



100 Little Known Ways to Step Up and Achieve Your Goals

1. Begin with the End in Mind by knowing what you *really* want—the desires of your heart.
2. Know why your vision and goals are important (i.e., your values).
3. Paint a detailed picture in your mind of your desired future.
4. Ponder great questions to clarify your pathway (e.g. what do I really want?).
5. Give your time in service to others.
6. Tithe your money to others that motivate or inspire you.
7. Give your unique gifts to others.
8. Do a vision board of your dream life (e.g. use pictures from magazines and do a collage of images of your future life on a poster board).
9. Become efficient at the activities you do not want to do by simply doing them and focusing more of your energy on what you really want.
10. Place value on your strengths and others will too.
11. Breathe deeply and listen to that “still small voice.”
12. Replace negative self-talk with positive self-talk.
13. Embrace your discontent as a clue to what not to do.

14. Repeat your goal statement each day: “I am so happy and grateful now that...” and be specific about your contribution, timeframe, and money received.
15. Set goals for your money, physical health, relationships, and career.
16. Concentrate on being your unique self while acknowledging the expectations of others.
17. Journal your thoughts and note the belief that creates worry, doubt, or fear.
18. Say what is important for you to say; let all else go.
19. Respect the beliefs of others and let it be, especially if the matter is not important to you.
20. When in doubt, delay response to conflict and ensure your response aligns to your chosen values.
21. Let gratitude fill your thought; a grateful heart brings you more good.
22. Focus on what you want for “this or something better”; life will bring you what you seek or something better.
23. Continually forgive mistakes to make room for the good that you seek.
24. Commit to what you want with certainty that you will have it.
25. Focus on what you really want—your dreams and your goals. This will feed your faith and starve your fear.
26. Ask, “What would I do if I thought reaching my goal wasn’t impossible?”
27. Know that your expertise is different from everyone else (i.e., as unique as your fingerprint).
28. Never sacrifice your passion for the good of the team; you must be true to yourself first and compromise by becoming

efficient at the things that are not important to you to get what you want.

29. Acknowledge fear, worry, and doubt as limiting beliefs that are holding you back from the knowledge that will bring you success.
30. Focus on finding the solution. Obstacles will melt away as you will rise above the situation.
31. Consistently follow your passion, vision, and values to lead from wherever you are.
32. Fan your desire into a burning desire; your desire will rise up from within you.
33. Take time out each day to quiet your mind and allow solutions to surface.
34. Focus on a few key priorities, while being efficient at other activities outside of your focus; focusing on priorities magnifies your results and accelerates your success.
35. Lead in your area of strength and give responsibility for leadership to other team members in their area of strength.
36. Focus on growing your desire into your passion, your vision, and your values; external expectations should remain separate.
37. Let go and allow others to be who they are; this will allow new opportunities to surface for you and give increase to others.
38. Decide to be optimistic; optimists get more positive results and pessimists get more negative results.
39. Be open to possibility from the unknown while you acknowledge the facts based on the known circumstance.
40. Choose love, hope, faith, gratitude, etc.; let worry, doubt and fear be. This fills your mind with the light of opportunity.
41. Get clear by aligning what you believe to what you do; confusion occurs only when 1) you do not match your belief to your

actions and 2) you are outside of your area of responsibility.

42. Observe your thoughts and choose self-enhancing thoughts aligned to your passion, vision, and values.
43. Raise your energy level to expand your awareness toward the good that you seek.
44. Learn to differentiate your ego from your higher self; often the ego is loud and controlling while your higher self is more quiet and speaks simple truths (i.e., your still small voice).
45. Remember to believe it to see it; “see it to believe it” is only half the equation in a thought Universe.
46. Hold the space for others to reach their potential.
47. Tap into the source of infinite knowledge by listening to your higher self.
48. Be willing to grow to the next level and leave old, limiting beliefs behind. Those that love you will be there to support your growth.
49. Recognize that possibilities exist beyond the known and persist in the belief in your dream.
50. Value yourself first; getting what you want for true success (i.e., health, wealth, and happiness) will result from your believe in yourself.
51. Set an intention to surround yourself with a mastermind group for a support system that helps you achieve your goals.
52. Continually look for ways to express who you really are (your passion, your vision, your values); this will shift you away from destructive patterns that do not work for you and lead you to true success.

