

YOUR EPIC GOALS PRIMER

A Simple Guide to Triggering Unprecedented Success

Lisa H.

YOUR EPIC GOALS PRIMER

Contents

Introduction.....	3
Happiness: A cause or effect of success.....	6
How your beliefs might be holding you back.....	9
How to transform limiting beliefs into limitless beliefs.....	11
How to make good choices at each moment.....	13
How to get clear about what you really want.....	16
How to balance your expectations.....	19
How to become more disciplined.....	21
How to end procrastination now.....	23
How to make room for what you want.....	25
How to conquer the fear of success.....	27
How to set goals the simple way.....	29

“Aerodynamically, the bumble bee shouldn't be able to fly, but the bumble bee doesn't know it so it goes on flying anyway.”

- Mary Kay Ash

YOUR EPIC GOALS PRIMER

Introduction

Thank you for purchasing Your Epic Goals Primer. You are about to set sail on a life changing journey, with YOU at the helm. Your Epic Goals Primer lays the foundation for successful goal achievement. When we jump into goal-setting without having the mindset and habits to achieve the success we desire, we set ourselves up for failure.

Think about it, would you try to fly a plane without any instruction? Probably not. And your goals should be approached the same. Your beliefs and habits could be holding you back from triggering unprecedented success.

Now, I am going to be straightforward with you. This guide requires your full participation to work. That means not only reading it, but reflecting on what you've learned and completing the associated action steps.

I know it is easy to say you'll come back to the action steps later, but honestly, how many times have you said that before? Complete the action steps as you go through the guide; not only will it save you time, it will more strongly reinforce the information. I find that less time is wasted by doing it "*right*" the first time.

Besides, it's not the kind of guide you can rush through. It's best read over a series of weeks. I don't want you to gloss over what you are reading, but to internalize it and make it a core part of you.

For this reason, avoid the temptation of moving to the next section before fully digesting the previous one. I just want you to be successful.

Most of us have an idea about what success means to us, and have a mental vision of what it will look like when it arrives in our lives. Maybe it's a booming career, earning lots of money, finding the man or woman of our dreams, starting a family, purchasing a home or any number of other personal accomplishments.

Regardless of your personal definition of success, chances are you have one thing in common with the rest of us: you're still seeking it. This isn't to say you haven't had success in some areas of your life. Maybe your career is

YOUR EPIC GOALS PRIMER

going great, but your relationship with your children is strained. Or maybe you've met the love of your life, but can't seem to earn the amount of money you want. Or everything else is great but you can't seem to lose those last 20 pounds.

You may think you're doing everything right and circumstances just won't bend to your will. You constantly run into obstacles, sabotage your efforts, berate yourself for your "failures" and the struggle continues.

A lot of times we think creating the life we want requires some elusive quality "out there" that we need to hunt down and capture. We believe that if we say the right things, do the right things, take exactly the right steps, success will be ours.

But the thing is, you can't capture the life you want, nor can you buy it, stumble across it, or fall into it. It must be created from within. And the only way to create it is by changing your thoughts and habits. **What you expect to see, you see. What you expect to have in your life, you have. What you focus on the most, expands.**

If your life isn't what you want it to be, blame your thoughts. Let's say a grain of sand represents a thought. Now, think of a scale. If you place a grain of sand in one of the trays, it probably won't make much difference to the balance of the scale.

But if you add another grain, and another, and another, before long the scale will begin to tilt in that direction. Your thoughts work in much the same way, and if you have enough of one particular type of thought, it will affect your quality of life.

This may sound bad, but it's actually a good thing! If you can create imbalance and lack with your thoughts and habits, you can also create abundance and success. It's all within your control.

The important thing to remember as you embark upon this journey is that it's a process. You have to tilt your scale with a lot of positive grains of sand.

YOUR EPIC GOALS PRIMER

So, as you go through Your Epic Goals Primer, take your time and enjoy it. Don't expect perfection. Be proud of the investment you've made in yourself.

You cannot go back and change your past, but what you can do is make the decision now to change your future.

Lisa H.

YOUR EPIC GOALS PRIMER

Happiness: A cause or effect of success

Before we get into the meat of the guide I want to clear something up about happiness. Happiness comes from within. Happiness does not come from owning the right car, home, clothes or even being in the right relationship. If you are miserable, you are going to be miserable no matter what you own or who you are with. Period.

There are too many people who think once they become successful, they will be happy. This couldn't be further from the truth. I remember seeing an interview on the Oprah Winfrey Show with Tom Shadyac, you know—the guy who directed the movies *Liar, Liar*, *The Nutty Professor* and *Ace Ventura*, that illustrates this point.

Tom Shadyac lived in a big mansion, drove fancy cars, traveled the world in private jets and was utterly miserable. He was, living alone in a home with more bathrooms than rooms in most people's houses and eating alone at a dining room table that seated more than 20.

