although maybe a better gauge in this case) but take time to see how you really felt; did these relationships help you grow and make you feel fulfilled? Consider your relationships with your family and friends, in what type of environment did you feel the best? The key is to think about the people who make you feel safe, secure, and those whom you can be yourself around with no worries! Make note of the pattern you begin to see. Is your mindset like those certain individuals? Do they have a certain personality or energy that you are drawn to?

Often, the people who you feel the most comfortable around posses the kinds of traits that you need and desire for a successful relationship. All of the qualities won't be the exact same, but you will more than likely be attracted to something that feels familiar. Again, this is why you should be very aware of who you surround yourself with and what type of things they bring out of you. Make sure it is only the best!

Don't be afraid or feel left out because you are taking the time to be centered and sure of who you are. If anything, you are doing what you should do to obtain a healthy and lasting relationship.
You are setting yourself up for success.

GENERATING POSITIVE ENERGY THROUGH SELF-LEADERSHIP



When combined, mindset and leadership mastery can create wonders. Imagine that! You have the correct mindset that sets you up to be a successful individual, who also has the skills of a leader that will thrive. You are someone who is open for continuous growth and learning. In addition, you have mastered the skill of being an influential person who knows how to communicate and connect with people in order to impact their lives. What you must figure out today is whether or not you have mastered these traits or if you are on the journey of mastering one or the other. Something you may be wondering is, well what if you're not in a position of leadership? The truth is, that regardless if you are or aren't in a position of leadership, whether it's at home or in the workplace, it all starts with you. You are the commander in chief because you establish the quality of your life and generate your own energy. Therefore, you have to always take care of yourself by making sure that you are balanced in all areas of your life!

Self-Leadership & Energy

You may not always see it, but we all look at each other for some type of guidance at one point. Maybe you're the one in the group of your friends that everyone goes to when they need help solving a problem or need a piece of advice. Also, you may not notice, but everywhere you go, say a place where you always go to buy coffee or lunch, you may be inspiring someone. It can be the employees there or other regular customers like yourself, that are admiring the awesome energy that you carry. Bottom line, someone is always listening to what you have to say, and you always want to be prepared to be the best version of yourself to speak life into others. Keep in mind that sometimes when people hear you speak, it's not because they were directly engaging in conversation with you or eavesdropping, but they may catch an inspiring phrase that came out of your mouth. Has that ever happened to you? A stranger inspired you without them even knowing it; through a smile, through a small gesture, or through their kind comments. You literally caught some of the energy that they were radiating and changed your day just a bit. Didn't it make you smile for the rest of the day and it linger in your mind?

How Do I Create Positive Energy?

Being equipped with the best energy to inspire others is not because "you have to", but take it as a sign that you are transforming who you are from the inside out. You can also think of it as a way to measure your progress to see if you are truly changing. Think about what brings out the best in you and why.

A Few Examples:

- **Valuing and loving yourself so much that you are providing yourself with the most basic essentials to make you feel happy and energized; healthy foods, exercise, time for relaxation and self-care.**
- **Believing in yourself; you have positive self-talk, reminders to keep you going, and giving yourself breaks when needed.**
- **Being honest with yourself; when you are in over your head, when you aren't improving, when you aren't pushing yourself enough knowing that you can, and when you are right on track!**

These few things make you feel awesome, don't they? It's because it all makes you feel good from all aspects. There are many more to add to the list, but unfortunately, people still struggle with just the basics. You see, when you begin to understand that your mindset is a powerful tool that can transform you into whoever you want to be, you will give it all it takes! Read that again. You know that your mind can make you whatever you want to be and bring forth whatever you desire, so why not begin to focus on the essentials? You must master self-leadership a.k.a taking care of yourself first! Trust me when I say that when you feel good about yourself, you will want to share it with others and you won't ever accept anything less!

Begin to put all your energy and time into taking care of yourself from the core, through the basics, and build the strongest foundation possible that will make you blossom. Just by paying attention to small things that make you feel good, you will bring on a positive state of mind that will allow you to make clearer decisions on just about anything. In this state of mind, you open yourself up for inspiration, growth, and ideas that will solidify who you are and what you can do. Once you are secure and aware of who you are, then you can share the love and wisdom with those who need it as well. Do you see the pattern? Self-leadership brings to life all good things.

- **Be accountable.**
- **Own your mistakes.**
- **Cultivate emotional intelligence.**
- **Be humble.**
- **Be self-driven.**
- **Be courageous.**
- **Be passionate**

HOW TO BUILD STRONG & POSITIVE RELATIONSHIPS IN THE WORKPLACE



Without saying much, it goes to say that having positive and happy relationships in the workplace, is the most desirable environment. You are destined to thrive and be more productive when you can easily communicate and connect with those around you. In fact, this may cause your team to get ahead and leave room for new things that the place of business and each one of you can benefit from. This could be a raise because there is more profit being made, or a promotion because you have become a crucial part of the team. Instead of focusing your energy on dealing with problems that come with negative relationships, you must harness your energy and invest it in focusing on new opportunities.

Here are six ways that you can build strong and positive relationships in the workplace:

1. Open and Honest Communication.

We have all heard that the key to any successful relationship is communication! All good relationships rely on honest and open communication. People communicate in many ways whether they are face to face, sending an email, or sending a text message. It is very important to consider how you communicate with others. Take time to consider the intention of the conversation you are going to have with someone, and how you will get your point across in a way that the other person will understand exactly what you are saying. You must know what outcome you want from the conversation. Be sure to use clear and precise language to ensure that there are no misunderstandings or mixed messages. The better and more effective you are able to communicate with those you work with, the more positive and successful the relationship will be. There may be things that you didn't know about that person you will become aware of, and it can make a big difference just by communicating with purpose.

2. Show Appreciation.

Everybody loves to know that their hard work is appreciated and when it is made know they shine even more. Someone that is recognized and knows that their work and efforts are valued, will continue to perform and produce results. They may in fact just go above and beyond what they were already doing. Everyone likes appreciation and wants to feel as if they are making a worthwhile contribution to the team. Showing genuine appreciation will go a long way in developing good working relationships.

3. Be an Active Listener.

You really need to focus and listen to your colleagues when they are speaking to you. Give them time to explain and say what they must say without interrupting them. A good idea would be to take notes while listening to them to make sure you catch all of the key points and address them once they are done talking. Make sure to maintain eye contact to show that you are engaged and attentive. You can make the other person feel comfortable by matching their body language and tone of voice. They may not know it, but you are matching them to make them feel comfortable with you and open up to you. Focus on really listening to your teammates or clients, and see how positively people will respond to you. Active listening is a skill worth consciously developing, as you will find that it will help you quickly gain peoples trust.

4. Be Positive.

Who doesn't like to be around positive people? Everyone loves the positive energy and it is quite contagious. Since positivity is contagious, people are more drawn to others that demonstrate it. It could be through the way that you carry yourself, the smile on your face, the way you walk, and the way that you talk! Positivity creates energy and it will strengthen your relationships with those around you. The more you create higher quality energy, the higher quality the relationships you will have, and ultimately the higher quality results you will get. It's a win-win for everybody!

5. Be Respectful.

Respect is a must across the board for everybody and anywhere that you may be. Respecting the people that you work with means that you value their views and ideas for the simple reason that everyone is different. This will enable effective and creative working relationships that will benefit both parties. This will also allow for open communication because everyone will feel comfortable and know that their voice will be heard. A great benefit from welcoming diverse opinions from co-workers, are you growing as a person and being aware of what else is out there aside from your personal knowledge. Always be accepting and open towards others.

6. Be Clear About Your Needs.

It is important to understand what you need from your colleagues, and also consider what they may need from you. It may sound like common sense, but many people don't take time to do so and wonder why disagreements come about. Communicating each other's needs can simplify and strengthen relationships, as well as eliminating misunderstandings. This will help you progress on your career path because you are clear about your intentions and aspirations. Knowing what you want and making it known can go a long way.

For a successful career, you need to build positive and healthy relationships with your colleagues, clients, and other stakeholders in your organization. Think about your working relationships and how you can build and maintain stronger relationships. How can you be more engaged? You have the power in your hands! The more you put into building positive relationships, the more you will get back.

THE NAME OF THE GAME–CONFIDENCE.

With confidence, you have won before you have started.



In order to succeed in anything that you desire, you need to face and overcome any fear that you may have. Being confident doesn't mean that you are not scared of anything, it is acknowledging that although you may not know the exact outcome of something you don't hold yourself back. Instead, you push yourself and stretch your limits every single chance that you get. Pushing yourself in the moments that you feel scared is when you allow yourself to break away from your comfort zone and grow. Notice that people that are successful show a high-level of confidence in a specific area of their life that causes them to execute and make an impact in the industry that they are in or want to be a part of.Confident people always work on developing and perfecting their craft, and that includes building their confidence while doing so.

So, what are you waiting for?

Confidence is very important to your success because you are showing others that you know what you are doing. You are grounded with who you are, you know what you want , and you know how to execute. You are telling others "Hey I am here, let's do this!". It's all a matter of being aware and continuing to develop this skill overtime. Think of your confidence as a seed of a plant that you've been waiting to grow; you have to water it and give it the care and attention it needs in order for it to sprout into the beautiful plant it was created to be. It is the exact same thing with confidence, in order to get it to the level that it should be at you need to:

- ☐ **Be honest with yourself:** *What is your confidence level currently at ? How are you nurturing it?*
- ☐ **Be aware of your current state of mind:** *Are you being positive and open to challenges/change?*
- ☐ **Acknowledge your weaknesses:** *What areas in your life do you struggle with?*
- ☐ **Acknowledge your strengths:** *What are you naturally good at ?*
- ☐ **Who are you and who are you not:** *What makes you unique and why are you not like others?*

If you neglect this area of your life you are doing yourself a disservice and creating a road block. If you are wondering why you are struggling with certain aspects within your personal or work life, take a moment and look at where your confidence stands. This could be decreasing your overall productivity and effectiveness in all areas of your life, especially if you consciously are allowing yourself to be like this. Know that you have the power to take control of your confidence!

Confidence vs. Arrogance

Another thing to keep in mind is to not confuse confidence with arrogance, because then it defeats the purpose of having confidence in the first place. Arrogance can come across as rude and a lot of the time it can be seen as insecurity. You want to show others that you are comfortable in your own skin and that you are secure with who you are, all while also showing humility. Being humble and confident go hand in hand because you are controlling the power that you have within you telling you that you can do anything, but you are always aware of what you may not be able to do. This is not limiting yourself, it is simply being honest that your strength may not lie in a certain area and you know how to handle it.

A common example is when someone asks you a question about a subject that you either were not prepared to talk about or you just don't have any knowledge of it. What do you say?

