

What Happened to Your Dreams, Desires, and the True You?

*Four Steps to
Overcoming Barriers
To Live the
Life You Love*



DAISY JOHNSON

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Daisy Johnson

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Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars, to change the world. (Harriet Tubman)

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*Giving thanks always for all things unto God and the
Father in the name of our Lord Jesus Christ.*

(Ephesians 5:20)

*Thank you God for all Your blessings to me and my
family, For the strength You give me each day and
for all the people around me who make life more
meaningful.*

(Anonymous)

I thank my God upon every remembrance of you. (Philippians 1:13)

Acknowledgements and Special Thanks

Thank You, Jesus, for loving me and being here for me every step of the way as I have went from infancy to maturity. Without You, I would not have made it this far in my life and become the woman you created me to be. You are the Lord of my life and from You I receive guidance and all the blessings you have for me.

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Thanks to iPEC coaching and CHI-16 for my training and support to help me to know what is in me, how to get it out and be the fabulous and magnificent woman I am and to be able to help others to do the same. Love you all and wish you all the best.

Thanks to all my family, friends, and associates for being a blessing in my life.

Thanks to you for purchasing this book and taking action to live the life you desire. May you receive all the blessings God has for you.

*We are God's masterpiece. He has created us
anew in Christ Jesus, so we can do the good things
He planned for us long ago.*
(Ephesians 2:10)

*If you can't fly, then run, If you can't run, then walk,
If you can't walk, then crawl, but whatever you do,
you have to keep moving forward.*
(Martin Luther King Jr)

The thief (stress, fear, unbelief, devil) comes only in order to steal, kill and destroy. I (Jesus) came that you may have and enjoy life, and have it in abundance (John 10:10 Amp)

Our Mission, Movement, and Passion-Driven Purpose



Free to Sparkle

Igniting Lives from Park to Spark

Our Mission

Inspire, encourage and help ambitious women and men who are tired of settling and ready get out of their comfort zone so they can live their dreams, enjoy their life, and have fun.

Our Movement

It's Your Life! Get the Guts to Live It!™

Get Your Life and Sparkle Back

Bring Your Dreams, Desires, and Uniqueness to Life

Passion-Driven Purpose

Women and Men will be living the life they truly desire and dream of; Living life passionately and enjoying it totally; Being their true self; Genuinely loving, respecting and taking care of themselves; Be in a relationship or marriage that is adoring, cherishing, enjoyable, and respectful; No longer putting everyone and everything before themselves; Fulfilling their dreams; Working in a purposeful career or business that they were created for and Having fun.

Fear thou not; for I am with thee: be not dismay for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

(Isaiah 41:10)

Believe in yourself and your ability. With the help of God, you will find yourself being able to do more than usual and bigger things than you ever expected.

(Daisy Johnson)

To be a star, you must shine your own light, follow your path, and don't worry about the darkness, for that is when the star shines brightest. (Author Unknown)

Introduction

What Happened to Your Dreams, Desires, and the True You?

You're sitting on your porch watching some children playing. You hear them talking about what they want to be when they grow up. A little girl says, "I want to be a ballerina when I grow up." Another one says, "I want to be a famous singer and dancer." Another one wants to be a doctor. The little one playing with a kitten shouts with glee, "I want to be a veterinarian when I grow up." You are enjoying the scene and feeling their passionate energy as they continue to play. They are now running freely enjoying themselves as if the day will never end. Oh, what would you give to be able to do that and feel that way?

As you are watching, you are smiling and remembering your own dreams and goals that you had and what you said you would be when you grew up. All of a sudden, you feel a tinge of sadness as you see where you are in life and think about how you haven't lived your dreams. When did you lose your dreams? Childhood? Teen years? Adulthood? What happened? Too busy? Got married? Had a family? Work? Fear? Guilt? Too late to do it? Gremlins? Not good enough? Too old? Can't do that? Things will never change? Did you put them on the backburner? Keep saying one day? Are they buried? Saying there is no hope? Where did those thoughts come from? You? Family? Friends? Life? Work? I can relate. Can you?

Shazaam! Wake up!!! Get up!!! Do you really believe all that? I hope not. Well, fret no more! Your fairy godmother, the Inspirational Action and Accountability Coach, is here. My purpose is to inspire you to get your life and sparkle back so that you can be your true self, live your dreams, enjoy your life, and have fun. This information can help you to overcome the barriers that are holding you back, find your God-given purpose, make your dreams a reality and move you into action. Trust God! Have faith in yourself and know that you are UNSTOPPABLE.

I work with ambitious women and men, who are tired of settling for a dissatisfied life, career, business, not being their true self, burying and delaying their dreams and the life they truly desire due to family, low self-esteem, fear, lack of time, confidence, and not knowing what to do or where to start.

It is my dream to see more people take charge of their life, be their true self; live the life they truly desire and dream of; live life passionately and enjoy it totally; genuinely love, respect, and take care of themselves; be in relationships and marriages that are adoring, cherishing, enjoyable, and respectful; no longer putting everyone and everything before themselves; work in a purposeful, enjoyable career or business that they are passionate about and have fun. I would like for them to know who they are, what they stand for, know their value, and set their standards and not accept or do anything less. God created us to love Him, ourselves and others. He wants us to love life and enjoy it tremendously.

Are you ready to join the “It’s Your Life! Get the Guts to Live It!™” movement so you can live a life that sparkles? I sure hope you are. If you are not ready yet, that’s ok. When you are ready, come on board. You’ll be loved and welcomed. Pray and ask God for strength and guidance to help you to take action. He gives you the choice to do what you can and He’ll do what you can’t.

You are awesome and beautifully and wonderfully made. You can do all things through Christ. The power comes from within. Let it move you forward and help you to change your thoughts so that you can take action to live the life you truly desire. Are you beginning to have faith in yourself? I sure hope so. YOU CAN DO IT! LET’S GET READY TO ROLL!!!! YOU ROCK!!!!

*You can do all things through Christ
who strengthens you. (Philippians 4:13)*

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him and He shall direct your path (Proverbs 3:5-6)

My Story

I am the second oldest of twenty children and the oldest of eighteen in one household. I grew up taking care of everyone else and neglecting what I really wanted for myself. I was often told that you are the oldest and you must be the example, you know better than that, what's the matter with you, and you know what you are supposed to be doing. To me, I was living a sheltered life and not being able to do anything except go to school, work, church, and back home. I wanted to play with friends and was told I don't need any that I have enough brothers and sisters. I love my siblings and wouldn't take anything for them; yet, I felt like I needed to learn and experience things outside the bubble I was in. Whew! Life was a struggle.

I wasn't able to express how I felt so I always kept everything to myself. I grew up being quiet and putting a shell around myself. I was supposed to be this perfect child. This put me in the place where I didn't feel I could or should ask anyone for help. I was supposed to know everything and felt people expect that of me. If I didn't know, they would think I'm stupid or dumb. My feelings would be crushed, and I'll be embarrassed. This fear kept a strong hold on me and drove me to obtain as much knowledge as possible. I felt that I couldn't let my guard down and had to be in control of things that were around me.

I was a dedicated woman, who settled in a marriage, career, and church that was unfulfilling or stressing me out due to the fact I knew I wanted more than what I was experiencing. By me living a very settled and dull life, I wasn't being the energetic person I knew I was. I went to work every morning to a job that I didn't enjoy and back home to a place that was becoming exhausting and frustrating due to my marriage and life wasn't turning out the way I desired. I was taking care of my husband, children, house, and being available for whatever they needed and handling everything that was good, bad and ugly while neglecting myself. I was routinely living my life day in and day out saying to myself, "Why am I doing this? I'm not really happy. I am not living my dreams and being the person that I know I am." My answer was: This is what I'm supposed to do. If I don't do this, I'm going to look bad.

What will my family and everybody else say or think about me? My parents raised me to be in charged. My feelings don't matter. I don't want to disappoint anybody. If I try to do something differently, I might fail. I can't live my dream. I don't know enough to do anything else. I'm too old. I better stay where I have the experience. When is this insanity going to stop? Can you relate to this or something similar? I knew deep down inside that I needed to make a change and get the guts to do so.

I began to say that God put me on this earth to enjoy my life and enjoy it to the fullest. It was time for me to stop settling and start living a more vibrant life. I prayed and asked God to help me to become the person that He created me to be. I told God I am willing to forsake all others and what they may have to say or think. Therefore, I made the decision to leave the church I was in for 37 years. I start going to a church I felt God lead me to and got more into His Word. God began elevating me to another level that surprised me and took me out of my comfort zone. I became the Coordinator of the Welcome Center.

