

*How YOU can be your OWN coach and BREAK THROUGH  
the obstacles that have been holding you back!*

As moms, our thoughts can be in a million different places in any given moment. Right now, as you are reading this, do you have an issue or problem you want crystal clear clarity on? Are you ready to take action?

I am going to work you through specific steps that will help you immediately change your thinking, shift your perspective and get you over the road blocks that have been getting in your way. By NO means is this a substitute for a live coach, but it will certainly give you a framework to begin doing the work that you need to get started doing.

Work through each step and you will see a shift, movement and more clarity than you had 10 minutes ago! ENJOY the process; it's my gift to you!

**Step 1. What do you want?** – What is it you truly want for yourself? Who do you need to become? What do you need? How much money do you want to make? What would you have to think, feel, and do in order to get this result? What will you have to believe to get your thoughts and feelings to 100?

Complete this Paragraph:

I am committed to becoming a \_\_\_\_\_ who changes the world by \_\_\_\_\_ and \_\_\_\_\_. With this passion, I will make \_\_\_\_\_ each month and will be able to \_\_\_\_\_ and am 100% committed to making it happen because \_\_\_\_\_.

**Step 2. Why do you want this result? What will it give you?**

Complete this Paragraph:

*“If I don’t follow my commitment right now and stay committed, 6 months from now it will cost me \_\_\_\_\_. 1 year from now, but staying where I am, It will also cost me \_\_\_\_\_. 5 years from now, I will be experiencing \_\_\_\_\_ by staying where I am and not staying committed.”*

Complete this paragraph:

*“By staying committed and focused on this path, it will bring me \_\_\_\_\_ . I will be able to \_\_\_\_\_ and will no longer tolerate \_\_\_\_\_. I will ultimately be \_\_\_\_\_!”*

**Step 3.** What will staying committed give to you? Imagine yourself right now where you want to be...feeling on top of the world! What is that going to give to you? Give to your family? Give to your children?

List those things here:

---

---

---

---

---

---

---

---

**Step 4.** Make the picture big, bright and at the forefront of your mind EACH AND EVERY MORNING when you wake up. Before you get everyone breakfast, stop and visualize what you want in a big bright beautiful picture. What are you seeing? What are you hearing? What are you feeling? Take 3 minutes and do this. Breathe, *celebrate* this moment and step into it. *Claim* it. *Commit* at this moment that you will do whatever it takes to get this for yourself, your family and your future.

**Step 5.** PRACTICE DAILY- Go through steps 1-4 each and everyday first thing in the morning until it is a part of YOU. Practicing everyday will program your subconscious and your dream will soon become a reality. Your consistence is key, though. You can't make a change in your body by just going to the gym in once day, well you can't make a shift in your mindset either. Commit to it.

**Step 6.** Surround yourself with things and people that are supporting you and your shift. People that are already where you want to be are positive, supportive. Surround yourself with things that will support your movement. Programs, cds, journaling, books, flowers, affirmations...anything that will continue to keep you on the path, on the road to ultimate success.

The people I want to surround myself with more are:

---

---

---

---

The specific things I want to include to support my progress are:

---

---

---

---

**Step 7.** Check in daily- Has this work ‘stuck with you?’ Do you need to redefine what it is you want so it is at a more emotional, deeper level? Is it working for you? Do you need to go back and think about the pain you will experience by not committing right now to make a change?

Congratulations! You just completed the first steps to creating huge, long lasting movement, change and progress in your life and business! What might work for you is to re-write the work you just completed in your journal so you can review it daily. Keep it close at hand and make it part of your daily ritual.

Keep the momentum, keep the focus and stay committed. Your children need you, YOU need you!

Hugs and love,  
Susan