He thought having all those *things* would make him happy and was confused when they didn't. So, you know what he did? He went out and bought a bigger mansion and even fancier cars. And he still wasn't happy.

It wasn't until 2009 his spirits began to lift. That year he suffered a major bike accident that changed his life. His near-fatal experience woke him up to the fact that he would never be able to buy happiness; it had to come from within.

Shortly after his recovery, he sold his mansion, most of his possessions and moved into a double-wide mobile home and today, is the happiest he has ever been.

Often it takes an experience like Tom Shadyac's to remind us what's really important. Now, how about you? Are you happy with your life?

I would bet there are probably aspects of your life you'd like to change or else you wouldn't be reading this guide. But overall, can you say you're truly happy? A lot of us can't, but it's not because we're still seeking the acquisition of material possessions. Rather, we aren't happy because we haven't made the choice to be happy.

YOUR EPIC GOALS PRIMER

We have been duped into thinking happiness is an inevitable side effect of being successful. Our televisions and magazines bombard us with images of happy people with fancy cars, exotic vacation spots and beautiful men and women by their sides.

And sure, some of them may truly be happy, but not all of them. Remember, the media is not trying to sell happiness, it is trying to sell cars and other things under the guise of happiness.

But, material objects and other people cannot make us happy – only we can make ourselves happy. And like I said, it all begins with a choice. Yes, you have the ability to choose whether you are happy. You choose it each moment of every day. I know this can be hard to believe, especially if you are experiencing challenges or some sort of lack in your life right now.

But consider this: why do rich people still experience unhappiness? Why do successful people still experience unhappiness? Because money and success do not automatically create happiness! We just sometimes get confused and think they do.

Intellectually, we may know money can't buy happiness, but for a lot of people, there is still part of them that believes they'd feel better if they were rich.

But when you really look at wealthy people, are they any happier than the average person? Do wealthy people laugh more, experience more joy, or have greater fulfillment in their lives? Again, maybe some do – but how much of it is a direct result of their wealth?

In fact, you can probably point to a handful of rich people that appear to be completely miserable. There are lots of them running around Hollywood—Charlie Sheen and Lindsay Lohan to name a couple. You cannot be happy and engage in self destructive behavior. It is just not possible.

And I'm sure you've heard the horror stories about people who win the lottery or come into a large sum of money through an inheritance or other means. Many of them experience a few years of heartache and struggle, and end up flat broke again. Money didn't solve their problems, it only made them worse and in many cases more miserable.

YOUR EPIC GOALS PRIMER

So, you might say if you had money, you would have security. And to the extent that you'd have food on your table, clothes to wear and a roof over your head, that would be true. However, **The only true security we have is what we can create in our own minds.**

There is true security in believing in ourselves, in having confidence to overcome challenges, in our spiritual beliefs, and in doing our small part to make this world a better place.

Imagine living your life with the unshakable belief that you have what it takes to succeed, no matter what else is happening around you. Imagine never feeling frightened by outside influences again.

Imagine knowing that even if the worst case scenario were to happen, you could easily and quickly pull yourself up by the bootstraps and do what needed to be done to get back on track.

THAT'S TRUE SECURITY. THAT'S TRUE HAPPINESS

YOUR EPIC GOALS PRIMER

How your beliefs might be holding you back

Your actions are dictated by your beliefs. If you believe you don't deserve love, you won't feel it, even if it is all around you.

If you feel you are not worthy, confidence will continue to elude you. If you believe you cannot succeed, it's almost certain you'll fail.

Do you see what is happening here? Your beliefs shape your experiences.

It is not your fault. You, like everyone else are a product of your environment or better said, your influencers. As children we are naturally confident, optimistic, open-minded and ready to tackle challenges.

We have all the potential in the world at this point, and our lives are blank canvases, waiting for us to turn into a masterpieces.

Then the negative conditioning began. We were given conditions and limitations by the adults (parents, teachers, pastor, or other authority figures) in our lives—many of them well-meaning.

But these conditions and limitations began to alter our beliefs in what was possible for us. Rather than encouraging our dreams of becoming what we wanted, we were told to be more

The man (or woman) who thinks they can

If you think you are beaten, you are;

*If you think you dare not, you don't.
If you'd like to win, but think you can't
It's almost a cinch you won't.
If you think you'll lose, you've lost.*

*For out in the world we find
Success begins with a fellow's will:
It's all in his state of mind.
If you think you're outclassed, you are:*

*You've got to think high to rise,
You've got to be sure of yourself before
You'll ever win that prize.
Life's battles don't always go*

*To the stronger or faster man,
But sooner or later the man woman who
wins
Is the one who thinks he can.
— Napoleon Hill*

YOUR EPIC GOALS PRIMER

“practical.” This was said so many times, we eventually started to believe our dreams were foolish.

Even worse, adults started attaching limiting labels to us: dumb, unlucky, accident prone, head in the clouds, challenged, sensitive, weak-willed, irresponsible (and sometimes much more damaging ones).