I believe marriage is supposed to be until death do you part. I wasn't a perfect wife and yet I was doing my best to be the wife I should be. Even through the one-sidedness and adultery, I kept praying asking God to help and show me what to do. I kept doing what I could to make it work because I wanted it to last. I began to wonder what was wrong with me. Why doesn't he love or want me? What am I doing wrong? I talked to him, suggested counseling, forgave him, and ask God to help me to trust him, yet it happened again and again. I knew God didn't put me here to endure that. I didn't need the unhappiness and stress. This marriage wasn't working for me. I was fed-up. I began to think about me and my children. I had no wish to keep living in an unhealthy marriage, which was not beneficial for me and my children. Therefore, I decided to end my 21-year year marriage. It hurt like crazy and I worried about being a single mother of teenagers. I was getting ready to do something I never thought I would be doing, and it was hard. However, I smothered the fear, found a place, took my children and moved out. My children and I have made it with the help of God.

During my life's journey, I decided it was time to do work that I was passionate about. I prayed and asked God to let me know what it is. One day, I decided to attend a divorce recovery class. The instructor said she was a counselor and a coach and that triggered something in me. I decided to research to find out what exactly were the criteria of coaching and the requirements of

being a coach. I was motivated by my findings and decided to take coach training. Coaching changed my life even more. It helped me to see where I was, the beliefs and fears that were holding me back, and how I could move forward and live the life I love and dreamed of. The tools, accountability, partnership, and support I received from the coaches kept me moving in the direction I desired to go.

I got laid off from the job I worked at for 14 years. I wanted to accept the layoff and start working as an entrepreneur. However, I listened to everyone who was telling me how I need to accept another position and think about the income I would need to take care of my family. Therefore, I accepted another position. After I completed the training, I began my job duties and realized that this job isn't for me. Being the devoted person that I am, I kept doing my best to do it. I would pray and talk to God about it. He kept telling me to trust Him. I kept thinking about my family, the money needed to take care of them, my coaching business and how stressful the job was. I told the Lord that I will trust Him and walk out on faith. It was time for me to walk the talk and my business to become successful and prosperous. After eight months, I left that job. I started my own coaching and inspirational speaking business along with personalized gifts. I am still currently doing this. I became a line dance instructor. I thank God.

I am still a dedicated woman, and I am no longer settling in my life. I make decisions that work for me. I have a choice of what I will accept and what I will not. I know who I am in Christ. I am living a life that sparkles. God, prayer, the Bible, teaching I receive, faith, along with my coach, family and friends, have helped me to take the steps I need to live a passionate life, live my life on purpose, and have a successful business. I am enjoying my life fully, living my dream, being truly me, and having fun. Things are not always easy and I know I will continue to make it. God is with me always helping me and turning things around for my good. God, my coach, and family are still helping me to stay on track. I couldn't do it without them. If I tried to do it by myself, it would take longer or perhaps not happen at all. If I can live my passion and do what God has created me to do after the age of 41, so can YOU! I give God all the glory and the praise. He is my All.

But I have raised you up for this very purpose, that I might show you my power and that my name might be proclaimed in all the earth.

(Exodus 9:16)

We gain strength, and courage, and confidence by each experience in which we really stop to look fear in the face...we must do that which we think we cannot.

(Eleanor Roosevelt)

Self-esteem and self-love are the opposites of fear; the more you like yourself, the less you fear anything (Brian Tracy)

Personally For You

Thank you for purchasing this guidebook. This shows me that you are a person of action, and you are looking to do something about an area of your life. You are looking to take steps to take charge of your life. You want to make some changes, so you can be who you really are; live your dreams; enjoy your life; and have fun. You want to be living the life you desire and dream of.

As you get up and go throughout your day, you know that your life isn't where you would like it to be, and you are neither living passionately nor your dreams. I want to encourage you by saying that You can live your dreams and the life You desire. What do you want? Purposeful career? Own a business? Fulfilling life? Be the confident and energetic you? More fun? Whatever it is you want, you can have it. This guidebook has been created to lead you forward in the direction to get it.

It is my hope that you will complete every section. As you do so, you will gain more clarity of who you are, what you want, what's holding you back, and what action you can take to live a life that sparkles. While reading the book and answering the questions, you may find yourself getting stuck, frustrated or things keep getting in the way and that is ok. Just take a break from what you're doing. Sometimes, as you move to make positive change in your life, self-sabotaging thoughts can appear to stop you. The decision is up to you as to what you will do about it.

Give it your best shot. If you get stuck, we can go over it together. I am here to partner with you and help you to get pass where you have stopped and push forward to uncover what is blocking you. You will be able to live a life that sparkles by living the life you love. Woo Hoo! Inhale and Exhale! Are you ready to stop settling and start sparkling? I sure hope so. Let's get this party started and jump over the hurdle!

Before I formed you in the womb I knew you; before you were born I sanctified you; I ordained you a prophet to the nations.
(Jeremiah 1:5)

Remember who you are. Don't compromise for anyone, for any reason. You are a child of the Almighty God. Live that truth.
(Lysa Terkeurst)

Commit your work to the Lord, and your plans will be established. (Proverbs 16:13)

Settling and Sparkling Meanings

Are you settling, sparkling or not sure? Look at these phrases and decide:

Settling:

- Keep doing a routine of things because you feel you have to or that's what you know to do.
- Staying in something that's not making you happy because you think, feel, or believe you are supposed to.
- Living an unfulfilling and boring life and wishing you were living more passionately and vibrantly.
- Wishing you could have more fun and excitement in life and not taking action to do so.
- Hiding who you really are to please someone else or afraid of what someone else will say or think.
- Doing the same thing over and over expecting something different to happen.
- Allowing fear, procrastination,, laziness, to keep you stuck in place.
- Thinking that you don't know enough, are too old, aren't experienced enough, it's too late or something else that's hinders you from living the life you love and dream of.
- Not setting goals, making changes where needed, shifting responsibilities, asking for help, gaining clarity, or being courageous.

Sparkling:

- Living freely and vibrantly enjoying every area of your life.
- Being energetic, radiant and having fun
- Fully and truly be the person you are and loving who you are.
- Working a job or business that is very purposeful, passionate, and you love doing every

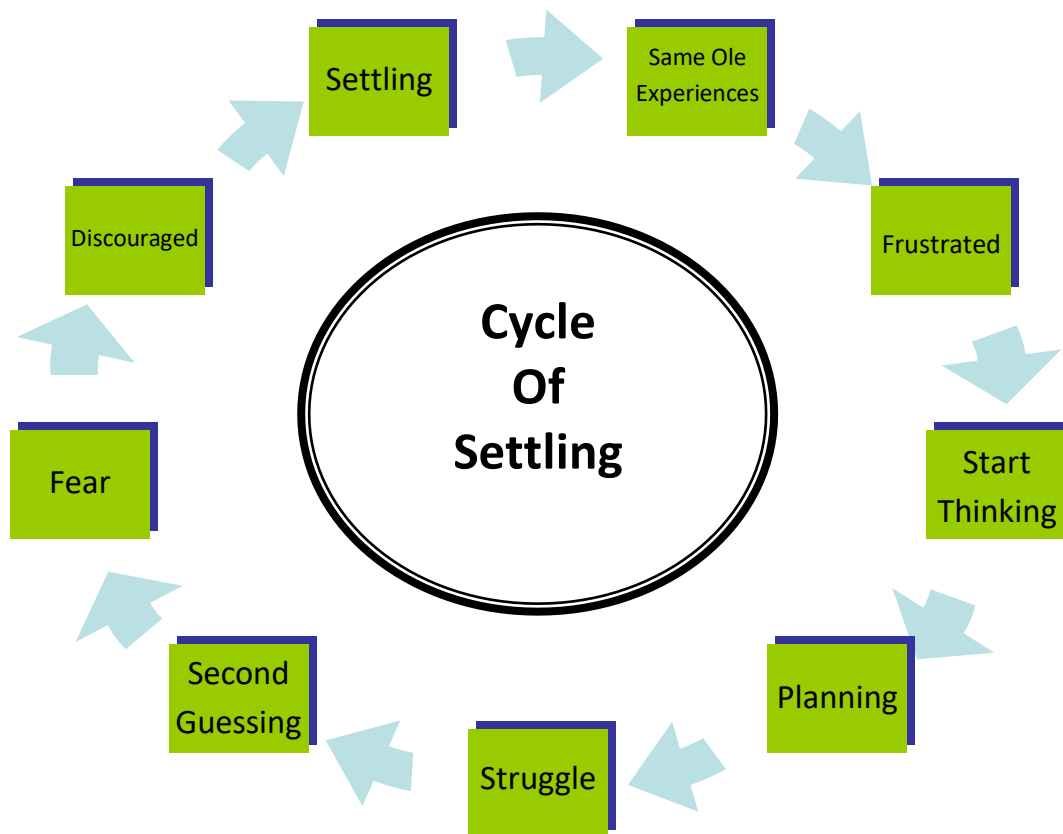
- Having balance in life that's working for you.
- Enjoy a passionate, loving, and adoring relationship that's working for you and willing to do or say something when it's not.
- Choosing to do what's important to you.
- Saying no or not now when you know you don't want to do something
- Making decisions to make necessary and successful changes.
- Being confident and courageous.

