

BILL & GERALDINE TEGGELOVE

INTERNATIONAL BESTSELLER

BEYOND BROKE

Recover and Flourish from Financial Meltdown

FOREWORD BY BOB PROCTOR, STAR OF *THE SECRET*



The Flight Plan Program

To be used in conjunction with the book

'Beyond Broke – recover & flourish from financial meltdown'

www.geraldineteggelove.com

info@geraldineteggelove.com

F: FIGURE

Figure out where you are and where you want to be.

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F: FIGURE

YOUR A

Where are you right now?

- Tell me your story.
- What are the issues?
- Is the problem repeating itself?
- Is someone or something controlling my life; who or what have I handed it over too.

I want you to be totally honest with yourself and write a description of where you are in your life right now. You may want to include the answers to the questions above.

Why has this happened, or why is this happening?

Possible reasons?

- Negative programming from the past etc.
- Being in a rut
- Time for change
- A different season
- Not doing what you love to do
- Sometimes things need to break down to rebuild
- To open up new and exciting possibilities

**NOTE: know that all that has happened up until now is not only good but GREAT because it has been an important part of your journey and has brought you to this moment. So stop beating up on yourself!!!!*

It could also be that time in life when you begin to ask the following :

- Why am I here?
- Who am I?
- For what purpose was I born?
- Is this all there is?

Which of these questions have you been asking yourself or are there others? Just make a note of these or any others you may have, and we will look at these a little further on in the course.

How many times do you hear yourself saying - I SHOULD.....

1. I should find a new job.
2. I should exercise.
3. I should find help.
4. I should
5. I should
6. I should.....

Read each sentence aloud and then ask yourself “why?” Write down your responses.

Saying “should” is in effect saying “this is what I need to be doing” ... there is no choice.

Now re-read the same sentences but this time begin your sentence with.....

”If I really wanted to, I could.....”

1. If I really wanted to, I could find a job that I love.
2. If I really wanted to, I could exercise.
3. If I really wanted to, I could find someone who could help me through this problem.
4. If I really wanted to,.....
5. If I really wanted to.....
6. If I really wanted to.....

What are your responses this time? (Notice that you now have a choice) How many of the “should do” are things that you never really wanted to do anyway? Or are they things that you fear, or is it that your self esteem is not quite what it should be?

YOUR B:

Where would you like to be? What would you like your life to look like?

Just for a few minutes, put all else aside and imagine that you had all that you needed to live the life of your dreams. How would you fill out the following grid?

Write at least 10 items in each column and add 2 per week per column until you have 100 in total.

Things I would like to have	Things I would like to do	Places I would like to see	The person I would like to be

Be BIG dreamers! Be Outrageous! Be Daring!

*What you have just completed what is called a **Dream** session. To become successful in life, the ability to dream is critical – and is something we lose as we grow older. In addition, in most social groups in our culture, dreaming was always – and in many cases still is - considered a waste of time!*

Note that those who have thought this way would rarely be considered highly successful.

Typical sayings to knock Dreamers

- Get your head out of the clouds and your feet on the ground
- Grow up - Dreaming is for kids
- Be realistic
- It's OK for him/her – he/she was born into money

Typical sayings of highly successful people

- I had a dream! – Martin Luther King
- You can often measure a person by the size of his dream – Robert Schuller
- Dream lofty dreams, and as you dream, so shall you become. – James Allen
- The future belongs to those who believe in the beauty of their dreams. – Eleanor Roosevelt
- I dream my painting and then paint my dream. - Vincent Van Gogh
- We've got to have a dream if we are going to make a dream come true. - Denis Waitley

Now briefly go back to look at what may have got you into this situation

What might stop you from moving forward into the life of your dreams?

Examples:

- Age
- Fear
- Lack of self worth
- Sceptical
- Ego / Status
-
-
-

Unsure of where to start and what to do?

Whilst this program will lead you through a process of moving forward, there are some important questions that you need to answer at this point in the program.

- What are my core values?

- What activities do I love?

- What am I good at?

