

STRUGGLING?? HOW TO DO ANYTHING

- **Motivation**: Remind yourself of the end result often, with big pictures. Think big, this will help generate creativity.
- **Meditation**: Clear your mind, reboot often. Accomplishing big goals has a lot to do with who you are on in the inside, in your heart and in your head. I know for me that means I'm talking with God often, and also purposely clearing out my mind in silence from time to time. Try some yoga too.
- **Mediation**: Talk with others, share, help, play, and mention those goals in conversation.
- **Moderation**: Be realistic, don't launch 5 products and businesses at once while working another job, and training for an ironman and expect to progress rapidly, or keep the rest of your life in order. I know, I've tried. Choose a goal to champion, and put a few things on layaway for later if you can.
- **Merriment**: Studies show if you smile enough, you'll actually *will* yourself into being happier. I don't recommend that, but being happy is good. I have a tendency to get lost in work, gotta break out for shenanigans from time to time! What makes you happy?
- **Monitor** for saboteurs: We all have weaknesses, watch out for yours. Clearly define your rewards to overcome temptation. Pin them up somewhere in sight.