53. Reframe your understanding of money. Money is simply the value that you place on what you do for more freedom and flexibility.
54. Challenge your existing thinking by exploring new ideas found from many sources.
55. Move forward with “imperfect action” until you succeed.
56. Aim high first, fail at first, self-correct, and repeat process. It is the commitment and ultimate faith to proceed despite the unknowns and the pain that will bring about your success, again and again.
57. Walk into the unknown with the certainty that you are supported in each step toward becoming who you really are. This is a leap of faith.
58. Set and achieve incremental goals toward a vivid vision.
59. See the risk of failure and walk on through to gain true clarity... success depends upon it.
60. Consider another’s perspective to move up and beyond your current circumstance for a greater awareness of other ways to succeed.
61. Perceive pain as feedback to what does not work for you and learn from it. Look at any problem as the Universe’s way of saying “Let’s get creative!”
62. Don’t delay change. Act now because of your desire for more, rather than waiting for pain to force a change for you.
63. Pay attention to your internal signals of desire and discontent so that you can gain the motivation that you need to achieve your goals.
64. “Be” present to who you are: a spirit having a human experience with a unique purpose.
65. Take action to show commitment to what you really want.

66. Fully engage your six mental faculties (imagination, intuition, will, memory, reason, and perception) and your five senses (see, hear, touch, taste, smell) to ensure your actions are consistent with your purpose.
67. Observe your thoughts, words, and actions to ensure that they are as consistent as possible with your passion, your vision, and your values.
68. Learn to be grateful in each situation that you find yourself. Maintaining a positive attitude will bring more understanding and more peace so that you can receive what you really want.
69. Be happy and grateful for the dreams of your heart before you achieve them. Then and only then will you see them come true.
70. Consider a new perspective when things get difficult and overtime you will learn to see other views beyond your current circumstance.
71. Be open to receiving the gift from each situation, even when you may not see it right away.
72. Look for the opportunity in each and every failure. There is always an equal sized opportunity comparable to every failure.
73. Take risks that align to your passion, your vision, and your values.
74. Participate in activities that help you grow and do not attach to the outcome. Always remembering that you will achieve the thing you want for “this or something better.”
75. Know that there is a learning curve to navigate before you achieve your goal. Accelerate that learning by being willing to fail.

76. Decide by taking a “no excuses” approach to getting what you want.
77. Stake your claim on what you want; decision is required before you will get what you really want.
78. Reinforce your commitment by continually working your plan with persistence and flexibility.
79. Make decisions based on your values, not fear. You must know what you value to achieve this.
80. Seek to understand so that you know better and will then do better.
81. Take action on your plan before too long. You cannot learn what you need to know to improve your plan without taking action.
82. Move forward despite the unknowns.
83. Learn as much as you can about yourself (i.e., your passion, your vision, and your values) to separate your desires and needs from others.
84. Take action in service of others.
85. Find a partner in believing to hold the space for you to achieve your dream. When you cannot believe, a partner will lend you their belief.
86. Be aware that conflict with others is often a complete misunderstanding; you do not know the thoughts of others and they do not know yours so let it go.
87. Take responsibility for clearly communicating your passion, vision, and values to others.
88. Use your passion, vision, and values to guide each of your decisions.
89. Minimize conflict by clearly expressing your thoughts to others.

90. Use your unique message to reach your specific audience. Some people will just not be the right recipients of your message and that's ok.
91. Deliver your message from your heart and it will be uniquely you for the delivery of your blessing in the world.
92. Carve out your niche so that you will be sure to stand-out. Be your unique self.
93. Show that you care about others. Follow the law of perpetual increase and give increase to all those around you by honoring who they are and the choices that they make.
94. Give and inspire through your unique gifts and do not try to be someone else.
95. Be an example to others by fulfilling your dreams so that they too will be motivated to achieve their dreams.
96. Maintain your connection to the source of truth and what truly lights you up for a passionate life.
97. Persist in aligning your thoughts to the **11 Universal Laws** and the use of your **6 mental faculties**; understanding creates more confidence, more fun, and greater fulfillment.
98. Commit to calming your mind so that you can be present to who you are and the needs of others.
99. Choose to make space in your life for the good that you seek by releasing your worries, doubts, and fears.
100. Find true success by doing what you love.

See my services page for more information on **Building Your Field of Dreams**, **Working with the Laws of Success**, and **Into Your Genius** programs:

