

Stick with It!

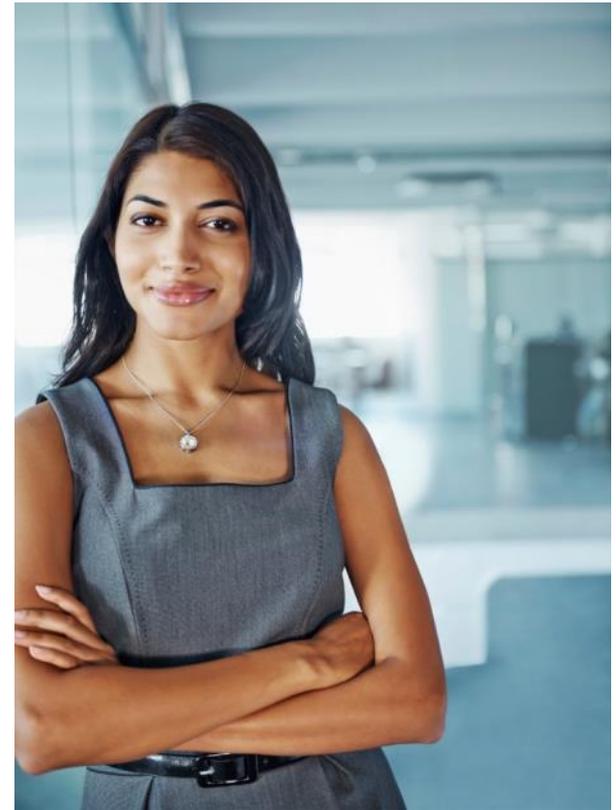


Objectives

- Dream
- Plan, Anticipate
- Nip Fear of Failure in the Bud
- Start
- When you fall down
- What are your motivators?
- Become more flexible
- How to keep going

Dream

- Allow your self to create a new identity
- Decide the person you want to create
- Go big, bigger and biggest



Plan, Anticipate

- Do your research
- List all your goals
- Become an “expert”
- Know every option, technique, system
- Become a “Yes I Can” person
- Practice, practice, practice



Nip Fear of Failure in the Bud

- Expect some potholes
- Analyze where the fear is coming from
- Stop procrastinating
- Perfectionism is the enemy



Obstacles/Myths

- What are your reasons for not sticking to it?
- List all the myths
 - Not enough time
 - I just can't
 - Its too hard
 - I can't afford it



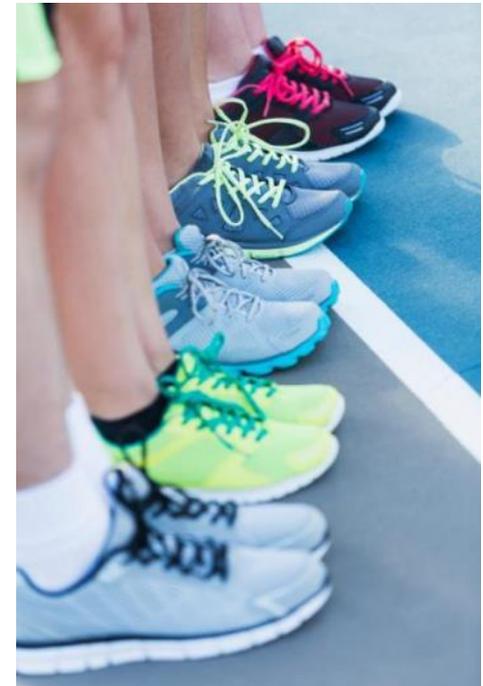
Start

- Small changes count
- Go full speed ahead
- Announce it to the world
- Write it down
- Check in regularly... several times a day
- Take it seriously



When you fall down...

- Get up... right away
- Don't write away a whole day/week/month
- Have a support person that
- Go back to square one and DREAM



What are your motivators?

- Have a list of what works for you
- Ask others what motivates them
- Be very tough love
 - Why is this goal so hard?
 - What happens if you don't stick to your goal?



Become more flexible

- Sticking to your goals might mean changing your goals
- Maybe one way doesn't work so find another way
- Make it fun
- Be positive



How to Keep Going

- Re-check your progress
- Re-set your goals
- Use apps to track your progress
- Admit what works and what does not
- Progress does not come without failure
- Celebrate your successes!



Final Takeaways... Recap!

- Get information
- Learn how to do it
- Change your thought process
- Like yourself
- Surround yourself with positive people
- Make the time
- Devote the resources

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