There are more. These are to give you an idea. Be sure to add yours that resonate with you or hinders you.

There is no passion to be found playing small - in settling for a life that is less than the one you are capable of living. (Nelson Mandela)

Cycle of Settling

This graph shows what occurs when you are settling. This is not a high energy place for you to be. Settling causes you to stay in your comfort zone, a place in your life where you really don't want to be and/or live a life full of regrets. If you don't choose to stop settling, you can find your God-given dreams and mission being buried with you when you leave this earth.



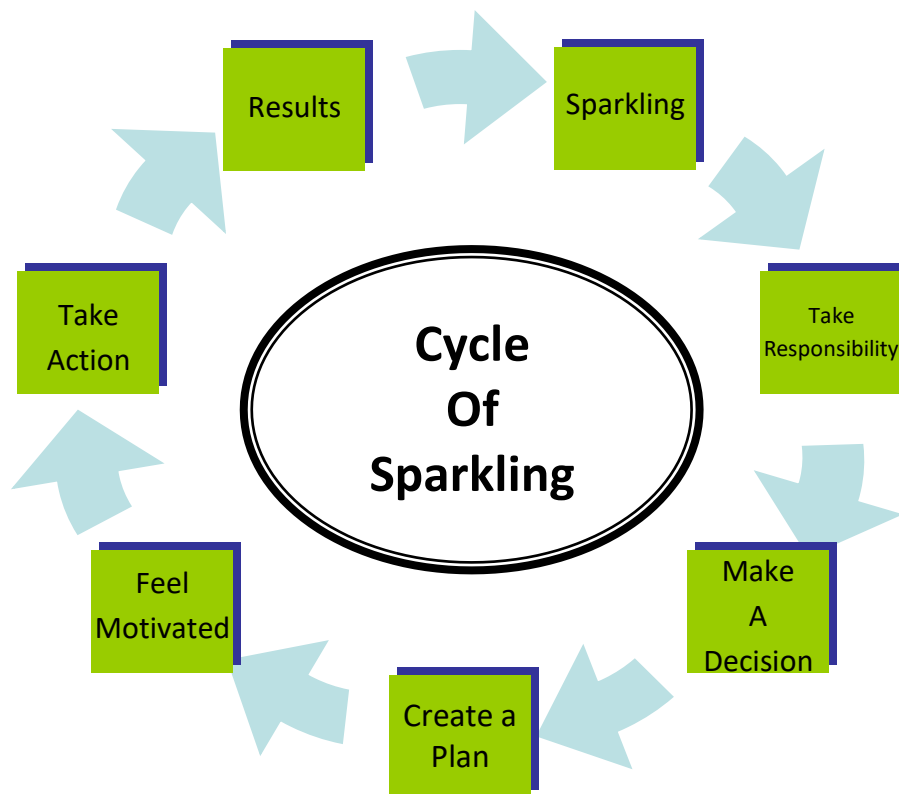
*Let us not be weary in well doing: for in due season
we shall reap, if we faint not.*
(Galatians 6:9)

*You can't just sit there and wait for people to give
you that golden dream. You've got to get out there
and make it happen for yourself*
(Diana Ross)

A happy heart makes the face cheerful, heartache crushes the spirit. (Proverbs 15:13)

Cycle of Sparkling

This graph shows what occurs and how you feel when you are sparkling. This is the higher energy that you would like to have and the place you would like to be in your life. Sparkling makes you feel great and push you forward to achieve your God-given dreams and mission and do what you love in life.



*The fruit of the Spirit is love, joy, peace,
patience, kindness, goodness, faithfulness,
meekness, self-control.*
(Galatians 5:22-23)

*When you show deep empathy toward
others, their defensive energy goes down,
and positive energy replaces it. That's
when you can get more creative in solving
problems.*
(Stephen Covey)

When you have confidence, you can have a lot of fun. And when you have fun, you can do amazing things. (Joe Namath)

Are You Settling or Sparkling Quiz?

Sometimes, you just need to take the time to have some fun. Why not start right now? I have created a blast of fun quiz so you can see whether you are settling, sparkling or possibly straddling in between. Enjoy!

Pick one answer per question. There are not any wrong or right answers; therefore, you don't have to go back and forth changing anything. Usually, you'll find out that you relate with your first choice. Get comfortable and feel at ease. Let the fun begin.

1. Are you living your dreams and the life you love?
 - A. Yes
 - B. Sometimes
 - C. No

2. Is someone or something getting in your way of your dreams and the life you love?
 - A. Yes
 - B. Sometimes
 - C. No

3. What are your thoughts about living your dreams?
 - A. I'm living it
 - B. I start and then I stop and may start again
 - C. Stuck/Don't see it happening no time soon

4. On a day to day basis, how are you living your life?
 - A. Passionately
 - B. Moderately
 - C. Sluggishly

5. What are your thoughts when you get up for work?
 - A. Yeah - Looking forward to going or Self-Employed and Loving it
 - B. Oh Well - Got to pay the bills
 - C. Oh My Gosh - Wish I was doing something I enjoy or passionate about
 - D. Unemployed
6. How do you feel about your relationship or marriage?
 - A. Happy and loving it or Happily Single
 - B. It can be better
 - C. Oh My God! This isn't working or Not in one and wishing I was
7. How often do you complete what you plan to do?
 - A. Often
 - B. Occasionally
 - C. Rarely
8. Do you know your life's mission and purpose?
 - A. Yes
 - B. Possibly
 - C. No
9. Who are you being in your life?
 - A. Real and uniquely you
 - B. Partially you
 - C. Insecure, fearful and shy you
10. Putting God first, where do you rank yourself in your life?
 - A. Top priority - It's me first
 - B. Semi priority - partially me/partially others and everything else
 - C. Low priority - Put everyone and everything else first

11. What are your thoughts about owning your own business?
 - A. Already own my own business
 - B. Started one and stopped
 - C. Don't see how it's possible to have one
 - D. Have no desire to own a business
12. How many days during the month do you take the time to have fun and just relax?
 - A. 20 days or more
 - B. 10 to 19 days
 - C. 9 days or less
13. Were you once a bright, well-lit candle and a gust of wind seemingly came along and blew you out?
 - A. No - I'm still lit
 - B. Somewhat - I'm swaying back and forth
 - C. Yes - I'm blown out and need to be re-lit
14. Do you often find yourself being so busy that there doesn't seem to be enough hours in a day?
 - A. No – I get things done as planned
 - B. Sometimes I do/Sometimes I don't
 - C. Yes - I'm too busy and not getting what I want done
15. Do you find yourself putting on the face of happiness when deep inside you are desiring something better or wishing for much more?
 - A. No - I am happy continuously
 - B. Sometimes - Wish I was happy more often
 - C. Yes - I fake it and would like to be happy

Hope you found that fun and interesting. Now it's time see your results. Add up the number of points per letter by using the info below:

A. 6 points **B.** 4 points **C.** 2 points **D.** 0 points

If your total is 85 – 100:

You are Sparkling. Congratulations! Way to go! You know what you want and you move forward to make it happen. You are on the path of being truly you, living the life you love and your dreams, and enjoying yourself and life tremendously. Although you are Sparkling, remember there is always room for growth. It would be great to have someone in your corner to inspire, encourage and help you keep your Sparkle.

If your total is 70 - 84

You are Straddling. Congratulations! You're on your way! You desire to be truly yourself, live the life you love and dream of, and enjoy your life passionately. Sometimes you make decisions and follow through and sometimes you don't. It could be that you sometimes move forward and then stop due to you get stuck. No need to fret and beat yourself up. You are not alone. It happens to me sometimes. I have a coach to help keep me on track. You can live the life you love and dream of daily. You need some clarity, encouragement and accountability to help you do so. and keep you on track. You are in control of your life and you can make it happen. It will be great to have someone in your corner to inspire, encourage and help you Sparkle always.

If your total is 69 or less:

You are Settling. Congratulations! Nothing to worry about! You can be on your way! You are not quite being your true self, living the life you love and dream of and enjoying your life deeply. You may desire to do so and yet you may not know what to do, get stuck, feel like giving up and/or think it will never happen for you. Don't give up. I used to settle in my past. I made a decision that settling was no longer acceptable. You can too. Get clear about what do you want, how you want your life to be, what you need to do and take action to make it happen. You are the only person in control of your life. You desire it to be different. Get up and do something about it. It will be great to have someone in your corner to partner with you to inspire, encourage and help you get your sparkle back.

No matter what your results were, you are created for greatness. You can have your heart desires and live your dreams. You must take action to make it happen. If you keep doing what you have always done, you will keep getting what you have always gotten. Believe it and you can achieve it.

