

# abundant life

## Creating a 360° Abundant Life

### LEVEL 1 – GETTING STARTED/PRESSING RESET

- Redefine Abundance on your own terms
- Visualize the Abundance that you are pursuing with GREAT detail
- Live in your own lane, not someone else's
- Focus more on creating Micro wins that lead to Macro wins
- You never hit a moving target – Get crystal clear about what you want
- Dream BIG... And, set only believable and achievable goals
- Know the "What," then figure out the "How"
- Become intentional about creating high ROI (return on investment) relationships
- Recognize when it's healthier to your future to love someone from a distance
- Choose to spend time with people who inspire you to stand on your tippy toes
- Refer to your JOB as an INVESTOR to your breathtaking life
- Don't wait for the fear to leave you to leap, be willing to leap with the fear... and it will eventually dissipate with action



### LEVEL 2 – BUILDING MOMENTUM

- Understand that Balance is a MYTH, but harmony is a MUST
- Create a new, healthier relationship with money, who you are with money, and who you'll be with A LOT of money
- Change your behaviors through daily affirmations
- Detach from any feeling of remorse, anger or betrayal when you look at your past
- Identify how much money you will actually need to live your dreams – know what you're pursuing in detail
- Carve out time to be STILL and look at your life, assess it, adjust it if necessary, and celebrate it when you WIN
- If necessary, transform your body to take on the amazing journey toward abundance
- Pack your bags and move to a new Mental Zip Code... be willing to leave old baggage behind
- Create lots of little breaks, they are better than waiting for one big break
- Sell yourself or your product like your life depends on it – because it does!!
- Don't choose between great family or abundant success – GO GET BOTH!!
- Move with such certainty and conviction that your actions indicate that you no longer ask for permission to be abundant, and that you are now giving the world notice!!

If you're ready to take the next step to experience greater abundance no matter what... **check out this 15-minute training video**, where I'll help you identify exactly what your 360° abundant life will look like – and what you need to do to get there.