1. Are you honest and say:

"I do not have the answer for you right now, but I will figure it out and get back to you on that."

2. Do you completely dismiss it and say:

"I don't know."

3. You just make something up on the spot.

The best answer is of course #1 because you are being honest with both yourself and the person asking the question. Saying that you don't know can be risky because you can come across as careless and maybe even lazy because you are showing no effort in trying to find an answer. Number 3 is a bit of a gamble because you are allowing the possibility of being wrong (which could end really badly depending on the situation) or you can be right and be just fine! The key here is to be prepared , because if you are prepared then you will be ready for anything. If you are ready for anything , then your confidence will sky rocket. Always be ready!

Whether this is for your own personal development or something that you want to apply to your life as an entrepreneur, you have to have a solid level of confidence to put yourself out there; for relationships, networking, communicating, or growing your business. You are taking a risk in having to convince others why you are the best choice and that they should invest their time, energy or money into you. This is why you have to be prepared. Be the person that protects and develops their confidence at all times.

Start with the small things to build your confidence:

- [ ] **Make your bed first thing in the morning after you wake up.**
- [ ] **Smile. Tell your face what to do!**
- [ ] **Drink water and eat nutritious food. Food = Your Mood.**
- [ ] **Create a list of what you are good at and meditate on them. This can get you going!**
- [ ] **Do what you say you will do! Be a person of your word.**
- [ ] **Listen to music that boosts your mood and gives you energy!**

Look for the good, potential and have faith in yourself. Life is a confidence game.



THE MOST POWERFUL YOU

Positive thinking is powerful thinking.

Being a powerful person does not mean being a perfect person. If anything, a true powerful individual embraces their imperfections and weaknesses. This type of person is aware of what they can and cannot do, and they know how to manage both of those aspects of their lives.If you know where you are strong , it is easier to do everything: communicating with others, completing tasks, and building trusting relationships. Developing the habits of a powerful person and understanding how to evolve into that state of mind takes consistent practice, as well as accountability.

If you want to tap into the most powerful version of yourself, start by being intentional with every step that you take, even the smallest ones.

At the heart of every action that a person takes, there is also a step being generated: **in the direction towards or away from power.** You can apply this in your workplace or in your personal life. Now, how can you identify where the power lies and how can you gain control of it? Let's say that you are someone that is working at a job that you hate: you have no motivation to get up in the morning, it is a daily drag, you constantly complain about it, and you feel like you probably aren't getting paid what you are worth. What you have to do here is figure out why you are there to begin with. How long have you been feeling like this and why have you been dragging it along? Answering those couple of questions will help you realize whether or not you have been using your power and applying it correctly. Consider this:

- **If it is not something that you are passionate about, then yes you will be unhappy and unmotivated to be there.**
  Have you gotten too comfortable ? Are you there because you've chosen to not look somewhere else?
- **You are wasting time and energy on something that won't lead you to where you really want to go.**
  You will burn out, not because you are tired of but because you are uninspired.
- **You are in an environment that isn't allowing you to thrive: emotionally, financially, mentally and spiritually.**
  Get serious about taking time in finding what you want to do and where you can truly grow considering all aspects of your life. What kind of life do you want to have?

Realize that the sooner that you take action and start making changes, everything else will shift. Your energy, your drive to get things done, your reason why to get up in the morning, your confidence and the overall essence of you. This applies to not only the example above, but also for your relationships. If you are unhappy with a relationship, whether romantic, business or friendly you have the power to make a change. When you **stop** complaining, being negative, being unhappy, and meditating on all the bad aspects of where you feel "stuck", you will see that your *power of will* alone can get you to a better place.The key here is taking personal responsibility. No one but **YOU** can make you do what you want to do. The real power is knowing that you become what you believe you will become.

How You Can Develop This Skill:

When processing and understanding the power within you, you will then know that moving forward you can't consciously blame anyone for your reality and you can only seek acceptance from yourself when making changes. Any type of validation has to come from within you because only you have to deal with the benefits or consequences of your choices and actions, good and bad. In this case, it is all about you.

In order to become the most powerful you :

1. Develop your emotional intelligence:

Understand that you can't give others the power to control how you react to things. No one can make you feel how you don't want to feel.

2. Know what you are made of:

Are you a follower or a leader ? What is your personality like? How self-aware are you? Remind yourself that you need to be an intentional individual.

3. Be mindful of what you are looking for:

Whatever you are searching for you will find it! If you are only looking for negative (or positive) things, that is exactly what you will find.

4. Learn to generate high-quality energy:

If you don't feel good, you can't focus and put your best effort forward in anything that you are doing. Interrupt the bad energy and get yourself back on track. Get up , move around, keep your eyes on the prize!

At the end of the day, it all comes down to self. Self control and self awareness. Control of your energy, time, thoughts, perspective, success, health, everything! You are the driver of your life. The only one determining where you will go is... you guessed it, YOU.

What are you waiting for?!



THE MINDSET OF A HIGH ACHIEVER.

Have you taken notice of any commonalities of people that routinely reach their goals? Today I want to share are a couple key factors that you need to put into practice while you are on your journey of transforming and evolving into an unstoppable high achiever.
This is your high achiever checkpoint!

Let's start with what you are doing to actively create and kick-start your motivation, aka fuel for your day. What is the reason for you to get up today? Did you wake up excited and energetic to conquer the day? If you don't have a set reason as to why you do what you do, you need to be clear on that prior to moving on to the next couple of items at this check point. If you need to take some time to think and solidify your why (a must), do so before checking off the following things—together they will make so much sense.

1. Being a continuous learner.

We are the only ones that limit ourselves based on what we tknow and by what we do, based on what we know. Your opportunities and abilities are limitless when it comes to completing a goal, it really all depends on where you are applying your work, time and energy. This is an opportunity where you can practice being more open minded and you will notice that stepping out of where you feel comfortable is not as bad as you thought. Remaining in a place of "comfort" will actually prevent you from growing and excelling in many areas of your life, and block you from reaching your full potential.

You pass the test of being a continuous learner if after learning something new, **you are living it.** Don't confuse this part with just understanding. You didn't learn it if you aren't owning it and showing it. Don't let your ego get in the way here, there is no room for that. You don't know everything that you need to know. If that was the case, life would be pointless and frankly quite a bit boring. Take this as your chance to create and make healthy habits.

This is a significant factor for growth and overall success. Knowledge isn't enough, apply and incorporate what you learned into what you already do.

2. Being a person who has solutions not excuses.

Bottom line here is that no one likes a complainer or a negative Nancy, especially when it comes to a high achieving individual. You will hardly, if ever, hear a successful person ramble off about how exhausted, stressed and overwhelmed they are. They just don't talk that way. It's not that they are immune to stress or being overwhelmed, rather they do something about the problem instead of wasting time looking for sympathy. This is where you go through the list of what you can do to find balance and solutions. Cut out unnecessary obligations and take more action! Don't waste energy talking about the problem—recognize the challenges and get moving on what options you have.

3. Being mindful.

Successful individuals actively practice mindfulness and being present in the moment. With this you learn to value what is going on right here, right now. This type of individual doesn't have the time or energy to stress about what happened prior to the present moment or stress about the future. This is taking control of your choices and mental energy. Mindfulness is not something that comes naturally to everyone, but it is something that is practiced and that you have to focus on improving. If you are unsure of whether or not you are mindful, think about how you feel when you go out and are around family or friends having dinner. Now, are you really listening to the conversations being held at the table or are you thinking about what you have to get done at work tomorrow? If this sounds familiar, start making those adjustments and bring your attention back to right now.

4. Keeping your eyes on your own work.

High achievers do not judge or compare. Why? Well, because this is throwing away your energy. It's not only not judging others, but also not judging yourself. Of course, there is a difference between holding yourself accountable when trying to get something done and being too harsh on yourself when evolving into someone better. You have to remember that we are all built differently and are unique in our own ways, so our roads to success will not be exactly the same. Comparing isn't relevant and can give you a false sense of ego sometimes, because who you are and what you are capable of has nothing to do with anybody else but YOU. Whether you think that you are more or less than someone, let it go entirely—it is isn't useful when trying to better yourself.

Once you begin to put these high achieving habits into practice, if you haven't already, make note of your thoughts and improvements along the way. Journal how you feel and deal with challenges once you begin applying the changes mentioned above. Do you notice something different? Maybe you are feeling more confident and capable of doing new things. There is always room for improvement, so don't fear change.

THE GREATEST GIFT YOUR HEALTH



The greatest gift that we can have in our lives is our health. We often overlook the simplicity, but also the complexity of our bodies. We breathe without thinking about it, our heart continues to beat without us continuously telling it to and we are able to get up and walk. It really is the simple things that humans are given that are taken for granted because we just expect them to be there, which is not necessarily a bad thing (these are great expectations) but sometimes the gratitude isn't there for them. Always be thankful for your health, but don't forget that you have to do your part in maintaining it.

Your body is your vehicle, literally like a car. If you forget to put gas in your car, what's going to happen? Your car isn't going to turn on and it can't go anywhere or take you where you need to be. So, if you skip meals or don't eat the right food then your body will react exactly like the car. You are bound to feel lethargic, unable to focus, grumpy, stressed and you will have no energy! If you have no energy then you are putting yourself in a position of disadvantage and ineffectiveness because you won't want to do anything! If you are wondering why you feel like you are always dragging your feet, have you checked on what you've been putting in your body? Are you drinking enough water? These are things that you have to be aware of every single day. Once you begin to implement this little by little, you will begin to feel the change and you won't want to go back!

Yes, change is not always easy, but the reward at the end and during your transformation is all worth it. The key to having optimal health is really doing your part on giving your body what it needs for it to make you feel great. Keep in mind that change is good and it represents growth. Growth equals life and happiness! So, what do you need to focus on to get yourself on the path of a strong and healthy body?

The Must Have's:

1. Fresh Air:

No matter the time of day, it is crucial that you get as much fresh air as possible. A lot of people work indoors and they are always breathing in recycled air, along with their fellow co-workers (ever wonder why the

whole office gets sick?!). Not only while at work, but on the way to work they blast the air conditioning or heater in their car and that is also recycled air! It's simple things that you can do to get some fresh air. You can drive with your windows down or crack them a bit to at least get a breeze from the great outdoors in your car. You can also wake up a bit earlier and sit outside before going about the rest of your day; try reading, meditating, or having your breakfast outside if possible! Bottom line, breathing fresh moving air is the best. It can also increase your energy and make you feel motivated!

2. Water:

This is what we need most and usually don't drink enough of it. Did you know that your body is made up of 70% water? You better tone it down on those lattes and carbonated drinks! The best time to drink water is as soon as you wake up and continue hydrating throughout the day. If it helps, set reminders and alarms on your phone to tell you it is time to drink more water. Thirst sometimes comes across as hunger, so before you begin snacking on anything consider whether or not you've had enough water that day. Always drink water first!