After you begin to believe these things, your actions are affected by them. Instead of choosing Path A, you move toward Path B because you just don't have what it takes to be one of the “elite” in life.

Throughout your lifetime, every decision you make is based on the beliefs you formed as a child and young adult.

**Beliefs prompt specific actions
which create specific results
which reinforce the beliefs.**

Even without your conscious awareness, your current beliefs may be holding you back.

Whether you struggle to believe in yourself, your capabilities, or the limitless possibilities for your life, you may be shutting out the thoughts that can propel you to your ideal life.

And unless you turn your beliefs around and open your mind to what is possible, you will continue to sabotage your efforts, consciously or unconsciously.

Now, I am going to assume you don't want to sabotage yourself anymore, so I am going to leave you with a couple of things you need to turn your beliefs around. You need: 1) the willingness to believe something different, and 2) the courage to take action on your new beliefs.

Once you do those two things, your results will change!

YOUR EPIC GOALS PRIMER

How to transform limiting beliefs into limitless beliefs

As I mentioned above, a lot of what holds us back from creating the lives we want are our beliefs.

In fact, the belief that I couldn't help people and be an entrepreneur at the same time, kept me from releasing this guide sooner.

What you believe either builds you up or tears you down. But the good news is, you can change what you believe and I am going to show you how.

³⁵
¹⁷ **Replace negative thoughts with positive ones.** While positive thinking alone will not change your existing beliefs, it is still something you should be doing.

Positive thinking can help you get in line with your thought patterns in a more conscious way.

Rather than being a victim of your own thoughts, you can take control of them and choose them moment-to-moment.

For example, as you become aware of negative thoughts throughout the day, consciously replace them with equally positive (and usually opposite) thoughts.

If you find yourself thinking you'll never be successful because you just can't seem to break out of your limiting behaviors,

Believe in Yourself

"Success means having the courage, the determination, and the will to become the person you believe you were meant to be"
~ George Sheehan

"Don't be afraid of your fears. They're not there to scare you. They're there to let you know that something is worth it."
– C. JoyBell C.

"You have to believe. Otherwise, it will never happen."
– Neil Gaiman

"It's what you choose to believe that makes you the person you are."
– Karen Marie Moning

"No one can make you feel inferior without your consent."
– Eleanor Roosevelt

"You wouldn't worry so much about what others think of you if you realized how seldom they do."
– Eleanor Roosevelt

"We either make ourselves miserable, or we make ourselves strong. The amount of work is the same."
– Carlos Castaneda

"I do not care so much what I am to others as I care what I am to myself."
– Michel de Montaigne

"Go confidently in the direction of your dreams. Live the life you've imagined."
– Henry David Thoreau

"Success is not final, failure is not fatal: it is the courage to continue that counts."
– Winston Churchill

YOUR EPIC GOALS PRIMER

affirm you have just as much potential to be successful as anyone else. The better you feel, the more positively you'll think. Soon, you'll end up creating a continuous cycle of positive thoughts, positive feelings, positive beliefs, and positive actions!

³⁵
₁₇ **Develop a stronger belief in yourself.** While you're working on transforming the quality of your thoughts, also work on developing a strong belief in yourself and your abilities. A good way to do this is by making a list of your positive character traits, qualities, skills, and talents. Write down every positive thing you can come up with about yourself, even if you don't think it's that amazing.

Then simply spend some time every day reading this list and affirming your ability to accomplish whatever you set your mind to. Over time, you'll begin to feel more positive about yourself and more confident about your abilities, just because you've developed the habit to do so.

³⁵
₁₇ **Empower and motivate yourself.** Another wonderful tool for forming new beliefs is to use your imagination to change your self-image. Visualization is an easy yet effective tool to replace a limiting self-image with an empowering one. You simply close your eyes and conjure a mental image of yourself as you want to be.

Be sure to see yourself feeling confident, inspired, courageous, and successful. Before long, you'll find that you won't have to manufacture these feelings; you will feel this way nearly all the time – naturally! If you've ever heard the saying, "fake it 'til you make it," this is it.

YOUR EPIC GOALS PRIMER

How to make good choices at each moment

Hindsight is really 20/20. It is not always easy to know whether a choice is good while you are in the process of making it. It is only after you've left the job, the relationship, or the marriage were you able to see it with clarity as a bad choice.

To make good choices, it is important to look back at the bad choices you've made and the results they've yielded. Really analyze what prompted you to make the choice you did.

When you understand why you made that choice and the results it yielded, you will be more apt to choose different next time. It is neat to see the progression from making mostly poor or destructive choices to making better choices more often.

Take a look at this table below. It illustrates such a progression.

