

Top 10 Life Skills for Reaching Your Goals (p.365 in book)

1. Reflect and define your vision or goal(s): What is it you really want to accomplish?
2. Research and plan how to accomplish your goal(s):
If you fail to plan, you plan to fail!
Willingness is the key!
3. Record keeping: Track and record your progress daily.
4. Remember that change is a process, not an event.
5. Easy does it; *Remember to BREATHE*
6. Start with small steps, but always keep the end goal in mind: *Keep your eyes on the prize!*
7. Be consistent: *Consistency is KEY!* Remember: It takes 30 days in a row of doing something before it becomes a habit.
8. Meditate: Try to meditate for at least ten minutes per day. Guide your meditation on visualization of achieving your goal.
9. Take it one day at a time. Each day is a new day!
10. Don't beat yourself up and don't quit before the miracle happens.