

# Steps to Success

Keep a Gratitude Journal- Write 3 to 5 things that you are grateful for daily

Have an hour of power first thing in the morning- this shift your day into a flow (Gratitude, prayer or meditation, or both, affirmations and exercise)

Plan your day out the night before

Get a good planner (I like commit 30 and Danielle Laporte Planners if you are more creative) Planners keep you organized and help you with clarity. Also time saving.

Lay your Clothes out the night before (saves you time and you might be more creative)

Take time out to just be still and breathe deeply (let it all go)

Spend time in Nature and connect with all there is

Get rid of clutter (Clutter confuses the mind)

Simplify your life

Be clear about what you want out of life and create a vision board

Take time daily to visualize what you want (it is time well spent)

Next step is believing that you can do it or get and feeling it in your core

See yourself already there and Feel what it would be like to accomplish your goals.

For Life Coaching information please call Terri at 727-804-8174