Poor Choices	Better Choices	Still Better Choices
<ul style="list-style-type: none">- Procrastination- Self-doubt- Defeatism- Resignation	<ul style="list-style-type: none">- Self-belief- Trust- Hope- Taking small actions	<ul style="list-style-type: none">- Building confidence- Believing in abilities- Taking bigger actions- Identifying true passions- Willingness to risk more
Results	Results	Results
<ul style="list-style-type: none">- Lack- Stagnation- Frustration- Victim mind-set	<ul style="list-style-type: none">- Growing confidence- Optimism- Exhilaration- Eagerness for more	<ul style="list-style-type: none">- Greater progress- Accomplishment- Deepening belief in oneself- Freedom- Growing SUCCESS!

Again, this is a PROCESS. It is virtually impossible to start with a mind-set of lack and powerlessness and leap immediately to a mind-set dominated by success and accomplishment.

Right now you may be feeling that it will take forever to get what you want out of life. You may feel that the challenge is too big, the road is too rocky, and the obstacles are too intimidating. Not so!

YOUR EPIC GOALS PRIMER

Luckily for you, this type of process creates its own momentum. You start by making small changes both mentally and physically.

We begin strengthening our desire for more, believing in ourselves and our capabilities, and taking small steps toward the lives we truly desire – and BOOM! More and more opportunities begin to appear before us.

As we grow in confidence, we begin NATURALLY gravitating toward choices that support our deepest desires. We begin feeling an urge to do the things we know will create success, rather than shying away from them as we did in the past.

So, do yourself a favor and avoid looking at the big picture, at least while you are just getting started. Instead, narrow your focus so you are looking at each teeny, tiny step you take along the path to success.

Focus ONLY on these little steps and remind yourself that every decision you make (no matter how small or inconsequential it may seem) will serve to move you closer or farther away from your desired result.

Make a promise to yourself right now that you'll begin **listening to your intuition** about which choices are right for you. Reinforce your awareness about how your actions determine your results,

17 Most Important Things to Remember in Life

Never give up on anybody; miracles happen everyday.

Be brave even if your not, pretend to be. No one can tell the difference.

Think big thoughts, relish small pleasures.

Learn to listen. Opportunity sometimes knocks very softly.

Never deprive someone of hope, it might be all they have.

Strive for excellence, not perfection.

Don't waste time grieving over past mistakes. Learn from them and move on.

When someone hugs you let them be the first to let go.

Never cut what can be untied.

Don't expect life to be fair.

Remember: Success comes to the one that acts first.

Never waste an opportunity to tell someone you love them.

Remember that nobody makes it alone. Have a grateful heart and be quick to acknowledge those who help you.

Never underestimate the power of a kind word or deed.

Laugh a lot. A good sense of humor cures almost all of life's ills.

Don't miss the magic of the moment by focusing on whats to come.

Watch for big problems. They disguise big opportunities.

YOUR EPIC GOALS PRIMER

and vow to consistently make better and better choices until the process becomes more natural.

Question every move you are about to make. Ask yourself, “Will this help or hinder my ultimate objective?” Do this not only with every ACTION you contemplate taking, but also every INACTION you feel drawn to.

Keep in mind also that there are no right or wrong answers here, only what works best for you. For example, you may feel a desire to sit on the sofa and watch television for several hours in the evening. This can be both a positive and negative choice.

If you feel burned out from working too hard and need some downtime, taking a break is a positive choice.

If you are procrastinating on taking action and using the television as a distraction, it’s a destructive choice.

Again, use your intuition (listen to your gut feelings) to determine whether you are making choices that will make you successful. Brutal honesty with yourself will be required, I won’t kid you. It is astounding how easily we can fool ourselves and justify destructive behavior.

The only person we hurt when we do this is ourselves. There are no “success police” that will force us to make better decisions. We will receive no citations for laziness and procrastination. (Actually, the results we experience are worse than any citation we could receive.)

It is up to us what we do with our time and talents. It is up to YOU what YOU will do with YOUR time and talents!

YOUR EPIC GOALS PRIMER

How to get clear about what you really want

If you don't know where you are going, how will you know when you get there? You won't? Have you ever seen the television show Hoarders? It is about people who compulsively purchase and save of items that have little or no value. Sometimes the items have value, but mostly not.

Some hoarders have so much stuff, they are no longer able to use their sinks, sit on their couches or sleep in their beds. In some of the worst cases I've seen, food has been left in the refrigerator and around the house for years.

I bring this up to illustrate there is such a thing as mental hoarding; holding on to thoughts, beliefs and experiences that get in the way of you getting clear about what you really want.

I assure you, if you have been mired in negative, fear-based thinking for any length of time, your mind needs a good clearing out.

Clearing out the cobwebs is a very simple process of sweeping away old, stagnant situations that no longer serve you so you can make room for shiny new circumstances that DO. What do I mean by "stagnant situations"?

³⁵/₁₇ Destructive or unfulfilling relationships, partnerships and friendships

³⁵/₁₇ Boring or unchallenging jobs

³⁵/₁₇ Unhealthy habits

³⁵/₁₇ Unfinished business

³⁵/₁₇ Unnecessary expenses

³⁵/₁₇ Excessive obligations

These situations are going to vary greatly from person to person, and only you will know when it is time to let something or someone go.