- How much time do I currently spend doing what I love and what I'm good at?

Listen to your heart and write down everything that comes to mind.

Be open to possibilities that you have never thought of before.

If that doesn't work begin by writing down everything you don't value, love or want, which will then help you sort out what you do want.

Now take some time to write down all that you would like to see happen in all areas of your life.

- Health

- Wealth

- Relationships

- Spirituality

- Career

You are now beginning to build a picture of what your LIFE PURPOSE may be?

What is your LIFE PURPOSE?

- The reason you are here.
- Your uniqueness.
- Your gift to the world.

Still not sure? Then ask! Because, at the unconscious level, you do know.

Sit or lie down somewhere quiet, relax, close your eyes and repeat over and over to yourself, "For what reason am I here?" or "What am I meant to be doing?" The answer will come.

- Ask yourself, "Will doing this bring me joy or make me feel good?"
- Ask yourself, "Does this serve others?" – this is not necessarily about doing charity work; it's about doing things that benefit others and yourself!

The story of your new life.

Now that you have done all this work on purpose, values and dreams, it's important to write out the story of your new life: how it looks, how it feels, how it tastes, how it smells and what you can hear. Don't leave out any details.

*This is your **B**. This step is essential and is a fore-runner to setting goals. You cannot effectively set goals without knowing, in detail, your **B**.*

Bob Proctor, a great financial mentor and highly successful businessman and entrepreneur, always begins with

"I am so happy and grateful now that"

L: LEARN

Learn from the journey so far.

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L: LEARN.

HIGHS.

1. What have been the highs in your life?

- List these from childhood until now

- Even those that may sound silly to others but were of great significance to you

2. Why were they so important?

- For yourself

- For others

- What did you learn?

3. How did you feel?

- What were the emotions you felt?

Highs

Importance

Feelings

1.

2.

3.

4.

5.

6.

LOWS.

Always remember that perceived failure is just a chance to grow and become.

Remember that there is always GOOD in every situation even though you may find that hard to see right now.

Lows

Importance

Feelings

1.

2.

3.

4.

5.

6.

How can you find the GOOD in the lows?

- Look for the lesson

- What have I learnt?

- What do I need to do to move on?

NOW COMES THE BIG QUESTION!

What do you need to let go of in your life?

- Is it the past? By hanging on to the past we miss all the opportunities that will affect our future.
- Is it guilt?
- Is it resentment?
- Is it your ego?
- Who am I blaming?

If you are hanging onto any of these, then it is time for a meeting and the person you need to meet with is always available – it's YOU!!!

*NOTE: All of these are the greatest causes of ill health and disease in society today.

FORGIVENESS.

“Refusing to forgive is like taking poison and expecting someone else to die.”

Why do we need to forgive?

“The lack of forgiveness creates grief, despair, resentment and anger within the mind, and skews your perception of what’s really true. This in turn leads you to make assumptions and decisions on false ideas and creates unhappiness and lack of fulfilment within your life..... and can eventually manifest as physical illness and disease. Beyond Broke

Who do we need to forgive?

- **Self** . STOP beating up on yourself!!!!!!
We must not hold onto guilt but forgive ourselves for the things we have done or said, for it is these experiences that have brought us to where we are today. Not forgiving ourselves only serves to sabotage our entire lives and the results we get. Just learn the lessons!
- **Others**. It is through forgiveness that the gates open to a new world for us.
Are you failing to forgive or simply blaming others for the apparent chaos? Have you ever stopped to think that they may be offering you a gift? What could the gift be? Could it be to learn unconditional love, could it be to look at a new and better opportunity, could it be the recognition of your soul crying out for you to grow and become the person you were meant to be, or could it be that by forgiving and moving on you could get to experience total peace and happiness?

I found the following affirmation from Bob Proctor to be a fantastic way of forgiving myself and others.

AFFIRMATION TO RELEASE RESENTMENTS AND GUILTS.

I willingly release the thoughts and things that have cluttered my mind.

I release..... to their highest good, happiness, health and wealth and me to mine.