3. Sunlight:

Sunshine is a very important component of your health. Did you know that it is the highest source of complete nutrition? Sunlight is actually one of the greatest healers when it comes to lifestyle diseases: obesity, diabetes, and heart disease for example. Just like water, people don't get enough sunshine. So instead of staying indoors in the mornings or in the afternoon, go outside, go for a walk or a jog and get at least 30 minutes of sunshine on as much skin surface as possible.

4. Whole Foods:

Everything that we need to eat to be healthy individuals has been given to us by mother nature. Anything that grows from the ground or comes from trees a.k.a food that is not frozen or packaged! The nutrients that come from whole foods give us the capacity to fully heal ourselves from disease. So, if you are currently dealing with some type of disease, take a good look at your diet. Are you eating nutritious meals as much as possible? Have you considered meal prepping to save you time and to keep you away from making other meal choices? Meal prepping may be the best, especially if you have a full schedule!

> Now, this doesn't mean that you have to make a diet change overnight, if anything it is best to do so gradually. Baby step your body into eating better foods and slowly detox from all the chemicals that currently exist in your body. You can do it!

5. Movement:

Get up and get moving! Feeling down or stressed? Get up and walk around for a bit. Need an energy boost? Do a few jumping jacks! The key is to keep your blood flowing is to have regular movement throughout the day. This not only boosts your energy, but it also fires up your immune system. A well-kept immune system can protect you from viruses, bacteria, and overall sickness. Break a sweat for at least 30 minutes every day.

All of the must-have's that were mentioned above are amazing for you, but don't forget to include the unseen. The things you are feeding your mind and spirit. You can also tap into these through the above activities. Take in the joy of sunlight and feel gratitude. Exercise will provide you with mental clarity and emotional stability because your emotions and thoughts will be redirected. If you really desire it, you can have optimal health at any time, it will just take some work.

Health will provide you with a state of complete *harmony* of your mind, body, and spirit. Get started today!



SELF DISCIPLINE & SELF LOVE

Our your habits putting you on the path toward success

The power of self-discipline is immense: what you say you are going to do is one thing, but actually following through and bringing what you say to life is another. So many people are not willing to do what it takes to make their dreams come true and never get to see how far their potential was able to take them. It's no wonder they are not making progress in life! You can't want and ask for everything when you have no intention of putting in the work to make that happen. You need to have a set intention and a plan of action to acquire anything you desire. You need self-discipline; where there is a will, there is a way.

The center to bringing any dream into fruitionis: Self-Discipline

You Master This, You Can Conquer Anything.

Self-discipline is all about gaining control and command of your mind to have the ability to choose actions that are in your best interest. This could be as simple as what time you wake up, if you choose to get up, and what your first activity of the day is going to be. Unfortunately, the majority of people are waking up every day and are not making decisions that are in their best interest, and what's worse is that most of the time they know it. They feel like the world is attacking them so naturally, they feel like it is okay to go down with everything since all of the odds seem to be against them. Allowing yourself to sink with the circumstances is the worst thing that you can do for yourself because that means that you don't have control over your own emotions and thoughts.

Self-Discipline Is The Definition Of Self-Love.

It may sound a little harsh, but it is direct and true. Think about it. When you say that you love yourself, it means that you behave in a way towards yourself that is loving, right? This means positive self-talk and giving your body what it needs on a daily basis. There are 7 things that you need to

focus on and that you can use as a guide to do things that represent self-love. They are simple:

1. Drink enough water (and then some):

Often times when you feel hungry you are actually dehydrated!

2. Get some fresh air:

You will be able to think more clearly and be more productive! This is even more of a must if you work in an office environment or generally spend a lot of time indoors.

3. Go outside and get some sunlight:

O ur bodies are just like plants; we need sunshine in order to grow, thrive, and regenerate. Just like water, most people don't get enough of it.

4. Eat foods that have nutritional value:

Give your body what it needs so that it can generate the best quality energy for you and help you win.

5. Give your body sufficient exercise:

5 minutes is better than 0 minutes, so get moving!

6. Be mindful of the relationships that you have:

Partake only in healthy relationships where you can love yourself, love others, and it is reciprocated. This protects your peace and energy.

7. Focus and do what you love:

This is having a passion and purpose. It is easier and it feels so much better when you are spending time doing something that makes you happy. Use this as a source of energy and motivation. You can also use it to make a difference in other peoples lives!

Doing all of these things for yourself are just the basics. It won't cost you anything other than time and effort. Because you are doing these things, in return you will have more time and energy to do what you want! It's a win-win situation! Begin developing your self-discipline with the basics.

But, There's More To It.

Self-Awareness:

Self- discipline and self-love means telling yourself when you are about to make a decision that may stagger the progress that you have been making. It is when you tell yourself: "Hey, I know that you really want to eat that slice of pizza and it will taste really good, but I love you too much to let you eat that. It's not going to make you feel good later." Or, "I know you really want to go out tonight with your friends, but you have a big test you have to study for and you need to pass it!"

It is the voice of reason that you hear when you KNOW that you should or shouldn't be doing what you're about to do. This is *self-awareness*. It's the voice that already has the answer, but sometimes you choose to ignore it. It is knowing exactly where you want to go, what you want to do, and what you need to do; **your mind will let you know!** Some ways that you can practice self-awareness are:

- **Take 5 minutes to yourself to gather your thoughts and recharge your energy by meditating.**
- **Focus on one thing at a time. The more you try to do at once, the easier it is for you to get overwhelmed and distracted.**
- **Slow down! Everything doesn't have to get done today. Prioritize what must be done and what can wait.**

Sustained Happiness

The road to sustained happiness is accomplished through **disciplining** yourbehavior. A big part of what makes us happy is how we feel about ourselves and sometimes how others feel about us (because relationships are all around us). The most important thing here is that you need to know that YOU come first. You need to be happy with who you are before you put your happiness and sense of approval in the hands of other people. This isn't to be selfish or to say that you should be oblivious about others, but it is to let you know that YOU are more than enough. No one else is doing the hard work for you and no one is getting up every day to do what YOU need to do. Knowing that you are more than enough can't be stressed enough because it connects directly with your self-esteem. You can't allow the opinions of others to affect how you feel about yourself because it will crush you and you won't be able to move on from that. It's dangerous. You have to be grounded and know that you are the only one that determines anything in your life. You have the ultimate power in your mind.

Sustained happiness also means being able to move on from your past. If you come from a broken family or any type of relationship, there is nothing that you can do about it now, but it is your responsibility to not let it affect you today. You are not what happened to you. You are who you want to be. Period. This is having self-discipline because you are aware of what is happening r ight nowand that is all you need to continue growing as a person.

A couple of other things you can include in your self-discipline journey:

- **Know and be aware of your weaknesses.**
- **Be a person of your word. This will build your confidence and let others know you are trustworthy.**
- **Create and maintain new habits.**
- **Be grateful.**

Remember, you are more than enough and all things are possible. All your dreams and goals that you want to achieve are possible. All you need is clarity and discipline to commit and execute.

Start Today!



RELATIONSHIP TIPS STOP ACCEPTING THE UNACCEPTABLE

It has become more and more popular to not be so committed in a relationship because it seems like it may be "too much". Everyone is free to have their own reasons and opinions, but most people whether they say it or not, do prefer to have someone whom they can call their partner/significant others. It's not just anybody, it's someone that they take time getting to know and really analyzing whether or not that may be the best person for them. So where do we go wrong then? Why are many people accepting what people call one-night stands, flings, or really what we would like to call "unacceptable"? Are you settling for whatever walks into your life or are you sticking to your standards and going through your non-negotiables list? Please do keep in mind that if you are not looking for anything serious, that's fine as well! There is nothing wrong with wanting to work on yourself to be the best version of yourself for that perfect someone, so keep doing you! Do feel free to apply what we talk about because you never know, you may need it in the near future (or you can give someone else some awesome advice).

So, what is considered unacceptable when it comes to your love-life and intimate relationships?

The first thing is first: if you are solid in who you are in your confidence, your career, your beliefs, etc. then you must look and find someone who is at the same level as you. This doesn't mean that you must find someone who is your exact twin in everything (job, financial state, beliefs, etc.), but find someone who meets you half-way and is willing to compromise wherever there may be differences. It is okay and normal to not agree on every single little thing, otherwise we wouldn't be here and everything would be a piece of cake!

Next: you must acknowledge what kind of people you have been attracting and allowing to take your time. Are those people bringing something of value to your life? Are you able to carry on a good intellectual conversation? Can you openly communicate about anything and not disrespect each other at any moment?

Take some time and analyze the following unacceptable's. They may or may not apply to your relationship, regardless they will serve as the essentials for a well-functioning relationship:

- **Don't disrespect each other:**

If there is no mutual respect in the relationship, then it is time to do some serious analyzing and really think about if it is worth being in a relationship with such a toxic trait. If the issue has been brought up before with no changes, then it is time to revisit the subject, see if the root of the problem is still there, figure out why things have not improved, and decide what's best for both individuals. Disrespect can break someone's self-esteem. Be respectful to your partner and they will treat you the same way. Respect is earned and not given to you.

- **Don't have false expectations:**

When searching for your "perfect" someone it is normal for you to have expectations, especially when you are first getting into the relationship. Some expectations are unrealistic and you should probably let those go, as long as they are not those things that are on your "non-negotiable" list. Remember that the other person may be also expecting something else from you that you may not be able to deliver. Both individuals in the relationship should discuss the things that you expect from one another and agree on whether or not they are do-able.

- **Taking your partner for granted:**

Once you get past the dating phase or "honeymoon phase", most things start to die down because you are with the person that you were so badly pursuing. So now what? Don't let the little things begin to go unnoticed. Continue to do all of the small things for your partner like you used to just to see them smile or small gestures just to make their day. All of those things still count. Don't take your partner for granted and expect then to always be there just when you need them! Continue to do the things you used to when you first wanted to get their attention and time!

- **Telling others about your relationship issues instead of talking to your partner first:**

There is no such thing as a perfect relationship, there will always be moments where you will need to have conversations about things that may make you uncomfortable, but they need to be talked about. I promise that it will be much better once all of the feelings are out on the table. You can't expect your partner to be able to read your mind and know exactly what you need or how you feel. If your partner does something that you don't like or hurts your feelings you must talk to them about it first to avoid further build-up. If you just keep your feelings to yourself or talk about it with your friends, but never your partner, you are bound to explode. Make it a habit to discuss issues with your partner first before you go around telling your friends and family about it!

