



*Things You Can Start
Doing TODAY to
Drastically Improve
Your Life*

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1

MAKE AN EFFORT TO BE HAPPY AND GRATEFUL, NO MATTER WHAT CHALLENGES YOU FACE

We may not have all we want, but we should be thankful for what we do have. Now this may be a hard pill for some of us to swallow. but truth be told, it is in fact...better than having nothing at all. When challenges come our way, we must train ourselves to stop negativity at the door! Don't let it enter your spirit or come out of your mouth! Just like darkness can't exist in light - neither can anger, discouragement, etc. exist where there's gratitude. Remember, our thoughts and words set our environment and we possess the power to create our own realities!

2

MAKE YOUR MISTAKES WORK FOR YOU, NOT AGAINST YOU

On the road to success, you will experience a failure or two along the way. But, we shouldn't beat ourselves up over them. Our mistakes make us as human beings. It's important that when we fail, we don't sit and wallow in it. We get up, dust ourselves off, learn the lesson, move on...but most of all thank God for the wisdom gained! Remember, mistakes are just a part of the process of getting us to our destiny. So, instead of letting them trip you up, use them as stepping stones on your road to success! They can be roadblocks or rocket fuel...the decision is yours!

3

WHEN THINGS SEEM IMPOSSIBLE, REMEMBER YOUR VICTORIES

Use the energy from your past victories as motivation for today. Every win you get to check on your list, only propels you and pushes you closer to realizing your dream! As my husband always says...the same God who delivered you and brought you through in the past, is the same God who will deliver you and bring you through today!

4

ACCEPT RESPONSIBILITY FOR YOUR DECISIONS

There are some things that happen in our lives we have no control over. However, our decisions are the only things we do have total and complete control over. Because of this, we must take full responsibility for and own up to our decisions. Sure, some choices we've made because of the actions of others, nonetheless, it's still our responsibility in how we react. When the outcome is bad, accept it as your fault; and when it is good, see what you did right. In either case, learn the lesson and use it to your advantage!

5

BE A PROBLEM-SOLVER, NOT A PROBLEM-AVOIDER

Instead of avoiding problems, meet them head-on. This is what successful people do; this is precisely why they don't ever end up cornered and without options. They take care of problems before they get worse and bleed over into other areas of their life. The quicker you meet a problem head-on and tackle it, the quicker you'll eliminate it from your life. I've learned that sometimes we don't have problems at all, sometimes they're only hard decisions we have to make. Once we get the courage to make the decision, oftentimes the 'so-called' problem is solved!

6

SET BOUNDARIES IN PLACE TO GUARD YOUR LIFE

Setting boundaries in your life will save you many heartaches. When you set a line you won't permit anyone to cross, you're able to take on every situation that comes your way and every decision you have to make, head on (with a cool head). When you set boundaries, you can always fall back on them when making tough decisions. As a matter of fact, it makes decision making easy. How? Because when a situation arises that is outside of the boundaries you've set in place for your life, there's no decision to make. It's an automatic "no". The decision was made when you set the boundary. It's as simple and easy as that!