(Make the above affirmation with strong feeling)

Remember that we cannot change others, we can only change ourselves.

LEARN:

Learn from others in books, CD'S, DVD's and people who have walked the talk.

I: INITIATE

Your personal life plan for this phase of your journey.

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I: Initiate

It's time to **initiate** your **personal life plan** for this phase of your journey.

So, when would NOW be a good time to let go of all the excuses you have been telling yourself and everyone else?

List all the excuses:

1.

2.

3.

4.

5.

6.

*NOTE: Letting go of the excuses allows space for our minds to think of amazing opportunities. Sometimes we need to let go of the old to get something even better!

So, what is the story you have been telling yourself over and over?

How long have you been telling yourself this story?

Decision Time!

Now is the time to get out of that **Comfort Zone** and move on to your dreams.

What is my **Comfort Zone**?

Your comfort zone is the familiar; a place where you really don't need to think, where life just goes along without challenges, etc. We like this place because it feels warm, cosy and comfy, but the truth is that **“nothing changes if nothing changes!”**

You are now about to become **a risk taker**; Someone who is prepared to step out of their comfort zone and get on with the task of creating the dream.

Take some time to revisit:

1. What are my values?
2. What are my gifts?
3. What do I love to do?
4. What is my uniqueness?
5. How can I use these gifts to bring joy to myself and others?

What are the top 3 extra special desires that I would like to manifest right now?

1.

2.

3.

Goal Setting.

Once you have these sorted out, you can then begin to set yourself some goals. Always remember, these do not have to be gigantic leaps but small sweet steps.

What I will have achieved towards living these desires in:

1 month:

1.

2.

3.

6 months:

1.

2.

3.

12 months:

1.

2.

3.

What are some of your perceived risks?

Often when we write them out, the mind brings us ideas of how we can overcome the so-called risks.

1.

2.

3.

4.

5.

What action can you take?

There is a universal law that is set in motion the moment we make a decision to move forward, commit and take action; the universe comes running to your aid. How good is that? To make your commitment, ask yourself the following questions –

- Am I committed to my dream?
- Am I committed to making the changes necessary within myself to achieve my dream?
- Am I willing to take action to make this dream a reality?

This commitment is to no one else but you. If you answered yes to all of the above questions, then you are ready to write your commitment.

MY COMMITMENT:

Now write a list of all the first steps that you need to take: the following questions may help to get your mind ticking over.

1. What will I do today?

2. Who could possibly help me with some of the tasks?

3. What resources do I need and where could I get these?

4. Where could I find a mentor?

5. How will I finance this?

Once you have made the decision and the commitment, it is amazing how people, opportunities, money, and everything else you may need will show up in your life. **Just take the first step!**

Great resource for Goal Setting: *Beyond Broke*.

G: GENERATE

Generate the emotions of passion, excitement, enthusiasm,
and commitment.

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G: GENERATE:

Having set some goals for yourself, it is now time to generate and heighten those feelings and emotions that will assist you in realising your dream of your perfect life.

In creating your new personal life plan, nothing is more important than understanding your emotions. Your emotions are the greatest indicator of what you are manifesting into your life. The great part is that if we are truly following our heart's desire, then we should automatically be feeling excitement, happiness, joy, passion, expectation and many more wonderful feelings.

Where are your emotions sitting?

Check out the following chart and rate yourself for each area of your life.

1. Joy/Knowledge/Empowerment/Freedom/Love/Appreciation
2. Passion
3. Enthusiasm/Eagerness/happiness
4. Positive Expectation/Belief
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration/Irritation/Impatience
11. Overwhelm
12. Disappointment
13. Doubt
14. Worry
15. Blame
16. Discouragement
17. Anger
18. Revenge
19. Hatred/Rage
20. Jealousy
21. Insecurity/Guilt/Unworthiness
22. Fear/Grief/Depression/Despair/Powerlessness

How to lift your emotional status:

1. When you feel a negative emotion, write down what has just happened.
2. What emotion do you feel?
3. What has this caused me to be more aware of that I want.
4. Write down newfound clarity of where you are and where you want to be.
5. Now write with the intention of making yourself feel better.