RELATIONSHIP TIPS DISCUSSING FINANCES



We've all heard that communication is the most crucial thing that can make the biggest difference when it comes to relationships, right? Why is it stressed so much? You see, communication is more than just talking about your feelings because someone made a comment that you didn't like. It is one of the basics when it comes to being in a relationship with someone; if you guys can't communicate then what exactly are you doing? In this particular case, we will be discussing/communicating financial responsibilities in a relationship.

Did you know that one of the leading causes of divorce is due to financial problems in the relationship? Either finances were never discussed or they were, but both individuals had two different finance management styles that clashed. Sometimes one partner ends up carrying the relationship from a financial standpoint and it adds a weight on their shoulders, while the other still continues to be irresponsible with their spending. Although there are always case by case basis, finances need to be discussed to avoid future conflict, especially if you are planning on getting married, living together, already are married, or saving for a mutual goal. As a disclaimer, there are those couples who do have one person who is the one who is financially responsible for everything and they have their own agreement on how things will work, but that is a whole other story! This is for those who have not discussed this subject at all, or are avoiding it! Hey, maybe you need to give some of your close friends some advice that keeps complaining about what their partner is not doing!

So, what can be done?

This first part will be for someone that is early on in a relationship or looking to be in a serious one; find someone that is on the same page as you as far as a financial standpoint. Of course, if you are just at the beginning of the relationship this won't really apply to you, but make sure that you are screening your future to-be partner as someone who is financially responsible. Pick someone that is likely to be on the same financial mindset as you, as far as is how much money is being spent, your budgeting method, and how much they are saving or investing. It is

even more important to know if you or the other person is spending more than they are earning because that means that you will always be tight on money, if not behind on bills. If need be, don't be embarrassed to check to see how your financial health is doing, there could be some things that you may need to work on before getting in a relationship.

Secondly, this doesn't mean screening from someone with big bank accounts and lots of savings, it simply means to not put yourself in a relationship with someone who you may be financially burdened by. Yes, you can be in a relationship with someone that makes more or less than you, but what counts is that you guys are on the same page at the end of the day.
Consider the following:

1. **Do you have a spending/budgeting plan together?**
2. **Do you and your partner have a savings plan?**
3. **Are you or your partner investing your earnings on anything?**

Here are some key things to have a healthy finances in your relationships:

1. Sit down and talk about financial goals and values.

Many couples often neglect or avoid this step, even though it seems obvious to do so. Being that talking about finances may be uncomfortable, something like this may often go unspoken about and the individuals don't tend to think about it individually. Both may have goals and values when it comes to money, but it is not broken down into specific goals; one person may want to be frugal to save for future goals and the other might like to spend and enjoy things. Having this talk doesn't have to be difficult, simply tell your partner you'd like to sit down and have a talk about the future. Talk about your goals and how do you work together as a team to achieve them.

2. Separate emotions from financial talk.

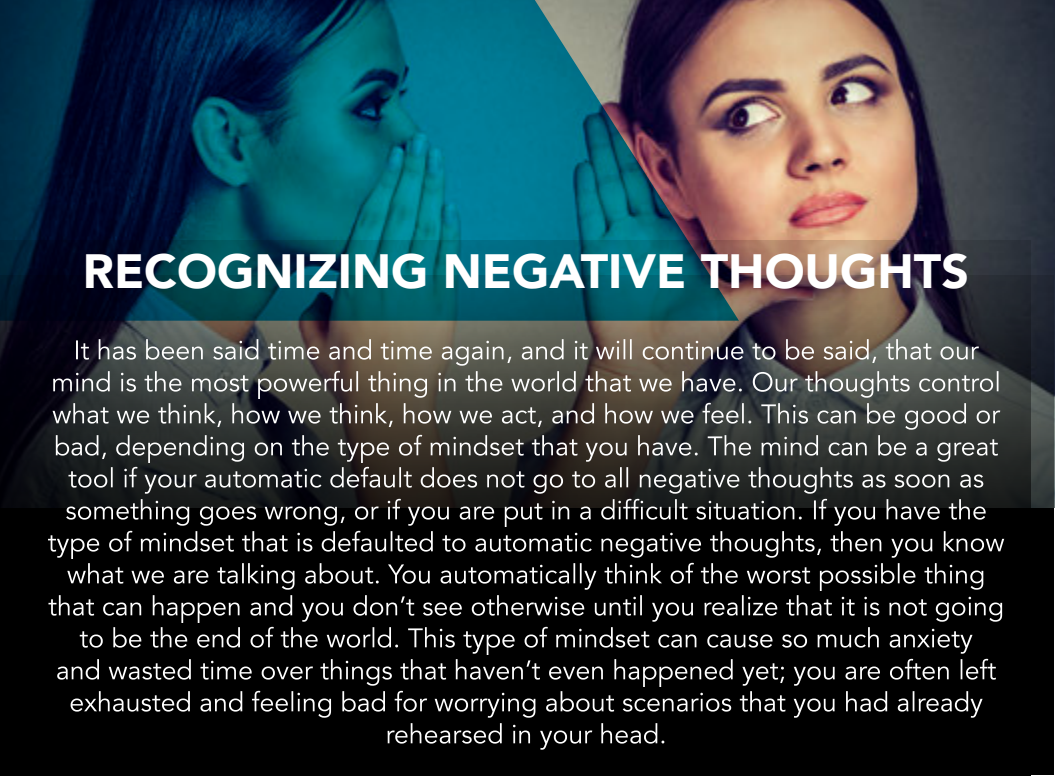
From your first talk about financial goals and the weeks following, it's important that both of you remain calm and not get hurt/upset by any of the issues. Often financial problems are tied to different kinds of emotional issues stemming from childhood or issues of security. It is important that you untangle them and focus on your financial goals and habits. Don't blame the other person and be negatively critical; keep an open and respectful discussion. Remember, it is a team effort about how the two of you are going to meet your goals.

3. Develop a system for finances that works for both of you.

In order for you to put a financial plan into action, you need to figure out how you will be paying your bills, depositing into savings, paying debt, and have money for various spending needs (groceries, eating out, etc.). Make sure you keep your financial system (Excel, QuickBooks, etc.) up to date to make sure you're in balance. You can split the responsibility of updating your accounts according to your schedules or whatever works best for both of you.

4. Stay positive and be honest.

Always keep in mind that you are a team. You have the same goals as a couple and a big one is to be happy. You should help and encourage one another. Stay away from blaming or making negative comments towards your partner, as it is a learning process and will take time to get to where you want to be. If you maintain a positive attitude, you will succeed as a team and meet your goals. Stay focused and communicate!



RECOGNIZING NEGATIVE THOUGHTS

It has been said time and time again, and it will continue to be said, that our mind is the most powerful thing in the world that we have. Our thoughts control what we think, how we think, how we act, and how we feel. This can be good or bad, depending on the type of mindset that you have. The mind can be a great tool if your automatic default does not go to all negative thoughts as soon as something goes wrong, or if you are put in a difficult situation. If you have the type of mindset that is defaulted to automatic negative thoughts, then you know what we are talking about. You automatically think of the worst possible thing that can happen and you don't see otherwise until you realize that it is not going to be the end of the world. This type of mindset can cause so much anxiety and wasted time over things that haven't even happened yet; you are often left exhausted and feeling bad for worrying about scenarios that you had already rehearsed in your head.

So, what can do you do to stop and control those negative thoughts? What can you do to begin to master your mind?

First, you must understand that negative thoughts are a bit complex and it will take time to learn how to block them from leading you down a path of destruction, and leaving you tired from all the back and forth. The good news is that there are things that you can put into practice to take command of your thoughts and help you eliminate them. Once you are aware that things may be a little difficult to begin with, it will make the rest easier because you will know that it's not supposed to be something that changes over time!

You have to address your negative thoughts, understand, and recognize them; when you begin to do this little by little you catch them and destroy them before they begin to take you on an emotional roller coaster ride. If you are able to create a habit of healthy thinking, you can avoid negativity from getting the best of you.

> Did you know that your thoughts cause physical reactions within your body? They release chemicals into your brain and body that change the way you think and how you feel, which then lead to emotional impulses that drive your decisions. This should put things in perspective to where you will only want to have the best thoughts in your mind as much as possible. Imagine how many better decisions you could've made and can make in the future if you are in a positive state of mind! Can you think of a time where you made a hasty decision when you were in a bad mood or feeling angry? How did that turn out? Could it have been better?

Whenever you have happy, positive, or loving thoughts, your brain releases the feel-good chemicals: dopamine, serotonin, and endorphins. These hormones are responsible for making you feel positive emotions, while on the other hand, negative thoughts release stress hormones. With that being said, it is extremely important to know that the most powerful dialogue that you have is within yourself; when you focus and reinforce negative thoughts they grow. If you focus on having positive and loving self-talk, it can shape you into the best version of yourself that you can be. You need to do your best in breaking those self-limiting beliefs that are staggering your growth as a person and your happiness.

How do you know if you have automatic negative thoughts and self-limiting beliefs? Check to see if these sound familiar:

- **"I always fail"**
- **"I am not good enough"**
- **"I am not attractive enough"**
- **"There's someone better than me"**
- **"I am never going to be able to do it"**
- **"It's too late for me to do that"**

Do any of those sound familiar to you? If so, it is time to change that internal dialogue into something more encouraging and loving! Just by changing the way that you talk to yourself can begin to shift the way you think of yourself. If you tell yourself that you feel good and look good over and over again, it will eventually be such an automatic thing that you will genuinely feel like that, no questions asked.

Detect negative thoughts: The things to catch and throw away.

- **"All or nothing" type of thinking. This type of mindset makes you feel/think that certain situations that you are put in are all good or all bad, with no in-between. These are statements that often begin with " never, every time, or everyone". You feel like everyone is against you and you feel attacked.**
- **The blame game. Blaming others for your own consequences and results to any or all of your decisions/actions are no one's doing, but yours. No one is responsible for your issues other than yourself. When you blame others you are allowing yourself to be the victim of the circumstance and you won't take the time to deal with the reality. The act of taking on the victim role is saying that you are powerless and don't know how to change anything about the situation that you are in. Stop doing it!**

- **Labeling thoughts. This means that you are automatically assuming that certain things or people that you are interacting with will be the same as anything you've dealt with in your past. You may recognize a certain feeling of insecurity or fear that you may be facing a familiar situation that made you feel uncomfortable before. Avoid labeling others or yourself to be able to come to a reasonable conclusion and move forward.**

Remember that negative thoughts are draining and are living in your mind rent-free. If anything, it is costing you your energy and happiness. So why give it away to something that is not making you better?