Sparkling and Settling Fun

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 CLARITY
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 FORGIVENESS
 FREEDOM
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 GOALS
 GOD
 GREATNESS
 GRATEFUL
 GRUDGES
 HAPPINESS
 HAPPY
 HOPE
 INACTIVE
 INDECISION
 INSPIRATION
 JESUS
 JOY
 LAZINESS
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 LOVE
 NEGATIVE

PEACE
 PERSISTENCE
 POSITIVE
 PRAYER
 PROCRASTINATION
 RESPONSIBILITY
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 STUCK
 THANKFUL
 THOUGHTFULNESS
 TRUTH
 UNBELIEF
 UNFULFILLED
 UNIQUENESS
 WAITING
 WISDOM

Fear not, for I have redeemed you; I have called you by your name; You are mine. When you pass through the waters, I will be with you; and through the rivers they shall not overflow you. When you walk through the fire, you shall not be burned, nor shall the flame scorch you.
(Isaiah 43:1-2)

You are God's chosen one. You belong to Him. No matter what is going on, He has YOU. You can live your life your way starting today.
(Daisy Johnson)

Write the vision and make it plain upon tablets, that he may run that readeth it. (Habakkuk 2:2)

Do You Know What You Want?

Do you clearly know what you want in your life? How will you have faith to believe that you will get what you want if you aren't totally clear about what it is? If you are not clear about what you want, it will not happen. God wants you to write your vision and make it plain. He wants you to have the desires of your heart. *Delight thyself also in the LORD: and He shall give thee the desires of thine heart.* (Psalms 37:4) God created you with a plan in mind. Visualize what you want. See what He has put in your heart. Write it down. Communicate with God. Trust Him. He will direct your path. Believe. Move forward.

Do you know why you want what you want? Is it something you truly desire? Do you feel that's what you're supposed to do? Did someone else tell you that you're supposed to do that? Are you trying to keep up with someone else? Look at your reason for desiring what you want. Get it out of your head and onto paper. You need to be clear about it.

Your heart reflects your dreams and desires. The key is to unlock the potential within your heart. Your heart tells you what you desire, created for, are to accomplish, and who you are. Your dreams are something you believe in, love to do and will share with the world. Positive desire is a longing force inside of you that connects you to your soul. It is an emotional longing pressing you to have a greater self-expression and fulfillment. You are gifted for greatness and can have the life you truly desire. God wants you to live your sparkling life NOW!

You are God's chosen one. You belong to Him. No matter what is going on, He has YOU! You can live your life your way starting today. *Fear not, for I have redeemed you; I have called you by your name; You are Mine. When you pass through the waters, I will be with you; And through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, nor shall the flame scorch you.* (Isaiah 43:1-2) Relax and trust Him. Believe it. You can have it and do it. Do you know that? Are you ready to clearly put in writing what you really want? Did you say yes? Great! Come on and do this. Congratulations on deciding to find out and write down what you really want. You're stepping up. Woo Hoo! Yes!!!!

*Where there is no vision, the people perish; but
happy is he who keeps the teaching.*
(Proverbs 29:18)

*Everything you want is out there waiting for you to
ask. Everything you want also wants you. But you
have to take action to get it.*
(Jack Canfield)

Clarity to Discover What You Want Questions

Sit down in a quiet place. Take a deep breath. Clear your mind. Think about your life. Feel what's going on inside of you. Now take your time and answer these questions. Be specific.

1. What did you feel? What were your thoughts?

2. What does your ideal life look like? Think Big!

3. What makes you happy and joyful?

4. What do you want that you don't have?

5. What do you value most at this point in your life?

6. Where would you like to go?

7. What's your passion that you would like to contribute to the world?

8. Do you believe you can or will get what you desire? Yes _____ No _____

Explain your reason as to why or why not?

9. What will your life be and feel like when you have this?

10. What's stopping you from having what you want now?

As you are moving forward to get what you want, you will notice that your inner critic will try to stop you. You may feel your energy shift to a higher level as you are feeling great about what you are doing. You can live the life you desire. Make the decision that you will. Believe in yourself. Pray. God is right there with you. If you have other thoughts that come to mind, feel free to write them in this space.

Take a deep breath. That wasn't too bad, was it? Hope you are now clearer as to what you want and feeling excited about taking action to have it in your life.

*Cast all your anxiety upon Him because
He cares for you.
(1 Peter 5:7 NIV)*

*In life, barriers are going to get in your
way. It's up to you whether you will allow
them to stop you or do what it takes to
make things happen.
(Daisy Johnson)*

*For God hath not given us the spirit of fear, but of power, and of love, and of a sound mind.
(2 Timothy 1:7)*

What Is Holding You Back?

OMG! Somebody Help! Did you call me? Ok. I'm here. What's going on? I have answered the questions and know what I want, yet I don't seem to be able to make it happen. So what I'm hearing you say is that you found out what you would like to do, but your thoughts and inner critics are kicking in. Is that correct? Yes, it is. Congratulations! You are not alone. We all feel this way sometimes. It is understandable for you to feel this way, and thank you for admitting that because it is very scary to do something that you have never done before. Your little inner critic is trying to keep you safe and stuck. You will not let that happen, right? I hope not. Take a few deep breaths and relax. Are you ok now? Great! You can do it! Keep going!

Fear and risk are the major forces that stop you from moving forward to change things in your life. Fear paralyzes you and saps your energy. Fear of failure causes you not to take any steps forward because you are afraid that what you want most will not happen. There are other types of fear that people can have. To name a few, there is fear of change, success, making decisions, responsibility, commitment, rejection, and lack. Are you going to let your fear hold you back? Take a moment and think about how free you would feel if you didn't fear taking a risk. Did you breathe easier? Did you feel like you can do anything? Did it feel like freedom? Oh, what a feeling!

Fear can also be there to protect you and draw you closer to God. Fear can cause you to pray more and have a closer relationship with God. Think of the feeling that arise when you are getting ready to go around a corner, say something to someone, or work a project. Something comes to you and tells you not to go, say it or do it. You don't understand why you shouldn't go, say or do it when you have been going that way, saying what's on your mind or doing it like this all the time. It keeps nudging you; you feel a little nervous wondering about it, and start debating with yourself. The thing that you feel and thoughts that come to your mind are God and

your intuition. It could be something that can save your life, keep you out of trouble, and may not be the right time for you to do it. Embrace your fear to see what it is trying to tell you. Make sure you identify whether it is there to protect you or there to hold you back. Pray, seek and connect with God to know what He has for you to do. You wouldn't want to keep sitting there and being stuck when you most likely need to make a choice to take action.

Sometimes, things are so simple to do, yet, barriers stand in your way to make them seem hard. You would need to uncover what is really the barrier that's stopping you from accomplishing what you want or taking steps to get things done. It's ok to need support as you move forward to make changes in life. If it was easy for you to do it on your own, you mostly likely would have done it already.

Confidence will help dissolve your fears that keep you from moving forward. If you lack confidence, you will be hesitant to change. Build your confidence. It takes action and practice. Build your confidence with, Communication: *ability to educate, entertain, enlighten and inspire through words*; Image: *use positive words to describe and form a positive vision of yourself*; Ability: *know what you are good at*; Contribution: *know that you matter and go out and make a difference in the world*; Manage: *spend your time wisely, do what it is you want, have fun and enjoy your life*; and Bravery: *choose to embrace your fears and do what you want anyway*. If you don't, you will be hesitating to make an effort outside of what's familiar, comfortable and safe. Are you ready to find out what's stopping you? Hooray! Come on and do the next step.

The still, small voice of God never calls on me to be like another man. It appeals to me to rise to my full stature and fulfill the promise that sleeps within my being. (Sam Keen)

Identify the Barriers that are Holding You Back Questions

Sit down in a quiet place. Take a deep breath. Clear your mind. Think about what's stopping you from getting what you want in your life. Feel what's going on inside of you. Now take your time and answer these questions. Be specific.

1. What did you feel? What were your thoughts?

2. What do you believe is holding you back from living the life you want? (ie, fear, self, lack, family, etc.)

3. What habitual behavior you may have that is preventing you from living the life you want?

4. What are some of the beliefs that you have that you've heard from your parents, family, friends, teachers, church people and co-workers?

5. Are these your beliefs? Yes _____ No _____ Some of them _____

If yes, are these beliefs helping you to live the life you want? Yes _____ No _____

If no, the beliefs that are not your beliefs are holding you back and it is best to replace them. Replace them with what you really believe. Just because you read something, someone tells you something, or you hear it somewhere doesn't make it right or the best thing for you. Always question things before you accept it as a belief. Follow your intuition and what you feel and believe. Does it feel right or go along with your values? If it does, do it.

6. Replace the old beliefs with new beliefs that are positive and help you move forward. (ie, Old: *You are not smart enough.* New: *I am smart and can do whatever I want.* Old: *I'm too old to live my dreams.* New: *God created me for greatness. I can live my dreams. With God, all things are possible.*)

7. Name your inner critic (self-barrier):

Whenever your barrier or inner critic tries to show its little ugly head, say its name and what you would like for it to do. (ie, Hiding Harriet. When you get that feeling that makes you want to clam up and/or hide, “You say, Hiding Harriet, Get out of my way! I am choosing to be Ambitious Abbey today.” You put on a smile, become that person, and do what you really want.)

