

## Top 20 things to do to succeed in Business AND in LIFE

- I get up at early - Set your time: \_\_\_\_\_
- Set up “You Time” for coffee, reflection, journaling, meditation etc.
- Create a space you feel good with things that ignite your creativity.
- Get CLEAR on your big vision and create manageable action steps.
- Work in chunks of non-interrupted, free of distraction time blocks. Shut off anything that might make you go: Squirrel, Shiny Thing!
- Put your commitments before your comfort. If you have a set time to work on something, don’t put it off until you “feel” like doing it... JUST DO IT!
- Make no excuses. Excuses are simply fear of failure or fear of success hiding out underneath. When the fear of failure feels real for you, ask yourself: What is the worst that could happen if I fail? Then I ask yourself: Can you handle that? The answer is always YES.
- Work in Teams. Collaborate. Call for assistance to partner with you, to co-create. Working with others makes SHIFT happen faster.
- Ask for support. Lots of it. From friends, family, your partner. Speak up when you need help and don’t try to do everything yourself.
- Push yourself out of your comfort zone. Change things up - Do things that require you to be brave. Courage breeds confidence.
- Follow up. Always. There are opportunities that come to us each day. More importantly, know that those opportunities slip away when we don’t follow through on them.
- Don’t believe in competition. There is enough for all of us. Everyone is here to serve.
- Help others. Assist family, friends, and your community without expecting anything in return.
- Surround yourself with people who love and respect you, and those who also want to make a difference and be the change.
- Hire mentors. We are all still learning, respect people who have accomplished more than you. Hire them to guide and coach you to your next level.
- Rest. When your commitments are fulfilled, take time to relax and recharge in nature so you don’t burn out.
- Celebrate. When you accomplish things big or small, mark them with acts of vivacious celebration.
- Don’t take things personally. We make stuff up all the time which mostly isn’t the truth... it’s simply our assumption.
- Empower yourself. Don’t wait for others to praise you. Tell yourself everyday: You Are Enough. Period.