



Six Daily Actions That Will Change The Trajectory Of Your Life

For many of us, the beginning of the year is a special time. We are coming off of vacation, having spent time with our loved ones, taking a break from our daily grind, and trying to redirect our focus for the upcoming year. We enter the New Year, with a “clean slate” and we usually have a renewed energy and drive to be successful and achieve whatever goals we have set. We are amped and ready to change the behaviors that no longer served us.

We create the goals, maybe a morning routine or even time block time to hit the gym, but within a few weeks, life as usual, takes over and we have reverted to our former selves. We fall back into our old routines, having missed our mark, yet again. The excitement that we had as we were inching toward our goals, gone.

Below are five actions that you can take so you can have your [BEST YEAR EVER](#).

1. Your mindset is everything.

Whatever you believe is possible will be what you ultimately achieve for yourself. Now you might think, “yay everything is possible” but it isn’t your conscious beliefs that matter. In fact, your conscious thoughts are pretty useless when it comes to achieving your goals.

You need to take some time and dig deep and find out what the real story is that you tell yourself. After all, your subconscious leaves clues. If you deeply believe that if you become financially wealthy, you will lose friends or have to be careful because people will want to use you for your money and you won’t be able to know and trust people as if they are your real friends, then guess what... making and keeping financial wealth won’t be easy and may never happen. If you believe, that money doesn’t grow on trees and it takes hard work to earn a dollar, then guess what, you will work extremely hard to earn every dollar and never feel as if there is enough.

Find out your core stories and make sure they align with your desired outcomes.

2. Kill the morning electronics

Research shows that 80% of smartphone user check their phone before they even brush their teeth and most Americans check their phones every 12 minutes. In fact, American adult smartphone users spend an average of 73.8 hours a month on apps, which comes to a little under 2 hours, 30 minutes a day.

If you are one who wakes up and looks at your phone to check emails, messages and/or social media, stop. Create a morning routine where you do not start your day in a reactive way. When you look at email, you get bombarded by requests and deadlines. You are immediately placed on other's people's agendas, not your own. By waking up and not looking at your emails, messages and social media, you allow time for your brain to start the day in a non-reactive way. I try not to look at my phone for an hour or even two, before I use it look at emails or messages. I am not always successful which brings me to number 3.

3. Meditate

Meditation, over time, is incredible. Meditation is not what many people think. It is not trying to empty your mind and have no thoughts. It is no band aid, meaning people who are angry in the moment and say I have to go meditate, have it wrong. Meditation is simply training your brain to operate in a certain way and over time allowing you to become more focused and less reactive to things. It allows you to tap into the deepest sources of consciousness. This place where you can get all the right answers for you.

For those who are new to meditation, I always recommend using an app, like Headspace, Calm.com or many others out there that have free versions. Guided meditations seem to work best for my uber busy, over worked executive clients. It is great because you can start with just a few minutes in the morning and build up over time.

This is a practice for life and life saving. Meaning the health and emotional benefits are huge. But as in life, when you pop off track, you simply redirect your attention back to the thing. It is that simple. You focus on your mantra, your mind wanders off, you simply go back to the mantra or refocusing on the guides words or sounds. Typically, within 4 weeks my clients see and feel drastic differences.

4. Set Clear Goals

Clarity is king. Writing down your goal will increase your chances of achieving that goal, by 95%!!! But writing them alone won't get you there. Your goal should be clear as to what specifically you are trying to achieve and you should look at it every day. In the initial step of setting this goal for your life or business, first be concerned with where you want to end, not how will you get there. What would your happy end result look and feel like? Is there a specific image? Make sure you place your written goal in a place where you will see it daily. Read your goal daily so that your mind and energy have a focus.

As we have all heard that saying, where the mind goes the energy flows. And this is very true when trying to achieve something new. Like a laser, focused attention will benefit you much greater than say average light. So get laser -like clarity on what it is you are really trying to achieve.

5. Organization is everything

Live and die by planning and utilizing a calendar. Your ability to get organized and really break down your steps to achieving your goal are key. And one of the methods I use and teach my clients to use is a google or icalendar. I use Google calendar because I like that I can just click and drag things around. If I had planned

on Monday to listen to a podcast, but say my child was home sick, I can click and drag it to Wednesday anytime. My calendar is set to dedicate specific amount of time to each of my companies. I click and drag these around each day. Sometimes, something happens in the morning for one company, but I had planned on working on another company, no big deal I just maneuver it, but I keep it chunked and time blocked to the extent I can. This way I am still focusing on the specific company and not task switching between companies. Having the time blocks while remaining flexible has made dramatic improvement in my ability to be productive in many areas, at once.

6. Be gentle on yourself

With all of the things we hope to achieve, sometimes we can put too much pressure on ourselves. I am not always successful at not checking my phone, even after 6 years of practice. “Oh well” “oops” “no biggie” I will just make sure I do not do it again tomorrow. Lose the harsh self-talk. When you mess up what do you say to yourself, “damn it I did it again” or “here we go again, I can’t get anything right” or a million other negative statements? This self-berating does nothing for you and actually can cause you to mess up even more.

If you would like a deeper understanding of how to truly have the best year ever, we offer a four week intensive course where we take you by the hand and lead

you through specific exercises so that you can achieve any goal you set for yourself. We uniquely combine the Law of Attraction with a specific goal setting technique. This allows our clients to achieve and, more time than not, surpass their expectations. To learn even more on how to have the **Best Year Ever**, check out www.csthive.com/best-year-ever-general