



7 Actions Creating Energy for Body, Mind & Spirit

Part 2

Ask for what you want – Ask yourself, then ask others, and gather the resources needed to attain your goal. Think about what you will need to achieve this goal, and in the process, break your ultimate goal into a series of short term goals.

Believe wholeheartedly – As you fully believe that the sun will come up in the morning, believe also in your success. You can't expect to achieve your goals if you don't believe in your ability to achieve them. Believe in your dream, believe in your ability, believe in the process, and profess your faith in success.

Create the life of your dreams – You attract whatever you give thought to, so think about the fulfillment of your dreams. Construct the life you want to live in your head, and then implement that way of life in your daily choices. Visualize daily – The most beneficial times to visualize your success are when you wake up and before you rest. Consistently write your visualization on paper to reinforce it in your mind, then create it in tangible form.

Decide to achieve your goals – It is a choice to put yourself first. Never give up the fight to succeed and don't let distractions or discouragement hold you back.

Embrace the journey – The journey is what you will remember the most. You will remember the positive steps you took to improve your life and life situations, so don't try to skip ahead.

Focus your energy – Focus on what actions you will take. It's important to stay committed to yourself and to your dream; your life depends on it. Actions conquer fear, so focus your energy on acting, not on fear.

Generate a sense of purpose – Construct a plan and document the steps you will need to take. The man with a plan always triumphs over the man without. Focus on the importance of what you are doing and why it matters.

Perceptions combined with your thoughts, feelings, and actions are what make up your reality.