You might be in a marriage or some other relationship that has become a drag, but that doesn't mean you have to eliminate it unless you feel a need

YOUR EPIC GOALS PRIMER

to do so. There are other options, like having a heartfelt talk with your partner to work on improving the relationship together.

Your job might be boring and unchallenging, but you balk at the thought of quitting without another job to take its place. That's okay! You don't have to quit, but at least give some thought to obtaining a better job that makes you feel happier.

The point of clearing out the cobwebs isn't to go on a "wrecking-ball rampage" through your life, but rather to **identify situations that are out of balance and in need of attention**. You see, once you have identified these areas, you can then decide the best course of action for each one.

Little by little, you can begin addressing any areas of stagnation or blockage in your life. And as your mood improves, so will your ability to look to the future with hope and enthusiasm, rather than dread and fear.

Special areas to pay attention to:

Work	Incomplete tasks and projects, overloaded schedule, cluttered office, unproductive habits, unresolved resentment, unhealthy work relationships, unclear objectives, lack of long-term planning.
Relationships	Unspoken truths, bitterness, unaddressed anger, grudges, guilt, regrets, dishonesty, destructive behavior, abuse, trust, passion, cooperation.
Financial	Increasing income, reducing unnecessary expenses, proper money management, long-term planning, saving and investing, budgeting, reducing debt, collecting monies owned to you.

YOUR EPIC GOALS PRIMER

<p>Physical, Emotional, Spiritual</p>	<p>Poor health habits, excessive work, procrastination, work/life balance, recreational time with loved ones, proper rest and nutrition, anti-social tendencies, moodiness, anger, spiritual disconnection, inner emptiness, lack of purpose or direction, personal time, personal growth, self-improvement.</p>
---	--

YOUR EPIC GOALS PRIMER

How to balance your expectations

Have you ever expected certain result and didn't get it? How did that make you feel? I know when my expectations are realized, I feel good and when they aren't, I don't. You see, expectations can work for us, or against us.

The tricky thing about expectations is we may not always be aware of them on a conscious level. We may just notice that at some point during the pursuit of our goals we find ourselves feeling angry, resentful or weary without a clear reason why and with a little introspection, we realize we've been holding unrealistic expectations about our progress, or fearfully expecting the worst in every situation.

Getting clear about your expectations – and consciously balancing them – can make your journey to success simple and painless.

So, how do you consciously balance an expectation? By NOT letting your emotions get attached to any one outcome.

“But wait a minute,” you are probably thinking, “How can I not get attached to an outcome? Isn't that the whole point of having goals?”

When I say, “not getting attached to a specific outcome” I am not necessarily referring to your ultimate goal, but all the smaller milestones between here and there.

For example, one stumbling block our expectations can cause is related to timing. We crave success so badly that we pin our hopes on making it happen within 6 months (or one day!) and if that doesn't happen, we get angry and feel like a failure.

This is exactly what is happening to me regarding this guide. I wanted to have hundreds or even thousands of them sold by now and here I am still working on it. My expectation was it would have been completed months ago. So, now I'm a bit frustrated as I try to complete it in record time.

If we didn't harbor unrealistic expectations about the timing of our success, we'd still be happily working on our goals. Instead, we sabotage ourselves by expecting too much, too soon.

YOUR EPIC GOALS PRIMER

See the difference? By consciously not getting attached to specific outcomes, you will be able to work consistently and steadily toward a goal, and make the journey much smoother!

This state of detachment can also be beneficial to your ultimate goal. Though you may have an idea of where you want to end up, would you be devastated if you ended up with a different (but equally good - or better) result? Chances are you would still feel an immense amount of satisfaction about your accomplishments.

It takes practice to feel comfortable balancing your expectations, but it gets easier as you go along. Eventually it will be second nature for you to remain optimistic yet realistic – which keeps you focused and motivated!

With every goal you set, with every action step you take, every challenge you face, ask yourself, “What are my expectations for the outcome of this situation?”

If your expectations seem extreme in either direction (too optimistic or too pessimistic) – or too rigid altogether - adjust them accordingly. Only you can say for sure what’s considered optimistic or pessimistic for YOU. It depends on your experience, determination, focus, and the magnitude of your goals.

Consider your own abilities, set reasonable goals, and strive to challenge yourself – but not to the point where it seems like an exercise in futility and frustration!

YOUR EPIC GOALS PRIMER

How to become more disciplined

For the most part, I am pretty good with delayed gratification; however there are those times when I want something, I want it now. In this age of instant gratification, we are accustomed to getting what we want right NOW and the thought of working diligently on a goal for weeks, months, or even years can be depressing.

But if you are to get what you want, you have to have discipline. Without discipline, you are at the mercy of your circumstances. One great example of this is being overweight and out of shape.