If you are not quite there yet then there are things that you can do right now to raise the bar.

How do we create more of these feelings and emotions?

- Remove ourselves from negative environments. (At least as much as possible)
- Placing ourselves with others who are uplifting and inspiring.
- Finding someone who will cheer you on and give positive support.
- By not listening to those who put down your dream.
- Doing the little, and no cost things that give us joy; going for a walk in the park, smelling the roses, flying a kite, watching a movie, giving someone a hug...I could go on forever.
- Giving of yourself to others in some small way.
- Through loving and accepting you, just the way you are.
- Finding the good in
- every situation
- Through building your self esteem and self worth.

What are the things, places, people, activities, etc, which bring me joy?

- 1.
- 2.
- 3.
- 4.
- 5.

Our own self esteem and self worth or the feelings of unworthiness are the biggest road blocks to creating the life we most definitely deserve.

How do we build self esteem and self worth?

- Go to the mirror and say out loud, “I love you” and really mean it.
- Stop putting yourself down and find the good. There is magnificence in every single one of us.
- Constantly checking our self talk.
- Making the decision to be happy with who we are and how we look.
- Writing out and affirming that we are worthy and deserving of all good – regardless of what has happened in the past.

AFFIRMATIONS:

These are statements of intent. They must state exactly what you want or how you want to be, but in the present tense.

By repeating these over and over you are retraining your mind with positive thoughts about yourself and what you desire, and bringing these things into existence.

Examples of my favourites are:

- I am so happy and grateful now that I am.....
- I love and accept myself. (Courtesy of Louise Hay)
- I love and approve of myself. (Courtesy of Louise Hay)

- Money now comes to me in ever increasing quantities, through multiple sources on an ever-increasing basis. (Courtesy of Bob Proctor)
- I am Joy and Happiness
- I am faith and trust.
- I am love and gratitude.

Write out an affirmation that best suits your needs for right now.

MEDITATION:

The greatest way to let go of the worry and stress in your life is to generate a habit of meditating at least once a day.

Benefits of meditation;

- Meditation brings peace and calm to our lives.
- Improvement in health and wellbeing.
- Brings clarity of thought.
- Allows you greater focus.
- When we quiet the mind during meditation we allow creative ideas to flow.
- It is in those quiet, still moments that we get messages from our soul.

There are many different forms of meditation and it just takes time to find what is best for each individual.

- Just a quiet time alone with gentle music.
- Guided meditation – this is really great for beginners.
- Transcendental meditation.
- Visualisation meditation.
- Finding the “gap”.
- And many more.....

Suggested steps to follow:

- Set aside an amount of time for your meditation – even if it just 5 mins to begin with.
- Find a space where you can get away from the noise of everyday activities and be by yourself – this could be a comfy chair in the corner of your bedroom, a walk in the park, lying on the floor, or whatever takes your fancy.
- Totally relax and for this short time make the decision to let go of all the worries and stresses in your life.
- Close your eyes, take several deep breathes in and out and relax every part of your body.
- Now see if you gently clear your mind of those nagging thoughts of worry. As the mind is a great one for trying to sabotage our attempts to clear our thoughts, it is also a great idea to have a word or phrase to focus on e.g. love, peace, etc.
- It may be helpful to play some gentle music.

- At the end of your quiet time, give thanks for the experience and then open your eyes, take a stretch and then resume your normal activities.

Generate: whatever else you may need to begin moving towards your dream.

- Finance; many ideas for this in *Beyond Broke*.
- Resume; get online to find help with this.
- Business Plan; you find lots of free help with this from local organisations.
- Mentor in your chosen endeavour.
- The Time to put things into place.
- The mindset that understands that anything and everything is possible!!!

H: HARNESS

Harness the amazing power within you!

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info@geraldinetegglove.com

H: HARNESS

Harness the power within you!

We all have amazing power within to create the life of our dreams. It is just a matter of learning what this really means in practical terms and then putting what we learn into action.

