



12 Strategies to implementing a Better Lyf4u;

1. **LOVE YOURSELF:** In order to truly live your greatest life, you must love yourself, before you can love others around you and project love out to the universe.
You are completely unique. No one is as you are. Celebrate your uniqueness, accept, and nurture you with full respect and protection.
TASK: Write a list of everything you love about yourself and how magnificent you are.
2. **LIVE IN THE MOMENT & ENJOY THE JOURNEY:** Celebrate this your life travel, milestones, achievements, experiences for they will never be repeated and every moment will never be repeated, and there will be much to discover and learn.
3. **CREATE A MASTERMIND GROUP:** Surround yourself with like minded people who inspire/motivate, care and love you. Perhaps even create a group where you can all meet each month to support and achieve in goals.
4. **FIND A MENTOR OR LIFE COACH:** Someone who is living the life you would want, someone you look up too that you can meet with regularly to learn from. Also hiring a life coach gives you tools and techniques and strategies to helps you to remain motivated and on track in your life.
5. **GROW GROW GROW:** Never stop learning. Be open to new ideas, new philosophies, and strategies. Watch and read inspirational DVDs, books, lecturers. Remember even a broken clock is write twice a day.
6. **EMBRACE THE FEAR:** Goals should scare you a little and excite you a lot. Its normal to feel anxious when stepping away from the norm, remember that inner voice is your saboteur. What limiting beliefs do you harbor? The saboteur stops you from living your greatest life. Take control. Engage in the use of Coach.
7. **WALK YOUR OWN PATH:** in order to live your greatest life you must be willing to do things differently to others. Be authentic to your true self, do not give a rip about what others think. The only opinion that counts is your own.
8. **CREATE AN ACTION PLAN:** Begin with the final end result. Obituary. Work backwards from there. Break it into segments of time. Goals, realistic, achievable, measurable, yours, passionable, clear and committed.

9. TAKE ACTION STEPS EVERY DAY: Start now, not tomorrow, not next year, not when the kids are older,when you retire will be too late. Time does not repeat itself. Neither will you. Don't be attached to the end result but rather each segmented step of the process. Relax with it. Again enjoy it.
10. NEVER GIVE UP: Many people give up just before they were about to see there dreams to fruition. Time. Plant a tree it wont shade you immediately, but boy when its stands strong and tall you will be forever rewarded. Growth should be measured as a journey not a goal.
11. BE A LEADER AND ELEVATE OTHERS: we all have the ability to lead and inspire another. A boy of 6 years old can show another of 5 years old so much. Compare yourself from 10 years before. What have you to offer?
12. TAKE THE LEAP: What are you waiting for? All we have is now. the truth is time flies. We get so busy being busy we forget what it is we are busy for.Someday may never come unless you make a day.Dont wait for everything to be just right, till this and that has happened. Don't waste your life.
13. OWN YOU: We live in incredible times. Technology exceeds our fantasies. Imagine if you were superman-but all you did was save kittens. You never used your full potential.you lived your mediocre life. Now imagine using all your powers. Now your talking.

GO FOR IT!

YOUR LIFE AS USUAL OR A BETTER LYF4U.

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