Hello, Framily!

What I Know Wednesday

As February winds down (yes, it's almost over), now is the time to reflect and review your vision and goals for the month. How did you do? Did you knock them all out of the park? Still have a few things in the works or not even started just yet? Don't beat yourself up over them. Celebrate your WINS and do so unapologetically! Don't allow anyone to steal your joy! You deserve that!

For those goals yet to be obtained, I encourage you to ask yourself one question. Are you committed or not? That's it! If the answer is no, be clear on it. Why did you initially set the goal? Did it fall down on your list of priorities? Or is just no longer appropriate? If not, that's OK. Just be clear and be sure you're not just removing it because you haven't tackled it...yet.

If you are indeed committed to the goal you set, now is the time to look at your action steps to get started. Also, be clear on a realistic timeline to obtain the goal. Remember, make your action steps small enough to get yourself going while still making your mark and moving forward. Framily, let's get started! What I Know Is...Progress is better than procrastination and perfection!

To help bring your vision and purpose to reality, you need solid habits in place. Hopefully, you have some already and it's just a matter of practicing them on a regular basis. Those habits will support your action steps and ultimately will be the discipline you need to start you on the path to reach your goal and make your vision a reality.
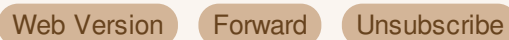
If you're feeling a little stuck regarding habits, take a look at these 5 Habits of Purposeful People to get you started. Having a clear vision, action steps and solid habits will set you up to achieving your goals and living your intentional life of purpose. This is What I Know!

With love and purpose,
Philecia

Philecia Dayle, LLC.

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