If you've ever carried some extra pounds on your body, you know how exhausting and debilitating it can be. You feel sluggish, groggy, unmotivated – and the sofa seems like your best friend. Not a good friend, because it doesn't tell you to get up and exercise, but a friend nonetheless.

You know HOW to lose weight and get in shape. You know you need to eat healthy and exercise daily. But do you do it? No. Instead, you make excuses about why you are overweight and sink further into lethargy because it seems too challenging to turn it around.

Then one day you decide you just can't stand feeling so rotten anymore, so you begin a diet and exercise plan. It's grueling hard work at the beginning and you need to give yourself constant pep talks to get moving, and to ignore the sweets monster that makes cookies seem so yummy.

The ONLY thing that determines your success in a scenario like this is your level of discipline. Will you keep doing what you know you need to do to lose weight? Will you push yourself to exercise? Will you continue to eat a balanced diet, or give in to your cravings for junk food?

Being disciplined is hard work.

But then something miraculous happens! If you keep at it for long enough, you begin to feel an inner shift. Suddenly you begin to realize that you are enjoying your workouts. You are beginning to look forward to your fruit smoothie each morning.

YOUR EPIC GOALS PRIMER

Your clothes are getting baggy and your energy level is rising more each day. You are sleeping soundly at night and feeling better when you wake in the morning.

Amazingly, you don't need such a large amount of discipline to keep up with your health plan because it doesn't seem so difficult anymore. Your muscles are developing, your fat is melting away, and you are feeding your body a better quality of fuel, all of which make you feel so good that you want more.

Cookies don't seem so powerful anymore. Even more importantly, you have become accustomed to your new habits! As long as you don't start backsliding, the rest of the journey to health and fitness is a rewarding joy ride.

It takes tremendous discipline at the beginning of the journey because you are not used to taking action on your goals. Many of us give up at this stage because it seems too hard, and we believe it will ALWAYS be this hard. We forget that we humans are incredibly adaptive creatures.

We can get used to almost anything. Remember, we simply GOT USED to not trying. We settled into a state of acceptance about living a mediocre life, about abandoning our dreams, about believing the people who told us we'd never be successful.

If we can get used to THAT, we can get used to challenging ourselves, stretching our comfort zones, and believing in our own capabilities. It's just a matter of having the discipline and patience to see it through.

Make a solemn vow to yourself right now. Promise you will keep taking action, keep working on improving yourself as a person, and keep going after success in whatever you do. Promise yourself you will do what needs to be done on a daily basis – even if you don't feel like it.

If you can keep those promises, you will be astounded by the changes that take place in your life. (Remember, it's not an instant shift, so keep reminding yourself that it won't always be so difficult!)

YOUR EPIC GOALS PRIMER

How to end procrastination now

2012 and 2013 I declared years of fearlessness. I am afraid of so many things. I am afraid of what people think about me. I am afraid I can't handle criticism. I am afraid of failure and I am afraid of success. But what I do have is courage, and it is my courage that allows me to take action.

And it's only action that is going to move you from where you are to where you want to be.

We love making lists, forming plans and learning new techniques but when it comes to putting it all into motion, we freeze. We procrastinate. We hesitate. We find excuses not to work on our goals anymore.

Or, we do take action, but not on the important stuff. Oh no, we do more research, we refine our plans, we keep ourselves very busy so it SEEMS like we're taking action – but we're actually just killing time.

We are afraid that once we begin moving forward we will be officially locked into our goal and we are suddenly forced to sink or swim! If we can simply avoid taking action, we can remain safely in the planning stage and not risk anything.

We can convince ourselves that we did all we could, but it just didn't work out, there were circumstances beyond our control - so it's not OUR FAULT that we're not successful.

The most effective way to deal with a fear of taking action is to simply disregard it and take action anyway!

This may sound like an impossible challenge if you are feeling paralyzed by fear, but I do have a bit of advice that should make you feel better. The fear of taking action almost ALWAYS vanishes shortly after you begin moving forward.

You suddenly realize that you were worrying over nothing, and you actually begin to enjoy making progress. If you keep with it long enough and frequently enough, exhilaration takes over and you find you can't hold yourself back any longer. What a wonderful feeling that is!

YOUR EPIC GOALS PRIMER

If you are absolutely terrified about taking action, take some time to look over your plans and come up with one SMALL action step that you can take immediately. Just one! Then take it. Then pick another small action step, and take that one too.

However, make sure your action steps are FOCUSED. Taking random action can be a good start sometimes (if nothing else, it can help build your confidence), but ultimately you'll be going in circles.

Instead, take a few minutes to identify the key steps that will create RESULTS. Think about the actions that will attract opportunities, get the attention of those in a position to help you, and create steady progress.

Then keep up with this process, gradually increasing the size or magnitude of your steps. If you don't see immediate results, don't despair!

Keep at it and in a very short period of time you should be feeling much more confident and eager to keep going.

