

## Remove Barriers

- 1** Take time to imagine what you want. Write it down if it helps. Now ask yourself, what is preventing you from having those things? Take the time to constructively work towards eliminating the barriers to those things.

## Create SOLID goals

- 2** A goal should be SOLID: Specified, Objective, Limited in time, Individualized and Doable.

## Map Out your Trajectory

- 3** Often our "dream life" consists of many different things. Write them down and make a timeline of when each one could realistically be accomplished. Having a timeline often motivates people to begin action.

## Find An Accountability Partner

- 4** Someone who is like minded and aware of your goals is a GREAT tool. You may want to choose someone that you view as a competitor and someone who is facing the same obstacles. You can help each other remain inspired, motivated and provide insight to continue the journey.

## Use Visuals

- 5** Create a vision board. Include different pictures, quotes, and people that inspire you. This serves as a visual reminder and you'll be in an environment that will inspire you.

## Share your Vision With Supportive People

- 6** If you feel yourself deflating after you told a person about something, let that be a que that the person isn't supportive. There is always a person that claims to have the *right* answer, but you will always have the best answers when it comes to your life.

## Research

- 7** Knowledge is power. Be resourceful, read, watch YouTube, but always consider your source.

## Surround yourself With Like Minded People

- 8** Who you spend time with makes a HUGE difference in how you operate. Consider who your people are and how they influence you.

## Acknowledge your Fears

- 9** Our amygdala considers anything that requires us to adjust, react, focus, or enter uncharted territory as danger, and creates fear. But, fear can rob you from experiences, and experience is constructive & necessary for growth. Fear is a powerful force, but not always in your best interest.

## Drop The Shame

- 10** The thing is, we're all human. The nature of shame asks to be hidden and that invisible force can prevent you from progressing.