8. What will you tell your inner critic to do when it surface?

9. What changes are you willing to make to overcome what’s holding you back?

10. After identifying and changing some of your beliefs and barriers that are holding you back, you may have other thoughts that come to mind, feel free to write them in this space.

Remember, if you have a belief or rule that you have set or heard from someone else and it's not working for you, change it. Make it work for you. It's your life. Get the guts to live it on purpose. Enjoy it.

When fear arises, don't allow it to keep you from getting or doing what you want. Face your fear and do it anyway. Here's an acronym that can help:

Face it. Acknowledge that it's there.

Expose it. Is it protecting you or blocking you?

Advance forward. Be the bold you.

Remember and **R**epeat. You are created for greatness. You can do all things through Christ. Feel the fear and take action anyway.

Tips to Push Pass Obstacles

Don't Make Excuses.

It is critical that you do not allow yourself any excuses. If you do, the excuses will never stop. You will mostly likely find yourself giving in every time.

Eliminate Distractions

Often, when fear starts surfacing, you will allow distractions to get in the way. You may feel nagging doubts and anxiety. It doesn't help you to reach your goal. They can come in the form of surfing the net, reading emails, doing Facebook posts, or anything else that you may find more interesting than face the fear. If you really want to live a sparkling life, push pass the distractions.

Acknowledge Your Emotional Conflicts

Sometimes, your emotional conflicts could be getting in your way. Pay attention and see what you can do to resolve them. Pray. Meditate. Talk to someone. Exercise. Walk. Do what you can to handle it. If you don't, it will be difficult to focus and get things done.

Remember the Consequences

If you allow obstacles to keep holding you back from living your dreams, what are you giving up on? What are you losing out on? What do you really want that you won't get? If you don't think about the consequences, you will find yourself settling and may give up. It's ok to have fun; yet, don't allow it to keep you stuck where you are procrastinating and not getting things done. Remember "Why" you're doing what you're doing and the consequence of what won't occur if you don't do it. It will help you to get back on track.

Decide to Be Successful

You will feel fear when you're doing something out of your normal. Famous people, CEOs, Pastors and other higher ups, feel fear. They decided that they're going to be successful, do what it takes and not allow fear to hold them back. You can do the same. The difference between someone succeeding and someone failing is that one stopped trying. Be Successful! You Can!

Congratulations on making it this far. It shows that you are ready to live the life you want and moving forward to make it happen. How are you feeling about this? Smile and relax. You're halfway there. Yippee! Yippee! Yes! Whoop!

*Fear not, for I have redeemed you; I have called you
by your name; You are mine. When you pass
through the waters, I will be with you; and through
the rivers they shall not overflow you. When you
walk through the fire, you shall not be burned, nor
shall the flame scorch you. (Isaiah 43:1-2)*

*This is the confidence that we have in Him,
that, if we ask any thing according to His
will, He hears us.
(1 John 5:14)*

*If you are not willing to risk the unusual,
you will have to settle for the ordinary.
(Jim Rohn)*

In all these things, we are more than conquerors through Him that loved us. (Romans 8:37)

Are You Ready to Make a Decision?

Now that you know what you want and what's holding you back, it's time to make a clear decision as to what you would like to do to live the life you want. In order to make it happen, you must know what you want and what you are going to do to get things going.

You must be willing to overcome your barriers, let go of negative thoughts and feelings, not blame others, be focused and commit, and set goals to get what you want. It's your responsibility to make it clear, believe and doubt not about what you want, what you plan to do, and when you are going to do it. It's not for you to worry about or try to figure out how or when it's going to happen. God will handle the how and when. He wants you to believe and put your faith into action. Faith without action is dead and without it, you will not please God.

As the bible says, whosoever shall say unto this mountain, be thou removed, and be thou cast into the sea, and shall not doubt in his heart, but believe that those things which he saith shall come to pass; he shall have whatsoever he saith. (*Mark 11:23*) Greater is He (God) that is in you than he that is in the world (*1 John 4:4*). He (God) gives you power to get wealth and you can do all things through Christ. Build your faith on the Word of God. Have faith in yourself. Jesus has given you authority to trample over serpents, scorpions and the enemy and nothing by any means shall hurt you (*Luke 10:19*). What are you waiting for? Make plans to move forward, and write them out.

You are what you are being. Pay attention to who you are being. The way you are being now is how you are being in everything. Example: If you are procrastinating, being indecisive and constantly busy now, that is how you are being in everything until you make the decision to change that behavior and be how you would like to be. Are things around you cluttered, such as your desk, closet, house, room, car, etc.? If it is, it is cluttering your mind and not leaving room for you to think and be creative. Your mind will have the tendency to keep going back to your clutter because this is something you would like to do and haven't acted upon it to clear it up.

What you put your focus on will expand. Pay attention to your thoughts. What you think about is what you are going to get. *As a man thinketh so is he.* (Proverbs 23:7) Choose great and positive thoughts and focus on what you have. Be grateful and have a grateful spirit. Set intentions for yourself as to what you're planning on doing. When you take steps forward, whether they are big ones or baby ones, always be grateful and know that you are making a great decision.

You may find yourself thinking about the way you have been doing things. You may even say to yourself or out loud that this is the way I've always done it. Ok. Is that way getting you the results you are expecting? If you keep doing what you have always done, you will keep getting what you have always gotten. It's time to make the decision and get things done.

Do your best to stay on track of moving your life forward in the direction you want to go, so you are living your life your way on your own terms. As you are doing this, you will be living the life you desire, enjoy and love. You will most likely hit some bumps in the road, don't feel like doing anything, and deal with negative chatters and thoughts. It's ok. Decide that you will keep moving forward. You're on a mission and that mission is your life, your passion, your desires, and being all God has for you to be and do.

Sometimes in life, making decisions will not be so easy nor comfortable. Think about how you feel right now about your life. If you stay where you are, will you be happy with yourself and your life or not? What is it costing you to remain the same? It's your life and your choice. Are you ready to gain clarity to make a firm decision about living the life you really want? I hope you are. It will be great to see you in action. Come on! You can do it.

Make a Decision Questions

Sit down in a quiet place. Take a deep breath. Clear your mind. Think about what decisions you would like to make that will put you on the path of living the life you want. Feel what's going on inside of you. Now take your time and answer these questions. Be specific.

1. How do you feel about the decisions that you are thinking about? What are your thoughts?

2. Are you ready to take full responsibility for your life? Yes _____ No _____

If yes, from a level of 1 - 10 (*1 mean less 10 mean more*) how ready are you?

It's ok if you are feeling a little fearful or nervous. It is natural. It's your decision as to how you will respond to it.

3. If your number is less than eight, what would it take for you to get it to the next number?

4. If you're not totally ready yet, that's ok. When you are ready, you can move forward to make a clear decision. Without being ready, it will not happen. Once you are, come back to this page and complete your answers.

Think about it. When would you like to be ready? Be specific. (What month, day, year, morning, evening, etc.)

5. How do you usually make decisions? What do you need to know to make great decisions?

6. How well does your decisions line up with your beliefs, passions, and your values?

7. Thinking about your family, relationships, friends, church, etc., how will the decisions you are making affect them? Who will benefit from them, hurt by them, be understanding, be encouraging, happy for you, won't understand. etc.)

8. When fear or other barriers tries to rear its little ugly head to influence you to not make a decision, how will you counteract to make sure you keep moving forward with your decision?

9. How are you feeling at this stage as you are moving forward on this new journey?

Now that you have clear decisions written out as to what you would like to do to live the life you desire, it's time for you to move into action. If you have other thoughts that come to mind, feel free to write them in this space.

Make Decisions with Confidence

When making a decision, motivation can be a driving force that helps you become more confident. When you are confident about what you would like to do, you'll be more motivated to make a decision, put together a plan, and believe that you know you can do it. Self-confidence starts with being able to grasp what you are capable of, keeping God first, and letting Him do what can't do. *A man's heart plans his way, but the Lord directs his steps.* (Proverbs 16:9) As you keep going, you will find your confidence growing and that you're getting things accomplished.

Have the Right Mindset

Your state of mind is very important in gaining confidence and making decisions. *Let this mind be in you, which was also in Christ Jesus.* (Philippians 2:5) If you picture a clear glass halfway filled with water or your favorite drink, would you think the glass is half-empty or half-full? There is no wrong answer. It's all about whether you perceive things as positive or negative. If you pictured the glass being half-empty, you're seeing the negative side of things. On the other hand, if you pictured the glass being half-full, you're seeing the positive and viewing that the glass can be filled. When making a decision, keep positive thoughts so that your confidence will go upward and you will move toward success.