- **Become aware of what you are thinking and allowing into your mind.**
- **Write down any negative thoughts that are on your mind.**
- **Reframe your negative thoughts.**

At the end of the day, you must take your thoughts and replace them with positive ones once you have acknowledged whether what you feel is for a fact true or not. Think about who you can be without those thoughts. Begin to take all of your thoughts and positively realign the negative and self-limiting beliefs that are keeping you from living your best life! What are you waiting for?



OWNING YOUR MORNING

Wake up every morning with the thought that something wonderful is about to happen.

A popular topic in today's world is all about being **better.** We want to have a better career, a better house, a better car, better health and overall be a better person that can bring something great to this world. It's crazy to think that our smallest habits are what actually builds us up to be better in any of those areas or in anything that we want to improve on. So, what can you begin to work on today and build upon to be a better version of yourself? As silly as it may sound, it all begins with your mornings. Do you o wn your mornings? Are you the type of person that always needs to have something "pressing" in order to get up a decent hour to start attacking your tasks? Or are you the type that needs an alarm, but hits snooze at least a couple of times before surrendering? Even if you are the person that uses an alarm, gets up early and gets things done, there may be something that you can still implement! If you own your mornings, you can own all of the other aspects of your life and that results in a very happy YOU.

Here Are 3 Things You Can Begin To Do To Make A Change:

The first thing on the list in order to start owning your mornings is yes, **waking up early!** Why is this so important? Waking up early can vary for everyone according to their jobs (some may work different hours of the day/night) regardless, on the off days or even in that same schedule that you have you can be more strict on how much time you get to spend in bed. This particular step comes down to discipline. You need to tell your body what to do and soon it will just start doing it without too much force. Another key thing in helping you get up early is having the next day planned out because this will serve as encouragement and p urpose to you. If you have a purpose in mind you will have no problem waking up another day and doing the most to bring that to life. Your tasks should not only include big projects for work, but "little" yet very important things like having a healthy breakfast, giving yourself at least 15 to 30 minutes of exercise, and moments of relaxation "me time" like meditating to clear your mind. Ultimately, all of these things will amount to what kind of energy and attitude you will have for the rest of your day.

When that alarm goes off get yourself out of bed right away! This is the first decision that you are making in the day: to get up and get moving. You will build persistence over time and you will be bigger than your excuses. You are persistently beating the feelings that stop you from getting up.

Number 2 is **hydrate!** Ladies yous hould be drinking atleast 2 liters a day and-men you should be drinking at least 3 liters a day. Don't worry, you don't have to drink a whole couple of liters all at once, but this will get you started and make your body happy! Keep in mind that water in an essential nutrient that your body can't produce on its own through metabolism like other nutrients, so you won't have enough unless you have the proper intake. Drinking water in the morning rehydrates your body after hours of sleep and can help curve the cravings for unhealthy sugars and salts throughout your day. Hydrating first thing in the morning:

- **Increases your alertness:** dehydration often shows up as fatigue and low energy.
- **Boosts your immune system & helps fight sickness:** water helps detox and flush out toxins.
- **Jump starts your metabolism:** carbs and proteins are metabolized and transported by way of water throughout your body. This helps with your overall diet.

Don't Underestimate The Power Of Water.

Once you are hydrated and have a clear mind, take time to s et intentions and r evisit your goals. Why did you get up this morning? Why are you choosing to figure out the best way to get the most out of your day? Why are you here reading this? Easy, because one of your goals is to gain better control of your time and energy! It is the best to revisit , revise and write down current or new goals when you have a fresh mind and fresh energy. If there are easy and quick things that you can do today or in the mornings, then do them. Tell yourself what you will do, what you can do, and make it happen!

- **Know what you want to achieve**
- **Set clear deadlines and have a method of measurement to track your progress**
- **Hold yourself accountable or check-in with the person that is holding you accountable**
- **Remember to break big goals down**

Embrace the feeling of checking off the goals that you are accomplishing!

You have the power to decide whether or not you will have a good day every single day.It's a mentality and your own personal battleground. It is very important that you get yourself in a routine to get in control of yourself and in control of your day. Begin by controlling how you start your mornings. Be intentional, grateful and positive when waking up every day. Soon you will master the art of owning your morning!



LOSING THE SCARCITY MINDSET

Did you know that what you achieve inwardly can and will change your outward reality? This means that whatever thoughts you are manifesting in your mind can come to life through strategic planning and executing. It is literally making your dreams come true. So, why is that that so many people are failing to do so? A big reason can be due to lack; many individuals are in a state of lack and this causes them to fall off track. This type of mindset is essentially the idea of scarcity and many have not learned the proper way to grow from it.

The Mindset Of Lack Includes:

- **A lack of planning.**
- **A lack of awareness.**
- **A lack of faith.**
- **A lack of discipline.**
- **A lack of knowledge.**
- **A lack of gratitude.**

How to Lose Your Scarcity Mindset:

The first thing to be aware of is why you have this type of mindset. The most common reason that this happens to people is because they are told that there is only so much wealth to go around or that it will be impossible for them to break away from what their family has been able to achieve. This doesn't only apply to your financial state, it can also include health, relationships, etc. There are many chains to be broken, but the most common one does have to do with financial status. So, once that belief is instilled in your mind, subconsciously it affects the way you seek out money, spend money, and save money (or the other things that you lack).

Once you are aware of what's been instilled in your mind, it is your opportunity and responsibility to lay out the groundwork. You now begin to replace your scarcity mindset with a mentality of abundance!

- **Begin to have an attitude of gratitude.**
- **Be generous.**
- **Stop comparing yourself and your life to others. Everyone is on a different journey.**
- **Use positive and loving self-talk.**
- **Speak words of abundance. Be positive about your day, what you will accomplish, and what you will gain.**
- **Let things go. If you don't need them or use them (material items) give them away and make room for the new.**

The key to having a balanced inward reality is being very aware of what you are thinking, and learning how to block things from finding a place in your mind. A great example is when one small thing like losing your keys before you leave your house in the morning can frustrate you, then you're late and you end up irritated. A grumpy attitude and a bad day usually follows because you never stopped for a second to acknowledge that what actually triggered you was something small.

This could've been corrected as soon as you caught yourself getting worked up. It's quite simple once you begin to break things down. You misplaced your keys because you don't have a consistent place where you leave them, which could have saved you time and you would've been on your way. Basically, you just have to be organized for your benefit. Doing this will prevent headaches and irritation that can lead to even bigger problems and distractions. Everyone has one of these stories because it happens more often than not!

Still not sure if you have a scarcity mentality?
Some symptoms may come up as

1. **It's easy for you to complete small short-term tasks, but for some reason you struggle to prioritize long-term goals.**

- **A block can be a fear of failure and a lack of faith. Begin working on a specific and strategic plan. Break down your big goals into smaller ones to relieve pressure and help you focus.**

2. You feel frustrated or "behind" when your family or friends acquire things that you want, but still don't have.

- **Instead of feeling angry about it, be happy for them and be grateful for what you currently have. If anything, ask them for advice and take what you can and apply it to your plan if it's appropriate. More often than not, people don't see the hard work others have to put it in to get what they have.**

3. You have a negative view of your future a.k.a your "fate". You usually feel like there is little to nothing that you can do to change the outcome of a bad situation.

- **In this case, you usually don't see yourself growing or your future improving in any real way. This usually happens because you have not taken the time to realize what your mindset and actions have been like. Could you have made better choices and did they lead you to where you are? Next, is acknowledging those things and making your peace with them because there is nothing you can do to change them. Focus on tomorrow, next week, and this month. Control and give your energy to what really matters.**

Ultimately, the words that you speak make the biggest difference. Out of the abundance of your heart, your mouth will speak. It's crucial for you to know how powerful words are; they can build things up just as quickly as they can break them down. Choose to build yourself up! Talk to yourself with love andwordsofabundancelike"I haveplentyoftimeduringmydaytogetthingsdone.Icanhandle this. I am strong and powerful. I will always have enough and more!"

You can change your mindset today because it is never too late to turn things around. There is no deadline, so you are free to cultivate a great inward reality that will produce an amazing outward reality for you.

You Are Enough.
You Are Intelligent.
You Are Awesome.
You Can Do Anything.



LEADERSHIP THE IMPORTANCE OF DUPLICATION

Being in a position of leadership has to be one of the biggest responsibilities in the workplace. Not only are you responsible to perform and set the example, but you are also responsible for the growth and performance of those who you are leading. You have to be grounded as a leader. It doesn't matter how old you are, where you are in the world, or what your specific career is; all leadership starts with self-leadership. No matter the perspective that you look at it from, your leadership skills will most definitely affect the success of your future and those who you lead. You see, whether it is said directly to you or not, your team is looking at you to figure out and understand the work dynamic, and what is expected of them. Your team is looking closely at the type of culture and setting that is in place. You are the example.

Consider the following:

- **Are you the type of leader that people are scared to go to for help?**
- **Do you expect your team to know what to do without you no matter what?**
- **Are you the type of leader that provides your team with tools, encouragement, and knowledge that you have?**
- **Are you intentionally building others up?**

The main question that you must ask yourself is: how can you build other leaders in your team? Based on how you carry yourself, how can you influence others? Duplicating may sound a little weird to you, but it doesn't mean creating an exact "copy" of you. It simply means you being open and showing others what you know and in many cases, teaching them what you wish someone would've taught you. It's a great thing! If when you first started working in your field (or the one you were in) you felt like no one was giving you the help or guidance you needed, this is your time to shine! Pay it forward to those who are in the beginning stages of their career. Don't be afraid to teach others what you know. You may end up finding a superstar in your team that ends up being your missing link!

First thing is first: **what is the quality of your self-leadership currently like?**
** Get your notebook or journal to write down the answers to these questions. Take this as an opportunity to analyze where you are and what you may need to improve on.*

- **Are you on time or do you cut it close to when you're supposed to arrive?**
- **Are you getting up early to get ahead and be better prepared?**
- **Are you well-dressed?**
- **How is your hygiene?**
- **How is your health? Are you giving your body what it needs to help you win?**
- **How is your attitude? Are you being positive and generating high-quality energy?**

Some may consider these things "personal", or you may think "Well, why does my hygiene or my health matter to others at work? They can get the job done without me!" That's the wrong attitude to have. Yes, the team can do the job without you physically being there, but if you aren't there to set the example and help them with what they need to begin with, it will be the blind leading the blind. This brings us to the point as to why you need to duplicate and teach others what to do in your absence.

Let's get one thing clear, it's not about having someone to fill your shoes when you miss work because you're sick, but it's about grooming someone to lead others and giving them an opportunity to grow. By you doing this, you are opening doors for them because you are pushing them beyond their limits. You may be creating inspiration for them because someone (you) is choosing to invest in them to make them a better person. By you showing that you care for them not only as an employee, but as an individual, they will open up and allow you to influence them. This is exactly what you need to begin building them up.

