

YOUR JOURNEY TO SUCCESS

HOW TO ACCEPT THE ANSWERS YOU
DISCOVER ALONG THE WAY

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START YOUR GREATNESS

Saying No

One of the most profound ways that we have been conditioned, started when we were younger. Many influences in our lives (i.e. our parents, sibling, aunt, uncle, etc.) have followed the same conditions they were taught– to put others first.

Often when we are asked to do something that we do not want to, we feel we must say ‘yes’ and put others before ourselves. We have the feelings of obligation and expectation, as if we **MUST** take care of other’s first. This can lead to a destructive cycle for yourself and for the person you are saying yes to.

As we get older, we become conditioned to say ‘yes’ all the time. When we feel that we cannot truly make our own decision, saying ‘yes’ can lead us to feel powerless. Eventually, we can become angry and resentful if we feel we have over-committed ourselves. We become exhausted with continually ‘giving’ towards others and it no longer comes from a loving place.

This month we are going to turn that around....

Saying no gives us our inherent worth and power back. It fights off the fear and shame portion of the cycle. It keeps us from going against our own needs and wants which are what create powerlessness.

Identify those you were unable to say ‘no’ to. List examples of you as a child where you were unable to say ‘no’:

Are there people/places you are afraid to say 'no' to? List them:

☐ Yes ☐ No Do you feel guilty, bad or selfish if you say 'no' as an adult?

☐ Yes ☐ No Do you have the belief that you must do for others before yourself?

☐ Yes ☐ No Do you struggle asking for what you need/want? (and instead do everything for others?)

Can you currently think of situations in which you feel powerless? Give examples:

As you reflect on past situations where you could not say ‘no’, think of your current state of your life. Can you identify similarities that being re-created currently? How are you creating similar situations?

Giving to Others

Giving or doing for others ONLY works if it furthers our sense of wellbeing first – it’s authentic if it works within our own morals/values and needs/wants. Giving to others is an unconditional action, and there should be no expectation for something in return. If we have expectation, this is a form of manipulation.

Can you identify how you are placing expectations on people by doing things for them? (What do you expect for them to do for you in return?)

☐ Yes ☐ No Do you complain you do more for others and don't get it in return?

List all the people, places and things you are saying 'yes' to that you feel resentment towards?

How does saying yes to those people, places and things sabotage your own life?

☐ Yes ☐ No After doing things for people, have you complained that they didn't return the favor?

How do these situations correlate back to your childhood?

☐ Yes ☐ No For some of us, we say no as retribution. Have you done that?

If so, list examples:

☐ Yes ☐ No Have you said no to avoid intimacy(or being vulnerable) with another person?

Reflection Exercises

- 1 Review the Worst Day Cycle in Your Journey To Success.
- 2 Make a list of all the people, places and things you need to start saying 'no' to. Create a timeline/calendar of when you are going to begin saying 'no' to the things you listed. Do the smallest (or easiest) one first. Create a mini reward system for each time you say 'no' to a situation.

CREATING A VISION

It's Time for a Vision

At this stage, you have cleared away the hurts of the past and now it's time to focus forward. It's time to create a vision, a manifesto of the life you want to live. We will start by creating a list of your dreams and goals. This list is the mother of all 'want' lists!

List all the traits you desire to be. Ask yourself, what do you want to accomplish in life? Who do you want to become? Incorporate your dreams and goals into this list with the traits you desire. Be specific as possible.

(Want list continued)

The Greatest Version of You

You've written out your 'wants' and identified the person you desire to be. In this exercise, you will now write about the greatest version of yourself. This should be a detailed description of who you want to be, along with examples. It should be written in present tense, "I have" or "I am" format. Avoid writing "I wish" or "I want". The purpose of this is to declare it as though it has already happened.

All questions listed below in each category are given in present tense form for the purpose of you writing it as if it's already happened.

As a person: Write the greatest version of yourself.

Included descriptions with your "I have" or "I am". For example, "I am kind and demonstrate it by [blank]." Be specific and give examples.

Career: What career do you have? What are you like in your career? How much money are you making? Why is this career important to you? How are you great at what you do? What skills do you possess that make you so great at your job? How does it make you feel to be so good at this job?

Family/Parent: What are you like as a parent? How do you educate yourself about being a better parent? What actions steps did you take to become the parent you are today? (Again, remember it's important to write in present tense)

Relationships: How are you supportive as a spouse? What do you do as a spouse for the other person? What imperfections do they accept about you? You accept of them? What is the greatest version of you in your relationship? How do you feel? Act? Remember to portray this in the way you desire this to be when you write it down.

If you are single: Describe what your partner/spouse looks like (i.e., height, weight, eye color, hair color, etc. Hobbies? Beliefs? What is the greatest version of you in this relationship?

Leaving a Legacy

You've done a lot of reflection and writing on creating your vision of the life you want. Now it's time to also reflect and ask yourself, how do you want to be remembered? Think about the following: your life purpose and the lasting impression you will leave. How does it make you feel to know about your life and what you are leaving behind to your loved ones?

Dreams

We've been discussing using the 'present' tense to manifest our desires. Think about the hobbies and fun activities you want to accomplish. Our next step will be to put plans in motion by creating momentum through action! Actions plans are a terrific way to put plans in motion.

Action Plans

Now that you have created your list of wants, desires, and traits. It's time to put a plan into action. Of all the items listed, what is the most important item to get started on NOW to create the greatest version of yourself? Create actions steps to manifest your vision. As you are writing out your steps, think about how this make you feel. Be sure to also describe how this will make you *feel* to be this person.

What do I need to do to have those things in my life? What action steps do I need to take to make these a reality? Who would I have to become to accomplish and or be this person? What action steps do I need to take to be the type of person?

See next page for action plan layout....

DESIRE #1

STEPS	ACTION	FEELING	DEADLINE
Step 1			
Step 2			
Step 3			
Step 4			
Step 5			
Step 6			
Step 7			
Step 8			

List overall feeling of this accomplishment (include details of what you see in your vision):

What is one small thing that you can do today to move in that direction:

Additional notes:

DESIRE #2

STEPS	ACTION	FEELING	DEADLINE
Step 1			
Step 2			
Step 3			
Step 4			
Step 5			
Step 6			
Step 7			
Step 8			

List overall feeling of this accomplishment (include details of what you see in your vision):

What is one small thing that you can do today to move in that direction:

Additional notes:

DESIRE #3

STEPS	ACTION	FEELING	DEADLINE
Step 1			
Step 2			
Step 3			
Step 4			
Step 5			
Step 6			
Step 7			
Step 8			

List overall feeling of this accomplishment (include details of what you see in your vision):

What is one small thing that you can do today to move in that direction:

Additional notes:

Vision Board

You have a clear vision now of who you want to be and the life you want for yourself. It's important to create a visual representation of what that looks like as our brain is receptive to imagery. What you see is what your brain seeks to create. Create a vision board of the life you want in great details. Use photos you see in magazines, online, etc. and create a collage of your life.

Once you have created your vision board, make the commitment to look at it every day! When you are sitting and looking at your vision, feel what it's like to have what you desire. Put yourself into the scene of your vision on your board. Give details to what you feel in those surroundings – what does it feel like in your heart as you see your vision. (For example, sitting in a lawn chair on the beach with your toes in the sand. You can feel the texture of the sand in between your toes, the breeze on your face, and the smell of the ocean.)

Repeat this as many times a day as you can throughout the day. Embrace how it makes you feel.

Reflection Exercises

- 1 Create your Vision Board.
- 2 Review daily your list of desires.