Be Ready to Shift

When you're making a decision to do bigger and better things, you will most likely struggle with the changes you will need to make. Being able to shift doesn't just happen magically or overnight. Go the extra mile and prepare to shift with determination, commitment, and confidence. Don't be intimidated. Before you know it, you'll get used to making decisions, changes and doing what it takes to make things happen. Also, keep in mind that you are

growing, being yourself, getting what you want, and making things better. It may be scary and a bumpy ride; yet, You can do it. You're Amazing!

Here is something you can do daily that can help you to make decisions and get them accomplished:

- Look for two opportunities daily of something you would like to do or have someone else to do, ie. Clear piles, clean the closet or basement, much needed conversation with family, friends, boss, employees, plan a vacation, delegate chores or whatever you have that may come up or things on the backburner that you are a little nervous about how it will turn out.
- State what you would like to do (be specific) and when you will have it done
- Make sure that whatever you plan will resolve a problem, clear things up, move you forward to achieve your dreams and goals, or towards living the life you desire.

Are you still with me? Are you taking the time to complete the questions? If you are, that is awesome. If not, come aboard soon. How important is it to you to live the life you really desire?

Has this been an eye opening sparkly journey for you? Have you been able to see some great results? Keep Going! Keep Believing! Have Faith! You will see great results. You have one more section to go. Are you ready to actually start taking action? I sure hope so. Let's keep going and find out.

*When I am afraid, I put my trust in
you. In God, whose word I praise. In
God, I trust and am not afraid. What
can flesh do to me?
(Psalm 56:3-4)*

*When doing bolder, better, and bigger
things, fear is going to come. Don't let
it keep you frozen. You can be confident
enough to courageously do what you
want. Recognize, feel, and confront the
fear and do it even though it feels scary.
(Daisy Johnson)*

What Action Are You Ready to Take?

You're still with me. Fantastic! We're almost there. What an amazing journey! Let's put on the final touch. Time to live the life you really want. You are awesome. Woo Hoo!

In order to take action, you must believe that you can do it and be ready to take a leap of faith. This will be a time for you to listen to your self-talk, be gentle to yourself and treat yourself with loving kindness. Don't beat yourself up. You are on a new journey doing something out of your comfort zone. It will take practice, confidence and faith. You may find your fears and yourself getting in the way. You have power over it. Be aware of what seems to be working and what's not. Let go of the past and follow your heart. Forgive yourself and others. Love, embrace, trust and accept yourself. Without believing in yourself, it's impossible to succeed. *Faith without works is dead* (James 2:26). Trust God to lead and guide you. He will never leave you nor forsake you. *Be strong and of good courage, do not fear nor be afraid of them; for the LORD your God, He is the One who goes with you. He will not leave you nor forsake you.* (Deuteronomy 31:6)

When you are willing to be spontaneous, follow your intuition, acknowledge your strong feelings and act on them, you will be led to your goals. Imagine how it feels to have what you desire right now. Oooh my! How does that feel? How does that look? You can almost taste it! You are probably so excited that you can hardly restrain yourself. Make that move and enjoy every minute.

The key to making changes in your life lies within you. Your thinking will determine how your life will be. Everything starts with your thoughts. Your thinking frames your attitude, your attitude determines your decisions, your decisions lead to your actions, your actions become your habits, your habits shape your character and your character creates your destiny.

Let go of what drains you. Break free from old beliefs. Replace them with some new ones that you really believe and works for you. Make sure they connect with you, your values, and line up with the Word of God.

Along the way, you may stumble, don't feel like it, or hit a brick wall. Don't stop nor give up. Get back up. It's even okay if you have to start all over again. Just don't let your failures keep you from continuously taking action and moving forward. Dust yourself off and learn from what occurred. It will make you stronger and add more experiences and you'll be able to help someone else.

Sometimes, you may have to change your plans. If you feel you that need a back-up plan, it's ok. It could be a feeling that you have about what you're about to do. Just don't get where you keep upcoming up with a Plan B. When you do that, it can make it seem like you don't have faith in yourself nor what you're doing and not trusting God to direct your path. If you don't have a Plan B and things are not working out, know when to let go and find another way towards reaching your goal. Remember, there is more than one way to get things accomplished. When there is a will, there is a way. Taking action and achieving goals are never ending.

If you are ready to continually live a life you enjoy and be successful at achieving your dreams and goals, be active and move your life forward in the direction you want it to go. Don't allow yourself to sit back passively waiting, hoping, and wishing that something would fall into your lap or just happen. Get out there and make things happen. Speak and apply the Word of God. Believe that you can move mountains to get what you want. With God, it's possible.

You are an amazing person with an amazing mind and heart. You are an overcomer, and you can do all things through Christ. What are you waiting for? You CAN do it!

Take Action Questions

Sit down in a quiet place. Take a deep breath. Clear your mind. Think about how you are getting out of your comfort zone and about to take action to accomplish what you want in your life. Feel what's going on inside of you. Now take your time and answer these questions. Be specific.

1. How are you feeling now? What are your thoughts?

2. Look at the things you have written that you would like to do. What are some actions you could take to accomplish them?

3. From your actions you listed above, which of the actions would you like to proceed with?

4. What needs to be put in place for this action step to be taken? Example: go back to school, find daycare for kids, take a training class, delegate responsibilities, etc.)

5. When will you begin to do this? **Be specific.** (By what date, week, day, or time. ie, *I will look up classes that I need to take on Monday, September 9, 2018 at 6:00p. I will call, email, or chat with a rep about the schools I'm interested in on Tuesday, September 10, 2018 at 5:00p*)

6. On a scale of 1 – 10 (1 less likely, 10 most likely), how confident are you that you will get this done? _____

7. When do you want this to be completed by? Be specific. (ie I would like to have my house by October 30, 2018.)

8. If you hit a roadblock, what would you do to get yourself back on track? (ie, ask for help, pray, meditate, give up, keep going, go back to the drawing board, etc.)

9. What is your motivation to keep you going? Look and Think about this anytime you feel like giving up or something comes up to prevent you from moving forward.

Now that you have written some actions that you would like to take and how you will proceed with them, it will be a wonderful experience to actually put them into action. It can be nerve wrecking sometimes to get out of your comfort zone and make changes in your life. If you really want to live better and differently from what you are currently doing, you can and you will. If you have other thoughts that come to mind, feel free to write them in this space.

As you keep moving forward to get your life and sparkle back, keep why you are doing this in mind. This will be your inner motivation to keep you going or to help you to conquer what you want to do even when you don't feel like it. You can achieve your goals and the life

you desire if you do not give up. How intensely do you want to manifest your dreams, goals, and the life you want? Only you will be able to answer that.

Here are some helpful information that can help you to achieve your goals. It will help you to put into action what you want, gain clarity, be more specific and see you being specific about what you would like to accomplish.

- Accept responsibility for your life. Live fully present in the moment. Make a plan.
- Focus on what you want. Write it down.
- Keep your desires handy. It helps to enforce what you would like to accomplish.
- Expect your dreams to come true. Expectation boosts your desire and opens a path for your dreams to happen quicker.
- Visualize and meditate on your dreams. It will keep you going.
- Write affirmations and say them every day.
- Surround yourself with people who love, celebrate and encourage you.
- Write a love letter to yourself about how much you love yourself, the faith you have in yourself and how you expect to achieve your dreams and make a difference in the world.
- Get a coach. He/she will help you to go down a clear path, help you shift your energy to positive, and hold you accountable to get your plans accomplished.
- Make the decision that you are going to do what it takes and be committed to it.

With God, all things are possible. (Matthew 19:26)

Helpful Action Tips

Do It Now

The first step is always the hardest. Your mind will come up with all sorts of reasons to prevent you from taking that scary first step toward your goal. It is just your brain's way of defending yourself.

Sometimes, you have to listen to what your heart has to say and do it now. Everything else will be a lot easier once you get past the first hurdle. So that means to ignore your brain's warnings and go with your gut instinct. You will find yourself getting things done.

Breathing Helps

Are you feeling nervous? It is normal to feel uneasy about doing anything to reach your goal. Taking action is often identical to taking risk. You are nervous because you know that risks can either end with success or failure, and no one wants to end up failing.

Whenever you feel anxiety coming on, take some deep breaths. Breathing can help clear your mind and calm your nerves.

Take Baby Steps

You must start doing something. It doesn't matter how small. Don't compare yourself nor push yourself to achieve the same results as someone else. You don't know the length of time it took them nor the resources they may have that help them to get where they are.

Remember, you are unique and have your own strengths, weaknesses, expertise, and experiences. If you can't leap, be who you are and take baby steps. It will move you closer to accomplishing what you want.

Value Your Time

How much do you value your time? It is good to have a plan; however, you do not have to accomplish everything in a single day. When you don't have one, you may find yourself wasting a lot of your time.

It may take a little work on your part to do so; yet, it will benefit you and you'll see how productive you are coming along. Spend your 24 hours wisely. Do what you must along with get much needed rest. If you plan your time to suit you, you will get things done. If you don't work your plan, sit down and think about why you didn't. There is always tomorrow. See if it needs to be done and add it to your plan.