A Few Things You Can Do:

1. Learn About That Person.

If you are familiar with how to identify someone's personality, this is the time to implement your skills to find the best way to approach them. Otherwise, ask about their strengths and weaknesses and what kinds of things they like to do (you may also have your own set of standard questions). When you do this you will get a feel for what this person is like and where they may fit best. Also, don't be afraid to learn about personality types and additional research on your own; it is a great recruitment and screening tool as well.

2. Start On Smalls Tasks Or Projects.

Take this as an opportunity to see where they may have a hidden strength or talent. Look at how efficient they are being with their time and give them some tips if needed. You may also be able to identify a weakness that they may have, which is okay because you will know what tasks are not made fit for that individual. There is always room for improvement.

3. Give Feedback.

Always take time to give recognition to your team members. It doesn't necessarily have to be giving them an award, but let them know with your words that you see that they are getting things done. People love to know that they are contributing to something and making a difference, even if it's something small. So, even just a comment such as, "You are doing an amazing job!" can make them feel great!

Once the person you or group of people that you are training feel more comfortable with the tasks and challenges that are presented to them, the more leverage you will have. Little by little you will be able to teach them everything that you know and have more time to focus on bigger tasks.



LEADERSHIP 4 IMPORTANT TRAITS TO ACQUIRE

Leadership is not something that comes naturally to people, it is a trait that an individual masters after polishing it over time. It is not something that happens overnight, but it is certainly something that can be gained and mastered with commitment and persistence! Leadership is to be taken on by someone who can maintain a calm attitude and resilience in the middle of the battle in business and their own mind. What does that mean? It means that you must know how to react, respond, and recover from the existing circumstances that can often change in an instant, no matter what. You have a team (or family) to look after, so there really isn't time for you to second guess yourself and be discouraged. You have to be prepared at all times to be that leader for the group of people that are looking to you for guidance; your attitude, energy, and influence have to be in harmony.

You Have To Be Direct and Decisive.

You have to keep in mind that all eyes are on you as a leader; your attitude affects other's attitudes, the way you speak can affect others positively or negatively, and your overall energy is contagious. So, what you have to do is be on your A-game and today we will give you some tips on how to do so! These are a couple of things that you must be clear on and make clear to those whom you are leading:

1. Have a High-Quality Attitude

Your positive attitude affects everyone around you. Did you know that your attitude determines so much more than your expressions? It also determines your mood, your level of effectiveness, your train of thought, your communication, and your actions.

Self-check: How positive is your attitude?

2. Self-Check: How Positive Is Your Attitude?

Your positive attitude affects everyone around you. Did you know that your attitude determines so much more than your expressions? It also determines your mood, your level of effectiveness, your train of thought, your communication, and your actions.

Self-check: What kind of example are you setting on a daily basis for those around you?

3. Be Likeable

It is a common misconception that just because you are someones "boss" that they will automatically like you and respect you, but it is a little more complex than that. When you educate yourself on the different types of personalities that exist, you will quickly realize that every person that you come across will not always like you just because of a title that you hold, or simply because of the way that you may carry yourself (your personality may be their polar opposite). This is not a trait that you need to have to be popular or known for whatever reason, but more because it can affect the quality and effectiveness of your leadership. If people on your team like you, have confidence in you, believe you, and trust you, they will begin to follow you. This creates influence; likeability is an open door for influence that you most definitely need when in a position of leadership.

Self-check: How likeable are you and what is your current level of influence like?

4. Be a Person of Your Word

You must always do what you say you will do and fulfill all of your promises. If anything, underpromise and overdeliver on purpose, at least this way you will drop jaws every time you go above and beyond! But, what are promises? Promises are empty words without action. Always keep in mind that you are measured by your words and your deeds. Those who are looking to you for guidance (especially in the work arena) are measuring you by your follow-through and accomplishments. Basically you walk the talk and produce results!

Self-check: How do you measure up? Do you follow-through with what you promise?

These are just a handful of things that you must be clear and disciplined on before you begin leading others. Always consider the importance of your position; others are looking at you for guidance and often an example who they may want to be. Whether you are a parent of someone in management in the workplace, there is always someone that is looking to you for some sense of direction. Work on being the best version of yourself and others you lead will follow!



THE POWER OF EXPECTATIONS

Have you heard of the power of expectation? It is absolutely amazing. The power of expectation is our ability to influence and create reality. Your goal should always be to use the power of influence for good and with a dash of positivity to bring forth an awesome life for you. Expectations can either make you or break you, it all depends on what you put out there and what you act on. So, what kind of expectations do you have set for yourself and for your life? What are you allowing to happen?

Having Hope

Confident expectation of coming good is called hope.This is a key part in unlocking possibilities and potential in your life, no matter if the situation is ideal or not. You have to be hopeful and look past the things that may seem bad, upsetting or inconvenient. You need to learn to be able to not necessarily ignore challenges, but to look at them as just something you have to get through in order to unlock the next level, kind of like a video game if you will. It's not an easy task, especially when you are reaching a higher level of excellence. The greater the person you become, the greater and bigger the obstacles. Challenges don't present themselves to break you and leave you hanging, but to sharpen you and make you stronger than what you were. With that being said, always embrace the problems that come your way and think of the possibilities. There is always growth and new knowledge on the other side of adversity.

- **Have faith.** This means also working on having a better and more positive perspective.
- **Talk to someone and share your vision for the life you desire to have.** Speak it into existence. Let it be known that you only want the best for your life!
- **Surround yourself with like-minded people or people you admire.** Create an environment where you will thrive.

- **Create a plan of action to bring your expectations to life.** How are you going to make it happen?
- **Positive and loving self-talk.** Words have power and what you say will come to life! Be kind.

But what is on the other side of hope...

Hang-Ups

These are the things that happen to you or that have been happening and you have somehow normalized them. You expect these things to be there and they will continue to do so until you put your foot down. You have bought into the attitude of "Oh, this is just going to be my life, I suck and things like this just keep happening". The important thing is to not expecthang ups or normalize bad things that have been taking place. Don't give these things too much time and energy. If you don't make a change to stop them, all you are doing is enabling the cycle to continue. Break it! Expect more, expect better and expect higher. You may not be aware of it, but it can be a generational cycle and you havetheultimatepowertostopit!So,don'tacceptthethingsthatyouk nowthatarenotgoodin your life and get rid of them.This doesn't mean that things will always be perfect, but the way you react and what you allow to affect you is what will make the difference.

- **The individual who wants to succeed must think <u>success:</u>** Think upward, progressively, creatively and optimistically.
- **You will go in the direction in which you face: I**f you look towards lack, then you will go that way. Turn around and refuse to look in that direction. Don't think about it, live it or recognize it.
- **Don't have an attitude of lack:** Lack of fear, lack of self, lack of faith and lack of abundance.

Remember that hope and hang ups are what will determine the quality of your life. What you think, what you believe and what you see is what creates the quality of your life. So expect the best for yourself. You will have the career of your dreams, you will have optimal health and peace of mind. It will take some work on your end, but if it is already done in your mind then all it needs is time to come to life. Approach your work with an assurance of victory that will attract what you want.

Choose today to expect only the best in every area of your life, and surround yourself only with those who will do the same with you.



TRAINING YOUR INNER VOICE

Have you ever wondered what sets those who accomplish great things apart from those who fail to grasp their ambitions? Some things that may cross your mind may be their intelligence, their inclination for risk or new opportunities, or even their creativity. You may even have other guesses and they would make sense, but that's not exactly what drives us to obtain the things that we want.

It has been proven time and time again that the best predictor of someone's success in life is your mindset. Success comes unto those who are open to improving and growing as people no matter the task. Those who achieve great things generally believe that they can continue to grow and improve no matter their status in life. This is very important because many people sell themselves short when it comes to having continuous growth because they believe that they can't go beyond what they already know. While doing so, they are creating roadblocks for themselves and it keeps them from reaching their full potential. Unfortunately, there are many cases where people do know that they must make a change, but refuse to do so because of fear. The unfortunate thing is that they are also conscious of the fact that making a change would actually release some stress, open doors, or make life easier for them in general. Think about it. There are many "small" things that people struggle with when it comes to change and their mindset.

We can consider a weight loss journey for example or a simple lifestyle change. So many people go to doctors for illnesses or symptoms that they just can't get rid of, but when they do go in for a diagnosis (for reassurance) most refuse to do what is recommended for them. Surely, doctors can prescribe them with medication, which in reality is a band-aid for the problem, but the real cure is in your mind. The other scenario would be that the doctor tells you that you need to change your diet, exercise more, and hydrate; so what would you choose? Most agree to follow those orders, but shortly after fall off. Why? Because they don't control their mindset and forget the purpose of why they were making that change. This comes through as laziness or making excuses for not having the time to do things for yourself to make you feel better. Then what happens? They begin to feel those symptoms again and sometimes they even come back

worse than what they were. Do you see how strong your mind is and how we tend to steer away from what we know is beneficial for us? We are given simple instructions and a lot of the times we choose to make it difficult! Again, this is exactly why you have to get your mind organized and listen to that voice inside that tells you, "Hey stay on track!"

So, what happens if you have a closed mindset and you just can't find a way to break the bad habits that keep you behind?

You try again and if you fail, you adjust your plan and TRY AGAIN!

If up until now you have looked at the world through a closed lens that's not letting you see things exactly how they are a.k.a a fixed mindset, then it is time for you to fight back and view your current abilities as works in progress.It doesn't matter what your goals are, if you had a bad day, or someone talked down to you, keep going! A few things that you can do to fight back and train your mindset to be the best cheerleader are:

1. Consider Your Mindset as a Voice:

Think about how a mindset manifests itself. Your mindset controls the way you talk to yourself in the privacy of your own head. The moment you recognized this fact, it is the moment you take the first step towards achieving a growth mindset. When you approach a challenge, the voice may say to you " Are you sure you can do it?" or, "What if you fail?" How many times have you asked yourself that?

Pay attention to your thoughts and see if you frequently tell yourself anything similar to those questions. If you catch any fearful or negative self-talk, take a moment to correct that and replace those thoughts with positivity. Change won't happen overnight, but the more you practice this, it will settle in as a healthy habit.

2. Choose Growth:

Now that you know what to look for when it comes to manifesting things in your mind, the next step is recognizing that you are not "stuck" to the mindset that you currently have. Just as much as your thoughts and opinions about things change, your mindset is just as flexible. How you interpret challenges, criticism, and setbacks is always **your choice.**This means that you have the power to say what things you will take in as "constructive" and "useful" and you can throw the rest out. An individual with a growth mindset will consider something such as criticism as an opportunity to work on their strategies, effort, pushing limits, and expanding their abilities. Don't be scared to adapt! Change isn't something to fear.