What is your spirituality? What are your spiritual beliefs?

The real essence of every person is spiritual whether we choose to believe this or not, and there is a power which works in and through each and every one of us. Some may refer to this as an inner strength, Higher Self, Divine Mind, Universal Power, etc; I call it God. It doesn't really matter what you call it, but the important thing to know is that "It is the Power that doeth the work".

Whatever our needs may be, we can tap into this Energy Force which is within us to create or heal any part of our lives – health, relationships, finance, family, etc.

Now that you have been working on your personal life plan for the next 3 to 12 months, written it down, made the choice to forgive and let go, and worked on setting yourself some goals and a plan of action, it is time to tap into your hidden power to achieve your dream.

How do we tap into this Energy Force I call God?

- Living in happiness and joy
- Finding the good in every situation
- Forgiving and letting go
- Understanding that we are spiritual beings
- Knowing and understanding the laws of the Universe
- Living by these Laws
- Through our thoughts - this will be covered in our next session

What are the Laws of the Universe?

As the laws of your mechanical universe exist, so do the laws of your existence. Many doubt these laws because they cannot actively see them but the truth is that our universe is governed by unwavering laws. As you begin to understand the importance of living in harmony with these laws, you'll soon find fulfilment in all areas of your life.

At the microscopic level, you and I are nothing more than a glob of electrons spinning fervently – we are basically forms of energy. So is everything else in our Universe. Therefore, if we act in accordance with Universal laws, our physical, mental, spiritual and emotional growth flourishes because we are following the flow of the currents that build and maintain all of creation.

The Law of Forgiveness.

We have already discussed the importance of forgiving ourselves and others in our **L: LEARN** session but it never hurts to go over this another time.

Imagine waking up one morning and there is a glow about you, burdens of the past have been lifted, and the heaviness of your heart has been lightened. You are no longer filled with pain, grief, anger or resentment, and your spirit feels free to live once again.

There is no gain without loss, or no gain without pain and our success depends not on what we take up, but on what we give up. We give up the idea that we must compete with others, that there is a limited supply of everything we need and that life is not fair. We are not discouraged when things do not go exactly to our plans because we know that hidden in our current issues are amazing opportunities just waiting to be uncovered.

The Law of Non-resistance:

The Law of Non-resistance states that “What you resist persists.” The more you dislike a certain thing, the more difficult it will be to remove it from your life. You may be in a situation that you hate and that you are resisting, not realising that it is this very resistance that is keeping you stuck and preventing you from moving on.

Take some time to think of some of the disempowering things you say to yourself. Maybe they might include:

- I'll never be successful.
- I'll never have enough money.
- My life is such a disappointment.
- I'll never find that special person to share my life with.
- I hate carrying all this weight.

Time to write some of your own! What are the top 3 things you are resisting and how are you going to change your thought towards these?

1.

2.

3.

Living in accordance with the Law of Non-resistance makes you more focused and confident about achieving your dream. You are not wasting energy fighting with your current issues but using them as stepping stones to a better life and a better you.

The Law of Giving and Receiving:

Giving is the first law of all creation; and as we give, we receive.

What we give out comes back to us 10-fold; this is an amazing thought to carry with us where ever we go.

Giving always precedes and predetermines what you will receive. Whatever you desire in life with regard to health, wealth or relationships, etc, you must first give and then be ready to receive. E.g. if you are looking for love; then give out love to those in your life. If you have a lack of money; then find a way to give to a cause which has special meaning to you.

What are you lacking in your life and wish to change?

List these and then write beside each one, a way in which you can give.

1.

2.

3.

4.

5.

The Law of Attraction:

This is huge and we will be discussing this law in the next section.

Harness the most powerful attractor of all our good: GRATITUDE. If you do nothing else towards changing your life for the better.....give **Gratitude!!!**

Expressing gratitude sends an invitation for an increased flow of energy to come into our life and also generates a feeling of worthiness. You begin to lose sight of what you don't have and begin to focus on what you do have and appreciate every little bit of it.