Release the Pressure

Pressuring yourself will cause you to become inactive. Think about what motivates you. Motivating yourself usually gets you to take action.

Other people may try to pressure you on getting things done. Sometimes, you may need a little push; yet, be aware of how you feel and what you can handle. Besides, why burden yourself with the pressure when you can give yourself a pep talk instead?

Believe in Yourself

Taking action requires you to have faith in yourself. You may have people around you telling you that you can't do it. You know what you are capable of, and if you believe that the goal you have in mind is well within your reach, you can truly achieve it.

It's Okay to Get Help

Just because you have someone with you and willing to help you out does not mean you were not strong enough to accomplish your goal and it doesn't make your goal any less satisfying. It can make achieving the goal better because you have someone to share it with.

If you feel that you need your spouse, children, friend, family member, coach or someone else at your side, go ahead and make it happen. Don't think about what anyone else has to say. If you're not hurting yourself or anyone else nor getting in the way of what you're expecting to achieve, there is nothing wrong with what you are doing.

Get Someone Else to Do It

Taking action doesn't mean that you have to do everything alone. Some goals may require you to delegate due to they may be beyond your knowledge, skills and abilities. Therefore, don't feel frustrated about admitting it.

If you do need to get someone to do it for you, take the time to find the best person for the job. You want things to get accomplished and prevent a setback.

It's OK to Start Over

If you don't receive the results you are seeking, it's okay to start over. If the first step you take doesn't work for you, don't give up. Pat yourself on the back. You are paying attention and realize that what you are doing is not taking you toward your goal.

Don't settle there. Clear your mind, retrace your steps, or do something differently. Revamp it and Move on! If you have to start over, it will be better to do it sooner than later. You want to bring your dreams, goals, desires, and uniqueness to life.

*Christ has set us free to live a free life.
So take your stand! Never again let
anyone (not even you) put a harness of
slavery (bondage) on you.
(Galatians 5:1 Msg)*

*Courageous people are still afraid, but
they don't let the fear paralyze them.
(Steve Pavlina)*

Steps to Helping You Achieve Your Goal

SMART goals help you to achieve success. It helps you to clarify exactly what you would like to do, what to expect, how you would like to do it, is it achievable, and by when you would like it to be completed. You don't have to do this alone. Find or create a support group and tell them what you are doing, so they can support and cheer you on.

Reward yourself when you accomplish a step in your goal. (ie., go out with a friend, treat yourself something nice, go to a spa, get a manicure/pedicure, do your favorite pass time)

Your Goal: (ie. Lose weight, start a business, improve or leave a relationship, save money)

Specific: What specifically do you want to achieve? (ie., lose 50 pounds, own a beauty shop, go out more with spouse, divorce my husband, be my real self, save \$500 month.)

Measurable: How do you expect to do it? How often will you do it? How many times/days? (ie., eat healthier, exercise, research, communicate, put aside \$125 a week)

Attainable: Realistic steps to help you achieve what you want and in a certain amount of time.

Related: What is the reason or benefit for you to reach this goal? What do you want your end results to be? How will you feel when it happens?

Time Framed: Clearly define a time-frame as to when you want to achieve this. By when? Target time or date?

Clarify Your Goal Chart

Goal	
Specific	What specifically do you want?
Measurable	How often? How many times/days?
Attainable	Reasonable steps
Related	Benefits? Why are you doing it? End results?
Time-Framed	COMPLETED BY? WHEN?
Goal Statement	Accountability for what you said you will do

Make yourself a Goal Statement

I will be accountable for: (Write ALL of what you said you will do)

Congratulations! You are so remarkable. Keep going. Don't let anything or anyone stop you from living the life you truly desire. Enjoy your life. Free yourself to have fun. Live a blissful life as you are moving forward to live the life you want.

If you didn't get to answer the questions, didn't know how to answer them, start second guessing yourself, or need support to help you out, no need to worry. I'm here to partner with you to help you to live the life you truly desire and dream of. Please don't hesitate to contact me.

May God's blessing continually overtake you and your family always and in all ways

Igniting Your Life from Park to Spark
So YOU can bring Your Dreams, Desires, and Uniqueness to Life

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Helping ambitious women and men who are tired of settling and ready to get out of their comfort zone so they can live their dreams, enjoy their life, and have fun

*May He give you the desires of your heart
and make all your plans succeed.*
(Psalms 20:4 NIV)

*You are God's chosen one. You belong to
Him. No matter what is going on, He has
YOU. You can live your life your way
starting today.*
(Daisy Johnson)

Before you can do something you've never done before, you have to be able to imagine it's possible (Jean Shinoda Bolen)

Bonus Section

Helpful Questions to Discover your Dream

- What is it that you love to do and would continually do even if you never get paid?
- If money wasn't an object or you had a million dollars, what would you be doing?
- What do you do that cause you to lose all sense of time?
- What makes you feel younger and more alive than you usually feel?
- What makes your heart start pumping and your creativity kick into gear?
- What are you often drawn to?
- What were you always being recognized, admired, reprimanded and scolded for?
- How will this desire positively impact you and other people?
- What pushes your buttons and you would love to change?

Happy is the man who finds wisdom, and the man who gains understanding. (Proverbs 3:13)

Helpful Tips to Discover Your Gifts/Dreams

- Know who you are so that you can map out what God has planned for you.
- Pray and Meditate to receive guidance and clear your mind to know you have your answer.
- Identify your spiritual gifts, hobbies, talents and what you love and write them down.
- Pay attention to your dissatisfaction and things you find yourself attracted to.
- Serve at church, home, school, work or wherever needed to see what excites you.
- Listen to the compliments and what others tell you that you are great at.
- Visualize and be intuitive so that your purpose and vision is connecting with your spirit.
- Get a coach who will ask you empowering questions to help you make your discovery.

Here are five valuable tidbits that can inspire you to dream big and move beyond your fears of discovering your uniqueness.

- Know what motivates you
- Know what you care about
- Know the needs you will meet
- Know the cause you will help conquer
- Know your ultimate dream for the world

Reach for the stars! You will make it! Believe! Take it one step at a time! The blissful, passionate life you desire is yours. How much do you yearn for it? Be true to yourself! Know your truth! Peace! Joy! Love! Happiness! Go live your dream! Be truly you! Enjoy your life! Have fun! Take action to make it happen. God will help you to get of your way and overcome your challenges so you can live the life He planned for you so you can share your experience with someone else. You will be a living testimony.

Embrace Gratitude to Live A Sparkling Life

Always Smile. You will make someone feel great

Give without expecting anything back

Tell your family and friends often that you love them

Let people know you care about them

Do random acts of kindness.

Send flowers “Just Because”

Write someone a gratitude note listing the things you like and admire about them

Listen to someone without judging.

Send money or items secretly a person in need

Start a gratitude journal.

Accept compliments, gifts, and thank you freely and with a smile

*Don't just routinely live your life nor let
your life lead you. Decide that you will
get your sparkle back, live your life on
purpose and enjoy it fully.*

(Daisy Johnson)

*It's not hard to make decisions when you
know what your values are.*

(Roy Disney)

Values

Values are the beliefs that you live by, the things that make you tick and move you forward to take positive action. There are two types of value: awareness and fear-based. It is good to be aware of your values because they will shape your expectations and make up the core of who you are. If you want to do it and it rest well with you, it is an awareness-based value. If you don't want to do it and it doesn't rest well with you, it is a fear-based value.

When you live your value, you will be living your life at a high level and can step into your personal power and feel free and happy. When you don't live your values, you will have conflict, feel stuck and stifled. Your life will not flow and you may find yourself in situations that go against what you want to do.

Below is a partial list of values. Choose what values you have or add your own. Once you have done that, look at your list and reduce it to only ten (10) core values and rank them by how important they are to you. If you feel alive, connected, full of life, engaged, vibrant and fulfilled in any way, you are most likely connecting with a value that is being motivated.