YOUR EPIC GOALS PRIMER

How to make room for what you want

How will something new come into your life if you don't have space for it?

Sacrifice (like discipline) is one of those concepts that seems unappealing at first, but I assure you it's not.

Generally, we don't like to "give up" anything – especially not for the fleeting hope that it might be replaced with something better at an undetermined time in the future. Where's the fun in that?

Most of us yearn for the familiar and comfortable, even if it's dissatisfying.

It seems less scary to stay safely in our routines. We avoid taking the actions we know we must take to be successful, because it seems easier not to.

We sit in a vegetative state in front of the television so we don't have to think about how unhappy we are. And with each year that passes, we sink further into resignation.

I'm not going to ask you to give up the activities you love.

What I am going to do is ask you to consider what you would rather sacrifice. Either way, you are sacrificing SOMETHING. You are sacrificing your

Affirmations for Prosperity

I acknowledge that I cannot control others I can only control myself

*I allow myself outside of my comfort zone
I allow myself to say No*

I am able to forgive quickly without the crippling effects of a grudge

I can explain my feelings openly to others

I am able to forgive quickly without the crippling effects of a grudge

I can learn from the differences I have with others

I give myself permission to be happy

I open myself to experience all feelings

I put my full trust in my inner guidance

I grow in strength with every forward step I take

I release my hesitation and make room for victory

I open to the flow of great abundance in all areas of my life

I always have more than enough of everything I need

I am limited only by my vision of what is possible

I allow the universe to bless me in surprising and joyful ways

I need not know the entire journey in order to take one step.

YOUR EPIC GOALS PRIMER

dreams as you hide your head in the sand, or you are sacrificing a portion of leisure time for a bigger goal.

Our perception of sacrifice is usually what makes it seem so unappealing. What can make it easier is a neat little trick I learned years ago: focus on what you are **GAINING**, not on what you are **LOSING**. It's all about your perception!

If you think you have to be miserable now in order to be successful later, that's exactly how you'll end up feeling. If, on the other hand, you make a decision to feel happy about the changes you are making in your life, you will focus naturally on the benefits rather than the inconveniences.

The "inconveniences" **DON'T** have to be massive, by the way. Let's use watching television as an example. You don't have to sacrifice all of your television-watching in order to achieve your goals. If you have a few favorite shows, by all means watch them! Recharging your mental and physical batteries with some downtime is just as important as working efficiently on your goals.

Again, the important thing is **balance**. Be willing to sacrifice what you don't need for something you really want. Rather than focusing on what you're giving up, focus on what you are gaining in the long run.

See success as something you need to incorporate into your life. If your life is already crammed full of unproductive activities and unsuccessful outcomes, you need to do a little housecleaning before success can effectively squeeze through your door.

(Note: cleaning up your physical surroundings can also be effective in helping you let go of unproductive activities! Clutter (mental or physical) is a horrible drain on your energy. Get rid of what no longer serves you and you'll be amazed at how much lighter and motivated you feel.)

YOUR EPIC GOALS PRIMER

How to conquer the fear of success

Can you believe it? We can actually be afraid of success. It is like Marianne Williamson's famous quote says: "our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us."

Why would you be afraid of living the life of your dreams? Interestingly, there are several reasons:

³⁵₁₇ **Lack of belief in yourself.** If you don't truly believe in your ability to create (and stay) successful, you will avoid progress at all costs. You may subconsciously feel that even if others believed you to be successful, you would still feel like a fraud. That would be an uncomfortable position to be in, so you hold yourself back until you feel "ready" to be successful.

³⁵₁₇ **Fearing increased responsibility.** You might be resisting a higher level of achievement because you don't feel capable of handling all the responsibility that would inevitably come with it. Once you become successful, you will have certain obligations and steps that need to be taken in order to maintain your level of success. That can be frightening and intimidating, and you may doubt your ability to handle new challenges you will face.

³⁵₁₇ **Low self-worth.** If you don't believe you deserve to be successful and happy, you will naturally gravitate toward a position in life that matches your self-image. If you believe you deserve to be earning \$15,000 per year, you will continue to do so. Trying to force yourself to increase your income will be futile because subconsciously you will resist it. You will view increased abundance with suspicion, wondering "what's the catch?" – even if there is none!

³⁵₁₇ **Worries about what others will think.** This actually goes along with low self-worth. You may have a habit of letting others define you rather than forging your own path. You might believe that rich and successful people are dishonest, cruel, rude, cold, greedy, or any number of other stereotypes.

YOUR EPIC GOALS PRIMER

³⁵₁₇ **General negative expectations.** You may not have any identifiable fears about success, but rather experience a general sense of uneasiness or resistance to it. You might simply be afraid of the unknown, or pessimistic about the longevity of your success.

There are many more possible reasons to fear success, but they don't matter for the purposes of this guide. What does matter is figuring out what YOUR fears are (if you feel you may have some).

