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WHAT I KNOW WEDNESDAY: 6 Daily Habits To Help You Manifest Your Goals and Success

As humans, we typically like what comes natural to us and most of us are creatures of habit. Once we find a rhythm that work for us, we stick with them until they no longer serve us. Well, why wouldn't we? We stick with the same ice cream brand, the same detergent brand, we shop the same grocery store, use the dry cleaner we've always used, and we go to the same restaurants and order the same food and drinks. We will even stick with the same relationship and job because it's comfortable and we've gotten so used to what we know that the fear of what we don't know keeps us paralyzed and in place. In other words, we would rather be unhappy or unfulfilled than uncertain. Any of this sound familiar?

The fear of change is real to us, even when the actual change is nothing to really fear. To reach new goals, you must find a way to move past this fear. As the old saying goes...

“If you do what you always did, you get what you always got”

After my divorce, I knew I needed a change. I needed to start over as a single professional mother of two young adults. I knew living in our 4-bedroom family home in the ‘burbs no longer served me well. It was a constant reminder of our family dinners, our movie nights, the kid’s sleepovers and I was surrounded by all my married friends. I absolutely needed a change and I committed to making it happen. I wasn’t sure I had the strength to make all the hard decisions I knew was in front of me, so I gathered my AWE-mazing group of friends to help me. I told them my goal and my “why”. Once we all got over the shock of us not living so close to one another, we got to work. My friends would confirm, while I made the commitment, I was still challenged with what that looked like in practice. Sure. I put the house on the market, accepted an offer and knew the physical move was the next step. It was the downsizing and purging that made it all real and very uncomfortable. There was laughter and tears as we sorted through it all. My friends were amazing at supporting me as I remained committed to my decision by helping me donate or toss things that I didn’t need to take forward into my new life. I moved from the suburbs of Cincinnati to downtown. New neighborhood. New neighbors. New everything. But day by day, I learned where the dry cleaners is located. I found a new grocery store. I even found some really great restaurants with new dishes and drinks. It wasn’t easy by no measures and I wouldn’t change a thing! That fear I felt was really uncertainty. That uncertainty has long been replaced with confidence and a willingness to embrace and even provoke change. This year I set new goals with action steps, including some that are making me uncomfortable but that I know will lead to reaching those goals.

When we worked on our new goals for the new year, we committed to go after something different in our lives in 2019 that we didn’t do or gain in 2018. That first step. The next is incorporating daily habits to reach those goals. I’ve experimented with daily habits for years. I’ve tweaked them over the last 5 years, and when followed, they never fail me. Yes- they are on my vision board and list I refer to often. Try them and let me know what you think.

6 Daily Habits To Help You Manifest Your Goals and Success

1. Plan at Night- Prioritize in the Morning. This is my #1 for a reason. I’ve been doing this since I was a young mother of two while in professional school. There were bottles made, meals prepped, clothes set out and backpacks filled at night. In my corporate life and even now, I do the same. I check my calendar, make

sure I have my clothes I need for the next day, even plan my smoothies out. I may send a reminder email or set an additional alarm to make sure I'm up and ready to roll. In the morning, it's all about prioritizing. I know what I need to do, now I make sure I have my Top 3 goals for the day and sprinkle in any additional "need to's". Keep it to no more than 3 goals for the day. Simplicity breeds consistency. This is a bonus tip. Top 3 only!

2.Morning Routines Matter. Create a morning routine that gets your day started off right is critical to fulfilling day. This habit is one that holds true for most successful people you watch on TV, in the business journals and killing it in their industry and lives. Start by getting up an hour earlier than you would normally. Yes. I know this one may take some practice. You can create more time in your day by maximizing the hours in the day. A healthy meal (or smoothie in my case), meditation, prayer, exercise, reviewing and prioritizing your Top 3 Goals for the day are all great ways to start the day. Create a routine that works for you and stick with it.

3.Speak in the Present Tense. Start saying "I am..." and "I have..." instead of "I want to...". When talking with a friend or colleague about what you have going on for the day, tell them "I am finishing my blog" or "I am submitting my grant proposal". This may feel a little funny at first, but trust me you'll feel the difference it makes. Just name it and claim it! You'll be amazed at how just changing those few words will literally push you to making it happen. Two other things have happened 1) you're now accountable to the person you told and 2) you've put it into the Universe and it's now ready to move in the direction in which you need.

4.Be Intentional with What Comes In and What Goes Out. Have you ever looked up and it was lunch time and you're wondering where the time went? Or it's now Wednesday and you still have so much to get accomplished by the end of the week? I know I have. What I noticed is it happens more often if I am not intentional about what I am receiving and delivering in my day. That means I don't turn on the TV or surf the internet, if I haven't delivered what I need to in the day. IF I find myself sucked down an Instagram funnel, I remember the "filter". Using this mental "filter" keeps me on track and only taking in what I need in my day. My version of mindless surfing is typically looking at webinars or reading articles, which actually boosts my knowledge and fuels my brain. It's not so mindless, after all.

5.Practice Gratitude. Starting and ending the day with gratitude has multiple proven benefits. It will be an instant mood booster. It increases your awareness of your present life instead of worrying about what you don't have or should've done. It helps keep you focused on what truly matters in your life. Science even states it helps us feel more alive, sleep better, express compassion and kindness and

have better immune systems.

6. Do something different. While having a morning routine matters and helps get us started, remember the goals we set will typically require us to do something new or different. Don't be afraid to step out and step up to the challenge of reaching new goals and new levels of living in your purpose, with the performance to get you there.

That's it! I've been asked about my daily habits several times and thought I'd share. I'd love to hear your thoughts. Just hit "reply" and let me know what you think.



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