Giving gratitude immediately puts you in the flow of Universal energy. Being ungrateful for what you have can only bring you more of the same because it is a negative emotion.

Decide right now to be **GRATEFUL** for everything in your life..... including all those challenges and struggles that you may be having right at this moment. All successful people will tell you that it was when they could look at the disasters, the hardships, the abuse, etc., and give gratitude for hidden gift within the struggle that they were truly free. Why? Because it is in the struggle that we learn and grow, and begin to understand who we really are.

What are 10 things that you can be grateful for right now?

As you write these in the space below, I want you to not only think gratitude, but to FEEL gratitude.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Your next assignment is to find or buy an old exercise book and begin to write everyday at least 5 things that you are truly grateful for.....including the perceived negative situations.

Give gratitude constantly during the day:

- For the food you eat
- The money in your purse..... even it is only just a little!
- For the family
- The home you live in
- Hot water in the shower
- Smooth roads to drive on
- The clothes you wear
- The smile someone gave you

And I am sure you can think of a million more times to say thankyou. I guarantee you will be feeling so much lighter and happier in no time at all.

T: THOUGHT

Thoughts create your world so think your way to success,
joy and happiness.

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T: THOUGHT:

It does not matter who you are or where you are; it is your thoughts that are creating your world. This is quite a difficult concept to get your head around, but whether you believe it or not, every thought that you think is creating your experience of life. The exciting thing is, once you learn and understand this Law, you can find what truly brings you joy and begin to live the life of your dreams.

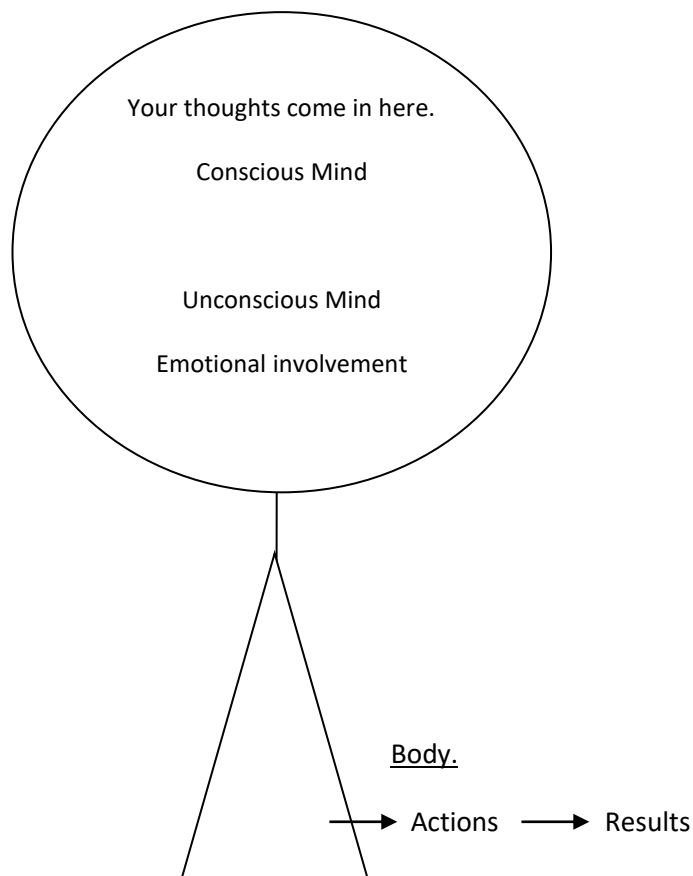
The Law that we need to know and understand is the **Law of Attraction**.

“**The Law of Attraction** is a fundamental universal law and has the ability to transform our lives. Many of you have heard of this law, but do not truly understand the underlying principle and power of it. This law states that all your thoughts, mental images and the emotions that you attach to them will manifest into your reality.” *Beyond Broke*.

Basically, like attracts like and all that you have in life has been attracted to you by your thoughts.

How does all this happen?

Below is a diagram which explains what the mind looks like and how it works.