Abundance	Brilliance	Creativity	Elegance
Acceptance	Calmness	Curiosity	Empathy
Accessibility	Capability	Credibility	Encouragement
Accomplishment	Care	Daring	Endurance
Accountability	Carefulness	Decisiveness	Enjoyment
Accuracy	Certainty	Delight	Entertainment
Achievement	Challenge	Dependability	Enthusiasm
Adaptability	Charity	Depth	Equality
Adoration	Charm	Desire	Excellence
Adventure	Clarity	Determination	Excitement
Affection	Cheerfulness	Devotion	Expertise
Affluence	Cleanliness	Dignity	Exploration
Aggressiveness	Clear-mindedness	Diligence	Expressiveness
Amusement	Cleverness	Directness	Fairness
Ambition	Closeness	Discipline	Faith
Assertiveness	Comfort	Discretion	Fame
Attractiveness	Commitment	Diversity	Family
Awareness	Compassion	Drive	Fashion
Balance	Completion	Duty	Fearlessness
Beauty	Competitiveness	Eagerness	Fidelity
Being the best	Confidence	Economy	Fitness
Belonging	Connection	Ecstasy	Flexibility
Bliss	Consistency	Education	Flow
Boldness	Contentment	Effectiveness	Fluency
Bravery	Courage	Efficiency	Focus

Freedom	Longevity	Sacrifice	Trust
Friendliness	Love	Security	Truth
Fun	Loyalty	Self-actualization	Understanding
Generosity	Mastery	Self-control	Uniqueness
Grace	Merit	Selflessness	Unity
Growth	Mindfulness	Self-reliance	Usefulness
Happiness	Neatness	Sensitivity	Valor
Hard Work	Obedience	Serenity	Variety
Harmony	Openness	Service	Victory
Health	Order	Sharing	Vision
Heart	Originality	Shrewdness	Vitality
Helpfulness	Passion	Simplicity	Warmth
Holiness	Perfection	Sincerity	Wealth
Honesty	Peace	Silence	Winning
Honor	Persistence	Simplicity	Wisdom
Hospitality	Playfulness	Soundness	Youthfulness
Humility	Positivity	Speed	Zeal
Humor	Power	Spirit	
Hygiene	Practicality	Spirituality	<i>You can any additional:</i>
Imagination	Preparedness	Spontaneity	_____
Independence	Privacy	Spunk	
Ingenuity	Professionalism	Stability	_____
Inspiration	Prosperity	Strategic	
Integrity	Prudence	Strength	_____
Insightfulness	Punctuality	Stillness	
Intelligence	Quality	Structure	_____
Intellectual Status	Recognition	Success	
Intuition	Recreation	Support	_____
Investing	Reflection	Surprise	
Joy	Relaxation	Synergy	_____
Justice	Reliability	Teamwork	
Kindness	Religiousness	Temperance	_____
Knowledge	Resilience	Thankfulness	
Leadership	Resolution	Thoroughness	_____
Learning	Resourcefulness	Thoughtfulness	
Legacy	Respect	Timeliness	_____
Liberty	Restraint	Tolerance	
Liveliness	Richness	Traditionalism	_____
Logic	Sacredness	Tranquility	_____

10 Steps Towards Living A Sparkling Life

1. **Decide you want to live a happy and sparkling life**

You have a choice of how you want to live your life. You can live a happy and sparkling life no matter what. Doing so will help you to feel better and free in spite of what may be occurring in your life. Make that decision and do your best to stick to it. With God, you can.

2. **Know Your “Why” and get energized about it**

Let your “Why” motivate you. At the core of your being, what is the reason why you want to live a sparkling life? Keep it in the fore front of your mind. Write it down on post-it notes or index cards. When done, put it places where you can see it often. When you find yourself settling, think about it and keep moving.

3. **Start Your Day spending time with God, Bible, Prayer, and Meditation**

Keep God first. Have an intimate growing relationship with Him. Do it through reading His Word, praying, and spending some quiet time. Listen for His voice and feel His nudges that are on the inside of you. With God, all things are possible. He will direct your path and help you. Trust Him.

4. **Change your thoughts and change your life**

Your thinking will determine the direction of your life. Everything starts and is created from a thought. Your thinking frames your attitude, attitude determines your decisions, decisions leads to your actions, actions become your habits, habits shape your character and character creates your destiny.

5. Say scriptures and affirmations daily throughout your day

Find scriptures that are pertaining to your situation that has powerful meaning to you. The Word of God is powerful. The joy of the Lord is your strength. Choose or create short positive affirmations. Repeat them daily. Hide them in your heart. They build positive images in your mind. Faith comes by hearing. You shall have what you say and believe.

6. Embrace any fears or doubts that come your way

Fear is normal. The way you allow it to affect you can be the stumbling block. If you let the fear keep you from living the life you want to live or from fulfilling your dream, you are settling and giving up. Face and feel the fear and move forward anyway. When doubts and fears come your way, repeat the powerful affirmations and scriptures you have in #5.

7. Let go of your past

It's difficult to move forward if you keep looking back or thinking about your past. It's ok to think about it sometimes. Learn from it. It'll help you make decisions as to what you're willing to accept, won't accept, and what to do differently. You can make changes along the way. Choose to react and not respond to any people or obstacles that may occur. You'll find that you're moving forward to living the life you desire and dream of.

8. Be aware of you are hanging around

Who's in your circle? First impression makes a difference. Someone is looking at you. You want their view of you to be more positive than negative. It could be as an example, to hire you, a leader, someone that loves and care about people, and or whether they feel you can be trusted. Being around positive people can energize you and help you to move forward to do bigger and better things along with enjoy living a sparkling life. Hanging

around negative people can drain your energy, make you tired and prevent you from doing those great things you want to do.

9. Have a support person

Everyone needs someone. It can be kind of difficult or a lonely road to travel when you're all alone. God created Eve for Adam because it wasn't good for him to be by himself. Always keep God first as your go to person. Yet, sometimes, something may come up and you need a listening ear. Make sure it's someone you trust. You may be trying to start a business, need a referral, some information, accountability, or something else where it would be good to have someone in your corner. You'll find that things can be easier and have more fun.

10. Be yourself

God has a plan for you. You are Royalty. You have the Spirit of Christ and Greatness inside of you. There is only one you. There are no duplicates. Don't try to be like anyone else. You have your own personality, values, creativity, purpose God created you for and things that you love and enjoy. Be your true self and do your best always. Take care of you. If you don't take the time to take care of yourself, who will? When you do, you will enjoy living a life that sparkles.

As a man thinketh in his heart, so is he – Proverbs 23:7

Congratulations!!! You made it! Hope this has given you clarity and directions as to what you would like to do and how to make it happen and helped you to know more about yourself than you knew before. You can have whatsoever your heart desire. Be willing to do what it takes to get it.

What is your next step? In order to keep moving forward in the direction of what you would like, you sometimes need accountability and support. You can do it on your own, yet, it can be difficult or take much longer. You can get things done much easier and smoother when you have someone to help you along the way. You will have to deal with family, possibly work, church and other interests that will take up your time and draw your attention away from living your dreams and life you would love to be living. When this happens, you will most likely find yourself settling again for what you don't want.

If you had any difficulty with this book, feel free to send me an email message to daisy@freetosparkle.com so that I can clarify things or help you with what you need. My goal is for you to get your life and sparkle back so you can confidently and courageously fulfill your dreams, enjoy your life fully and have fun.

If you decide that you would like to take the next step and invest further in yourself, your life and your dreams, contact me.

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About the Author



Daisy Johnson lives in Chicago. She is the CEO of Free to Sparkle. Her motto is “Live a Life that Sparkles by Being Truly You and Living the Life You Love.”

She is a Christian, mother, grandmother, author, business owner, who understands the challenges of settling and putting your dreams and what you desire on the backburner. She now lives her life to the fullest doing what’s important to her, what she loves and what God has for her to do along with helping others to do the same. If she can do it, so can You.

God is able to make all grace (favor and blessings) abound toward you, that you, always having plenty in all things, may have an abundance (peace, joy, money, love) for every good work.
(2 Corinthians 9:8)

Your time is way too valuable to be wasting on people that can't accept who you are.
(Turcois Ominek)

*Be Happy! Enjoy the abundance God has for you.
Choose to rejoice every day. No matter what!*
(Daisy Johnson)

*You are a chosen generation, a royal priesthood, a
holy nation, a peculiar people; that you should show
forth the praises of Him who has called you out of
darkness into His marvelous light.*
(1 Peter 2:9)

*The first step to getting what you want is to courage
to get rid of what you don't*
(Zig Ziglar)

*Therefore, if anyone is in Christ, he is a new
creation; old things have passed away; behold, all
things have become new.*
(2 Corinthians 5:17)

What Happened to Your Dreams, Desires, and the True You?

Do You Have Them on the Backburner?

When Do You Plan to Take Them Off?

Why Not Start Today?



You have dreams and goals that you would like to accomplish. You find yourself going around in circles trying to figure out what to do or where to start. You feel doubtful and fearful to get out there, wondering if what you want to do is the right thing to do and how are you going to make it happen. Excuses No More! It's time to bring your dreams, desires and uniqueness to life.

This guidebook will help you to be inspired, gain clarity, focus, and take action. It will ignite you to awaken your inner self, boost your confidence, and courageously live the life you love.

God created you with a plan in mind. He created you for greatness. You are the image of God. You are good enough! It's not too late! You're not too old! You have the mind of Christ. You can do all things through Christ. You are powerful! You have a choice! What are you waiting for? Make a Decision! Get moving!



Daisy Johnson lives in Chicago. She is the CEO of Free to Sparkle. Her motto is "Live a Life that Sparkles by Being Truly You and Living the Life You Love". Inspiring, encouraging and helping you to live your dreams, enjoy your life and have fun.