



Where to Begin

THE FIVE STEP PROCESS TO GET STARTED

1 Specifically, identify what area in your life, business, home, love, finances, career, etc., you would like to change or improve, and link it to your personal why. But don't stop there; keep asking why until you feel a deep or emotional connection to the desired result or outcome.

2 Release any judgment, blame, or shame associated with the desired change. Remind yourself the only moment that matters is the present. The past is no longer (it only lives in the memory), and the future has yet to unfold.

3 Now, apply a healthy dose of forgiveness and acceptance towards yourself, any person, place, or thing where you felt hurt or wronged. This process isn't about agreeing with what happened but about freeing yourself and healing yourself from any surface wound or deep-rooted scars it might have left behind.

4 Once the path is clear, decide to start today! Not tomorrow, next week, or a month(s) from now! An action that will send a message to your brain that things are about to change. Your thoughts and feelings may disagree with this decision, and if they do, hear them out, address their concerns, and then let them know they are safe and cared for and that all will be well.

5 Okay, this is where the magic begins, and the "One Percent Rule" will transform how you move forward. Start by setting a small achievable goal, take action, and then aim to improve by 1 percent, and over time, all your efforts will compound and generate massive growth and expansion.