Bob Proctor, in his *Born Rich* program, explains it this way:

The Conscious Mind: this is part of you that thinks all those thoughts; both negative and positive. This is also where your free will lies to accept or reject any or all of the ideas that you have and it is these thoughts that determine the results in your life.

As you accept certain thoughts and apply feeling to them, they then drop down into the second part of your mind.

The Unconscious or Subconscious mind: This is the power centre of your mind. Whatever your conscious mind decides to accept, the unconscious mind must also accept. It has no ability to reject and so the thoughts that you impress over and over on this part of your mind must and will express themselves in physical form in your life.

The Body: Even though this is the most obvious part of you, it is also the smallest part of you. So the thoughts that you have consciously chosen, and then put into the unconscious mind will move your body into action, and these actions will determine your results.

You simply must take control of your thoughts if you are to create the life of your dreams.

How often do you say things such as, "I just don't have enough money." "I feel fat." "I'm not good enough to do that." "I just can't find the right partner." And on and on it goes.

What are your current thoughts around;

- Your health?

- Money?

- Relationships?

- Career?

You must also begin the process of changing the conditioning that you have received over many years. The great part is, it is only a choice: you can continue to accept the conditioning you received during your informative years, or you can reject these ideas and start afresh.

How many times did you hear the following negative affirmations;

- Money doesn't grow on trees
- Money always seems to go out faster than it comes in
- I'm not good enough to do that
- You too stupid to play with us
- You can't do that, you're just a baby

Write down some of the ones that you continually heard from parents or teachers or friends, etc.

-
-
-
-
-
-

You can decide right now to release those old thoughts and choose to flood your mind with positive new thoughts and ideas. By continually impressing these wonderful, new, exciting and creative ideas on your unconscious mind, it will then go about finding ways to make this a reality in your life; e.g. I am worthy of all that this Universe has to offer. I am wealthy beyond measure. I can be successful at whatever I choose to do. I love and accept myself.

Now write out your own positive affirmation. Remember, this needs to be repeated over and over until your unconscious mind begins to accept these new ideas and you begin to see the results in your everyday experiences. I suggest at least 50 to 100 times a day for the next 30 days.

You can decide right now, to not allow anyone or anything to cause you to feel upset, unhappy or any other negative emotion. After all, “what other people think of me is none of my business!!!” Remember that it is our thoughts which continually create our world, particularly when these thoughts are attached to emotions. So, imagine what we are creating when we are upset, unhappy, angry, resentful, etc.

In truth, no one else can make you feel good, bad, hurt or angry, you actually cause these feelings yourself. You can control what feelings you have and how you will respond to negative situations. It is so important to put yourself into positive environments as much as possible.

Go back and take a look at the emotions chart again and see where you sit right now. It is a great idea to keep this in a place where you can refer to it regularly.

I love the saying; “whatever I am feeling is a perfect reflection of what is in the process of becoming.” Maybe it should be, “whatever I am **thinking** and **feeling**”.

NOTE: take the time to read over your notes as often as possible and put the ideas into practice.

What could you do right now to lift yourself to the next level above? Don’t try to jump too many steps too quickly ... just take it 1 step at a time.

Adopt the hour of power:

1. Set aside an hour a day..... early morning is best.
2. Begin with 15 to 20 minutes meditation.
3. Follow this with 5 minutes of visualising your dream..... remember to make it emotional!!
4. Pick up your empowering book and read for 15mins.
5. Sorry, but you now have to get out of bed and get moving..... just around the block will do!
6. Begin your walk/run by saying all the things you are grateful for..... with feeling. Come on, I am sure you can think of at least 10 minutes worth.
7. Now for your affirmations ... out loud please ... nobody is listening! These should also go for at least 10 minutes.
8. Now all you have to do is feel fantastic and think amazing positive thoughts about the rest of your day.
9. Finish with 3 big deep breathes in and out to fill those lungs to absolute capacity.

SMALL SWEET STEPS.

WEEK BEGINNING: _____

GOAL 1.

GOAL 2.

GOAL 3.

REWARDS: What is my reward for achieving 1, 2 or 3 goals?

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