3. Talk Back to the Voice That Challenges You!

The moment that you hear that negative voice in your head you have to talk back to it and shut it down! You must tell that voice about why it's wrong in telling you that you can't do something. When you catch yourself automatically framing situations, making assumptions, or even feeling anxious, take a moment and step back. Analyze your situation, reflect, and really understand why your beliefs are what they are. If you find that there is no real logical reason to feel a certain way that you defaulted to, then you know it is time to make a change.

Remember, you can do anything you set your mind to...literally! Train your inner voice to make you stronger and better by applying the above. Also, make sure to take notes and track your progress because it is the only way to see if real change is taking place. You can do it!



WHAT DO YOU BRING TO THE TABLE

The Value of Self-Leadership

LEADERSHIP

Did you know that the first step to becoming a leader is self-leadership? It's not about titles or positions of power. It is about being grounded and having a solid foundation as an individual whom can then radiate and build others up where and when it is needed. Whether it's for your own personal growth or to build your team, these are few key things to keep in mind when establishing structure or change:

MINDSET

Attitude Check!

1. Your Attitude:

The fact of the matter is that we can't be grateful and angry at the same time. What does that mean? This means that there can't be two polar emotions co-existing, that will lead you to a positive outcome. You can't expect to make the best logical decisions when your emotions are out of balance. When trying to create change, it is best to do so and make choices when you are in your best emotional state.

For example, have you noticed that when you are upset at someone or something, you begin speaking differently than you normally would or begin to make rash decisions that you usually wouldn't make if you weren't "angry"? This is the same across the board with all aspects of your life as a human being. Granted, there are many factors that come into play when trying to narrow down and set your foundation as to what kind of person you want to be or show to the world. The key is to filter out all of the things that are not bringing value to you as a person or to your life in general:

- **Unhealthy habits.**
- **Not having a set routine to get the most out of your day. You need discipline!**
- **The people you are spending your time with. Take time to evaluate your social circle. Are these individuals bringing positivity into your life? Are they helping you grow, or have you outgrown them?**
- **Not taking care of yourself mentally, physically, emotionally, spiritually, etc. Self- care goes beyond facemasks and bubble baths!**

Once you filter out the unnecessary things in your life, you now only have time to focus on what really matters. You will notice your attention and energy shift. You will begin to think clearly and really invest in things you didn't even know were necessary in your life before. What I mentioned above will fixate your attitude because you will create the best environment for yourself where you will thrive.

Having a positive attitude = positive outcomes.

ENERGY

Energy Check!

2. Your Energy:

Did you know that your energy is contagious? Yes, it is! When you walk into a room, you have the power to shift the present energy to whatever you want it to be. If you don't do it, someone else will do it without knowing either. Ever hear, "Wow, the room feels tense"? Well, that's what we are referring to. Energy is something that we can't see, but we can feel it. With that being said, what is your energy radiating to others around you or those watching you? Remember, no one will listen to people who they don't like, let alone negative people who bring them down. You need to practice being aware of what you are thinking about, how you are speaking, and how you are acting towards others.

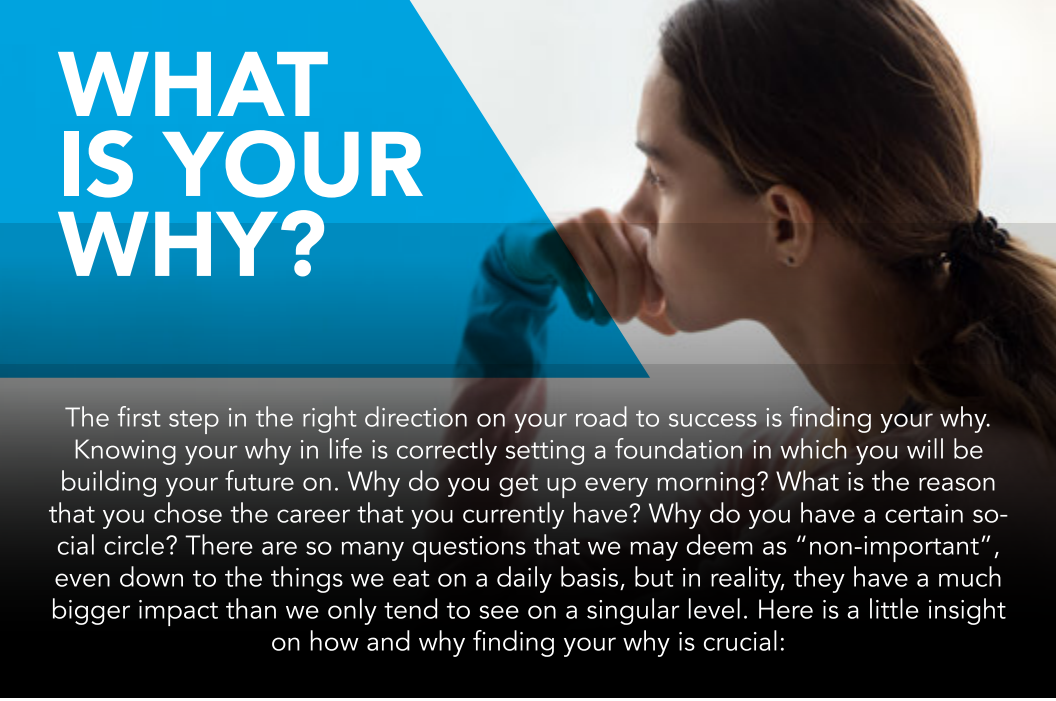
***Try this:** Any time before leaving your house for the day or before walking into a team meeting, do an energy check. What are you carrying with you mentally? Create mental space so that you can really be present in the moment.

3. Your Vision:

This is such a crucial and essential part in the process of becoming a leader. The reason is simple: **Your perspective is why you are getting the results you are getting.** This can be a great thing, or it can be bad if your vision is a little distorted...no worries though, correction is always an option! In order to enhance your vision or completely change it, is by learning how to see things differently. It sounds a little funny, but you are blinding yourself. It is an internal process that begins with the things that were listed above. For example, your attitude. Something that you may see as a burden or inconvenience may actually be a lesson in disguise, you just weren't looking at it in the correct light or completely ignoring it. You may think it's the worst thing that could ever happen to you, but in reality, it brought some things to the surface that needed to be dealt with, and they actually make you a better person.

With clear vision, you will be able to make great decisions. Remember, at the end of the day your attitude will determine and define the circumstances around you. So, always go for what is best!

WHAT IS YOUR WHY?



The first step in the right direction on your road to success is finding your why. Knowing your why in life is correctly setting a foundation in which you will be building your future on. Why do you get up every morning? What is the reason that you chose the career that you currently have? Why do you have a certain social circle? There are so many questions that we may deem as "non-important", even down to the things we eat on a daily basis, but in reality, they have a much bigger impact than we only tend to see on a singular level. Here is a little insight on how and why finding your why is crucial:

Let's start with a simple example. Let's say that you are on a mission to lose or gain weight (depends on the situation) it could be a voluntary doing or due to medical reasons—the bottom line is that it has to get done. You don't want to let yourself down and you also probably don't want to go against your doctor's orders. Now, how quickly did you identify the why in this situation? Pretty quickly, right? This is such a common goal for many people, if not a daily basis, it has for sure been every single year—Yes, the beloved New Year's resolutions! Individuals do have deeper why's other than the surface reasons of just wanting to look good. One person's why to gain weight could be because they want to build muscle or tone up, which in return will boost their self-confidence. This could be a complete physical to mental transformation that outsiders may not realize, but that individual will work their butt off for it. Could they be struggling with something mentally and their therapy is working out? You never know.



A counter example could be someone struggling to gain or maintain weight because of a medical condition, so to them gaining weight and being serious about what they are consuming is crucial to their success and livelihood. It could literally be a life or death situation for some. The point

is, that their why is not gaining a few pounds just because or being picky about their diet, they legitimately have a huge and very valuable why. Are you catching on? The reason I started with such an essential example is because our body is our one and only vehicle (a topic we will discuss in detail on a later date), but do you see how our body and health could easily affect our other key life decisions: what we can physically do, what kind of job can we have, whether or not we attend social functions, and even what our confidence level is at.

Just a few things to think about.

Find Your Why

Time for that pen and paper for the serious stuff! Here are a few things you can do to help you identify your why and assisting in clarifying your purpose. Remember that your why in life is an underlying belief that you will be using as a reference point when moving forward in life—so really take your time and analyze what you write down. Also remember, you can have "smaller" why's when trying to accomplish specific goals as your driver, not just when finding the significance of your existence.

It all begins with identifying your values:

- **List everything that is important to you. Take note of what things would be painful if you didn't have them in your life, and what things you could do without.**
- **Write down what brings you joy. What things bring excitement into your life? What activities do you take part in that make you genuinely happy?**
- **Identify which of the things that you list bring you joy, love, security and rank them by importance. You will start to see what things you truly value.**
- **Take time to group these things. Everyone's list may be different, so if you do this exercise with a friend, don't be alarmed if you notice that maybe certain things bring them joy that don't for you. Individuality is embraced here!**

This exercise may take a few hours, but at the end you will realize the importance of being clear and realistic with yourself. You will then have a personalized roadmap and what you have been looking for: Your WHY!

A great guide and source of accountability is the **LIFE MASTERY PLANNER** that you are just one click away from finding. This is a tool you can use on a daily basis to keep you on track and it provides additional exercises for you to practice what you are committing to. Commit to a better you! Why not?

WHAT KIND OF MINDSET DO YOU HAVE



Whenever you have to make a big decision in your life, the choices that you have to make depend only on very important thing. Can you guess what that is? It is your m indset. The definition of mindset is: a set of assumptions, methods, or notations held by one or more people or groups of people. So, what does this mean for you? It means that you must take inventory of what your mental inclination is like. What is the frame of your mind like? Through what lens are you looking at the world with?

Once you begin to breakdown what your mindset entails, you notice that it actually is a collection of thoughts and beliefs that shape your thought habits. Your thought habits affect how you think, what you feel, and what you do. Essentially, your mindset impacts how you make sense of the world and of yourself. An important thing to remember is that your mindset helps you understand attitude and beliefs. Our attitudes are a tendency that we learn to evaluate things in a certain way, which can include; peoples, issues, objects, or events. The evaluations that you make can be positive or negative, but you may also feel uncertain sometimes. What you must determine is who decides what your mindset is like and how it will continue to develop. Is your mindset something that you are aware of or are you just acting and reacting to things based on what you have been taught? Be honest with yourself, how aware are you of your reactions, and your thought process?

