



Get more of what you want and less of what you don't, both personally and professionally.

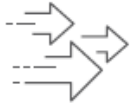
Our 100th Episode!

"Remember to celebrate milestones as you prepare for the road ahead."

– Nelson Mandela



STEPS TO SUCCESS



PERSONAL PLAN

Environment. The stress of an unpleasant environment can have major negative effects on our physical and mental health. What is an area in your environment that you can work on tidying up and organizing right now, small, or large? Here are a few examples: Your garage, car, purse, backpack, medicine cabinet, fridge, pantry, and many more!

80 / 20 Rule. The general idea is that 80% of the results come from just 20% of the people. Try applying this to your own life:

- The next time you are facing a problem, rather than complaining, spend 20% of your time identifying the problem, and 80% of your time focusing on the solution!

Mindfulness. Be more present! Download a meditation app on your phone to help guide you! Here is an article that discusses the most popular apps, and which may be best for you:

- <https://positivepsychology.com/mindfulness-apps/>

Will Power. The next time you have a goal in mind, keep these 3 phases in mind and write out your

1. I WILL
2. I WON'T
3. I WANT

Keep in mind taking on too much at once will only set you up for failure, slow and steady is the name of the game in self-control and WILL POWER!



No matter how small your step, as long as you take it in the right direction, that's Positive Forward Motion.