Here is a simple exercise to help you know for sure if you might be afraid of success:

Give some thought to what success means to you. What vision do you have for your life? What can you see yourself doing, how much money can you see yourself earning, where can you see yourself living, etc.? Write this information down.

Now read it again. If you were able to step into this new reality right now, how would you feel? Would you hesitate? Maybe tell yourself that it's too good to be true? Would you shy away from one part of your vision or another?

Take your time and think about this for as long as you need to, because your fears WILL make themselves known if you give them the opportunity. Once they do, you will be able to work through and resolve them forever.

Hint: most fears relating to success are completely groundless. We fear the possibility of something happening, but such an occurrence is so remote that it's not even worth worrying about. Ninety-nine percent of the time, we realize we were just being paranoid.

However, even with realistic fears that aren't so groundless, we are usually pleased and surprised to discover that we already have the ability to work through any challenges they may present. The realization of our fear ends up not being such a big deal after all.

If, during the above exercise, you can't come up with a single uneasy feeling regarding your success, then it is possible that you simply don't have any fear of success. Not everyone does. Your sole obstacle might be staying

YOUR EPIC GOALS PRIMER

disciplined, or forming a solid plan, or even simply getting clear about what you really want.

How to set goals the simple way

Goal-setting is one of those things that seems like it should be very simple. But it isn't always that way. Many times it can cause anguish and aggravation. Even worse, if it's not done productively it can convince us that we're doomed to failure cause us to give up on our dreams forever.

The number one mistake most people make when goal-setting is reaching too high right from the get-go. There is nothing wrong with reaching high – in fact I encourage it. However, what most people fail to consider is the PROCESS of growth and development that must take place between where they begin and where they'd like to end up.

You wouldn't expect an infant to set a goal to climb Mt. Everest, would you? Ok, maybe you would. Just kidding. But later when that infant has learned how to crawl and walk, and after he or she has grown into a man or woman and has tackled smaller and less dangerous mountains – yes. But not before the necessary growth, development and preparation have taken place.

Many people try to make a similar large leap when they set their goals. They want to transform themselves from a position of lack and fear to a position of power and success in a short period of time, and it's just not likely. (Notice I didn't say it was impossible! Stranger things have happened, but let's just say it's a rarity.)

The good news is that every large goal can be broken down into smaller, more manageable goals. If your goal is to climb Mt. Everest, you will first need to gain some experience mountain climbing, get into the best shape of your life, and so on. (I will assume that you are not an infant, so you have already mastered crawling, walking, and growing into an adult. 😊)

Now, take another look at those smaller goals I listed above: gain mountain-climbing experience and get into great shape.

YOUR EPIC GOALS PRIMER

Even those steps can be broken down into smaller goals, such as buying some books or taking some classes to educate yourself on hiking and mountain climbing; joining a gym, starting a healthy eating plan, etc.

Successful goal-setting is as easy as learning how to identify the mini-goals that compose each larger goal, and focusing your efforts on **THOSE FIRST**. That doesn't mean you can't keep your larger goal in mind and keep pushing yourself to reach it. However, giving most of your attention to the smaller steps along the journey will result in less stress and much quicker progress.

Take another look at the vision you wrote for your life, and then ask yourself how this big achievement might be broken down into smaller steps. If you can come up with some reasonable action steps you can take immediately, you will gain confidence with each small achievement you make. As your confidence grows and you gain experience and knowledge, your action steps will automatically become bigger and bolder, and so will your results.

While you may be tempted to set a time-frame for accomplishing your goals, I would advise caution. It's okay to have an idea about when you will reach your goals because it can definitely keep you motivated and focused. But it can also backfire if you don't see results quickly enough and make you give up out of sheer impatience.

What I said in the segment about expectations also applies here. Be reasonable and balanced about your goals. Just like you can't expect to make a giant leap from "here" to "there", you also can't expect to accomplish everything overnight. There are two good ways to keep your goal-setting balanced:

³⁵₁₇ Focus on the sense of accomplishment you get from every step you take. Rather than pinning your satisfaction only on the big goal you have in mind, allow yourself to feel good about the progress you're making toward that goal. Feel proud about the great job you're doing and really allow yourself to enjoy the journey.

³⁵₁₇ Don't worry about the time-frame. This one is definitely more challenging, but it's also very freeing! Instead of setting a time-frame, simply commit to working steadily and enthusiastically on

YOUR EPIC GOALS PRIMER

each small action step. Don't buy into impatience if you don't see results immediately – in fact, let the ACTIONS themselves be their own rewards. Feel good that you are strengthening your self-discipline and growing more completely into the person you were meant to be. Believe it or not, it's very rewarding to take this type of attitude.

Life is a journey. It's not just about what you do, but WHO you become through the achievement of your dreams.

Creating the life you desire is a process of letting go of perceived limitations, growing and developing as a unique individual, believing in your true potential, honoring the best parts of yourself and sharing them with the world.

You see, you already have the potential to create the life you desired, you just need to believe and embrace it.