A lot of the time, we turn out to have a certain mindset, attitude, or beliefs about things because they were ingrained in us (usually through our upbringing). The problem that some people face because of this, is that they don't know exactly why they feel "triggered" by something or why they believe something. Hence, why it is important to do analyze yourself and write down who you are and who you want to be. Just like setting a goal for your job, create a checklist for yourself and see where you stand:

1. Who are you and what do you identify yourself with?

Remember that you are not your career or job. Think about who you would be if that didn't exist. Tap into your passions and things that make you unique.

2. What do you believe in?

This can include your spiritual beliefs, the things that drive you and motivate you.

3. What is your self-talk like?

Do you believe in yourself? Consider what your response is like when handling something new. Do you say " I can't do it, it's too late" or do you maintain a growth mindset and believe that you can do anything you desire?

4. What is your response to stressful situations like?

Are you quick to give up at the first sign of trouble or "possible" defeat? Or do you stand your ground and continue to push yourself even when things get hard?

Fixed Mindset vs. Growth Mindset

After you answer the above questions (you can also do a little more research yourself), you will be able to identify your mindset. It is very important to know exactly what kind of mindset you have, either a fixed mindset or a growth mindset, because it will determine how you do just about anything! People with a fixed mindset believe that the qualities that they have are fixed and unchangeable. Those with a growth mindset, believe that the qualities and abilities that they have can be developed and strengthened by being committed and working hard to better themselves. Being one of the other determines how you open you will be about things in your life. Most importantly, your mindset plays a critical role in how you cope with life's challenges.

For example, in school, a growth mindset can result in greater achievements such as having higher grades, and it can also contribute to increased effort. Both outcomes being positive, which can lead to more possibilities for your future and having doors open for you because of your tenacity. Even in the instances where one must search for a new job or have an entire transformation in their field of work, those with a growth mindset show immense resilience. These types of individuals are more likely to persevere in the face of adversity, while those with a fixed mindset are more inclined to give up.

The reason having a fixed mindset is not ideal, is because you are always looking for some type of confirmation of your intelligence, character, or personality. You tend to evaluate each situation, but are usually closed-minded to having more positive outcomes or thoughts. You may find yourself asking:

- **Will I succeed or fail?**
- **Will I look smart or dumb?**
- **Am I too old for this?**
- **Am I too far gone to learn something new?**
- **Will I be accepted or rejected?**
- **Will I feel like a winner or a loser?**

So what kind of mindset do you have? Do you have a growth or a fixed mindset? I want you to really think about if you are living up to your fullest potential. If you feel like you may be "stuck" with a fixed mindset, there is good news because you are capable of changing! You must know that it is a process and will take some time, but it is definitely do-able.

- **Acknowledge and embrace your imperfections**
- **Stop seeking approval**
- **View challenges as opportunities**
- **Replace the word "failing" with learning.**

By simply applying these tactics in your everyday life, you will begin to see changes. Things that you usually saw as difficult will be less complex. You may end up loving being a problem solver and accept challenges as they come!

You can do it.



WHY STRUCTURE MATTERS

Structure is all around you. Anything that you see or use has a structure to it, even the unseen like your mind! Having structure in your life is important because it helps minimize the stress from daily life. Being organized prevents you from feeling overwhelmed and being unproductive. Once you begin to implement structure in your day to day schedule, you will no longer be able to use the excuses:

- "I have too much to do!"
- "I don't have enough time."
- "I don't know where to start?!"

Whether you are looking to apply structure in your personal life or in your business, it all leads to the same thing: **Achieving Your Targets!**

Businesses require structure to grow and to be profitable, otherwise, your team and your mission will be pulled in all sorts of directions. This can be applied in your own personal being as well. You need to be structured in order to grow as a person and in your life as an entrepreneur. Think about it as a foundation to a house, without one it is destined to collapse! If you don't have a foundation for yourself or your business, you are setting yourself up for failure.

So, what do you need to have a great structure?

The first step to having structure is planning. Plan to have enough people on your team with the right skills and attitude to accomplish your company's goals. This ensures that all responsibilities are clearly defined and will leave no room for excuses as to why things did not get done. Make sure that everyone has a description of what their specific duties are and outline when things need to be done by. This can include: sales goals, projects, paperwork, etc.

Just like you need to plan things for your team, you need to plan for yourself, especially if you are in a position of leadership. Decide that you are going to lead by example. Showing others that you do as you say is one of the greatest qualities of a leader. This not only gives you respect from those watching you, but you have the leverage to influence your team and help them grow as individuals. Another stepping stone leading you towards success!

Implement Structure By:

- **Planning your week ahead of time.**

Be sure to include designated time slots for you to take a moment and reflect throughout the day.

- **Plan your day the night before.**

This may be more ideal for those who have a schedule that fluctuates a lot or if you are suddenly hit with a project that you need to shift your attention to on short notice.

- **Have an intentional morning routine.**

Routines make it ideal for you to be as efficient as possible. You can knock out all of your personal tasks and then focus on doing what necessary for your business.

- **Schedule specific times to check-in.**

If you have a planner, this is where you can check off that you are exactly where you need to be in your day. Make this fun! You can reward yourself with things that you enjoy or simply be happy that you are being proactive and knocking things out!

Benefits of Having Structure:

You will notice a difference when structure is in place. Your team will have established accountability andsoyouwillyou!Structurewillalsoallowforbettercommunication.Theflowofinformationis essential to your company's success and this can only be done through clear lines of communication, where nothing is overlooked. This is a must, especially if you are part of a bigger organization where there are multiple levels of management and they are all requiring daily, weekly, or monthly reporting (of course depends on the type business). Overall, you will notice that efficiency and energy will be at a higher quality.

Another thing that will be made clear will be **relationships.** All of the members of your team will know as mentioned above, whom or what they are accountable for. Things can't fall through the cracks! Clear relationships will make it easier for those in positions of leadership/management to supervise the groups they are responsible for. This way they won't have to chase or stress about who has

Another thing that will be made clear will be **relationships.** All of the members of your team will know as mentioned above, whom or what they are accountable for. Things can't fall through the cracks! Clear relationships will make it easier for those in positions of leadership/management to supervise the groups they are responsible for. This way they won't have to chase or stress about who has certain paperwork or where a certain person is when they are needed. The rest of the team will also benefit from this because they know who they can turn to for help. At this point, everyone will know where the boundaries are and won't overstep into things that are not their responsibility.

Structure will also bring forth those team members who shine the brightest and may be best for specific positions or tasks. You may have some pushback from people that don't like structure and refuse to follow the guidelines, which is fine because that will leave you with the right people! As a person in charge you want only the best, right? You need to make sure that you hire individuals and give promotions to those who are proving their value and that are hungry. These are the ones that you will want to groom and develop to be the next people in line to take your place so that you can focus on things that need more of your attention. Again, everyone wins.

The key is to recognize that without structure deadlines, projects, and goals will not go through. The targets that you so desire to hit will be nonexistent. This is why structure is crucial for you and your team. If there is no definitiveness of what is going on (the purpose of the work) then anything can happen and it usually won't be what you had in mind. Prevent disappointment and hardship by planning ahead and being prepared. Structure is everything, without it you can't build anything!

WHY YOU NEED PERSISTENCE



Persistence is the key to your growth and development as a person. It is essential in the process of bringing your dreams and desires into life! Persistence is what drives your power of will, so it is very important that you are consistently improving and maintaining a high level of tenacity. When combined, willpower and the burning desire that is inside of you, work in harmony and amazing things begin to happen! Now, keep in mind that persistence and motivation are two different things, and this makes a difference on your road to success.

Everyone loves to feel energized and to be cheered on by those around them; essentially being surrounded by nothing but positivity. The only thing is that just like motivation, the hype that others give you is short-lived. What does this mean? This means that you shouldn't depend on the encouragement of others and motivation alone because they only last so long before you no longer feel the excitement. This is exactly where persistence steps in and why it is so important.

There are a few things that you need to know about motivation if you don't already.

1. **You can't wait for it to come to you or for you to "feel like it".**
2. **It is not guaranteed to always be there, hence why you should not be waiting on it.**

You see, what people struggle with the most when it comes to feeling motivated, is that they think that they NEED it in order to get things done. It could be from the smallest task to even bigger ones that may impact their lives greatly, but their excuse is that they just didn't feel motivated enough. That's exactly where they go wrong. It is when you don't feel like it that you need to attack the lack of motivation. In the moments where you feel tired, frustrated, and where you say that you can't take it anymore, is when you must push yourself even more! You will thank yourself when you get to the other side.

Persistence begins in your mind, right when you have a desire to do or have something. Once you have that set in your mind and spirit, what do you usually think about next? How am I going to get what I want? Right? So, you sit down and think some more, maybe share your ideas with a loved one, but then you begin to plan. Things get more serious when you get to the planning stage, because you have set an intention and you know exactly what you need to do to get what you want. Constantly remind yourself that in order to obtain something you've never had, you have to do things that you have never done! You may have heard that many times before, but it holds so much truth to it and it has been proven time and time again by successful people that that's what you need in order to reach success. The point is, that it is a step by step process and you have to be very sure of what you want. But, this isn't all.

You need **action!** This is where you are tested to see if you are really aboutwhat you are saying. Do you really have the ability to stick to something that you say you will do? Or are you the type that will call it quits at the first sign of struggle? Will you stop at nothing to get where you want to go? Think about that for a second. So many people let their dreams die and live in regret because they gave up as soon as things got hard. You have to always be conscious that success is not a straight shot, it has ups and downs and it has a way of throwing you around a bit before it decides that you are ready for what you are asking for. Nothing will ever come easy, especially if you have been living in your comfort zone because that's where you feel safe. Of course, there are those instances where someone may "catch a break" or get something easier/faster than you, but you must not compare yourself to them. If anything be happy for those individuals and keep your eyes on the prize!

Check Point:

So, what is your level of persistence currently like? Would you consider yourself the type of person that follows through or do you give up easily? I want you to think about that and consider the above when going about your day. Think about what setting intentions and habits can do to your life. If you feel like you just can't seem to follow through with any of your goals and you feel frustrated, then I really want you to consider these few things and begin applying them:

1. **Be clear on your desire (it can be anything that you want)**
2. **Think about and determine what it is that you will have to give in return to have what you want. Remember, you have to put in some work for this!**
3. **Set your intention and write it down somewhere where you can see it all of the time. You can call this your plan. Be very clear and precise on what steps you will be taking. Break down big goals into smaller ones if you begin to feel overwhelmed.**

If you continue to do this, it will become a long-term habit and it may just be one that you love! You will become a person that knows exactly what they want. You will constantly be practicing persistence. You will have strong willpower that will open doors to anything that you want and you won't accept anything less.

Reminder: There will be no days off!

Maintain a steady hunger for success and never settle for less than what you deserve.

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