



The 4 Steps that I use to Achieve my goals and overcome my fears are 4:

- **Release your Badge.**

First I identify my badges with all those fears trauma and limiting beliefs that I was carrying since I was a kid that did not let me discover my potential.

When I identified the Badges that were holding me back from discovering my potential and achieving my goals, I released them. I found that I am capable of doing whatever I want because the power is in me and all those traumas limiting beliefs and all those voices that once told me that I was not good enough and I was not smart enough are just blurry reflections of who I am.

Those badges stop us from doing what we want, the fear of what people would say or the fear of failure and thinking what other people said before could be true, but failure is an opportunity to grow and learn and become a better person

It's natural to experience doubt and fear we all have fears but instead of running away from our fears we should face them and embrace them because what you resist persists.

These feelings are part of the human experience. Doubt can make you question your abilities, and fear can hold you back from taking necessary risks and achieving or taking action to achieve your goals and make dreams happen. However, it's important to understand that these feelings are common and not a reflection of your true potential and you have to be your own most loyal fan and supporter.

- **Set your Goals**

Achieving any life goals requires knowing 3 things, which we will call the "3D". To know these 3 D's you must ask 3 questions:

- Desire: What do you want?
- Drive: Why do you want it?
- Do: What do you need to do?

Write down everything you can think of (big or small) that you would like to achieve or do. Your goals can be nearer or farther, but a year is a good timeframe to work. Goals can be personal, work-related, or both.

Goal-setting is important because it provides direction and purpose in life. When you set goals, you identify what you want to achieve and what you need to do to achieve it. It motivates you to take action, whether it's in your personal or professional life, and gives you a sense of control over your future.

- **Taking Action**

Once you have set up your goal start taking action that gets us close to our goals.

Determine where you are going to put the action list, in the daily planner or whiteboard where it can be seen or in a planning or the reminder app on your phone. To establish the habit of focusing on the little things, focus on the daily actions and the micro-actions that you can do to achieve your goals.

I call the "Ta-da" List my Action I List them because everything that I finish a task on my list I cross it off and say "Ta-da!" Celebrating even the little victories gives us a sense of accomplishment keeps us motivated and keeps the momentum.

The more important of taking action is to enjoy the process and have fun for that is important to celebrate every small action that we take to get close to our goals and discover that everything that we want can happen because we are the co-creators our of lives.

- **Stay Focus**

Remove distractions that move you away from the tasks to get to your goals, and create new habits that make you closer to your goal.

I've used these same steps to achieve my goals, and end negative thoughts in my life, and trust in myself and God's guidance.