

“MAKING CHANGES”

By Trish Blackwell



The difference between those who take massive action in their lives and those who don't is based off one small decision. Your decisions determine your destiny, and in this scenario, the decision to believe in your potential with certainty is what sets apart those who succeed from those who don't. As you have recently reviewed, success is a state of mind. If you want success, start thinking of yourself as a success. To think of yourself as a success you must embrace the limitlessness of your potential with certainty.

Certainty is the most effective way to make long-lasting changes. Belief with certainty is the difference between massive change and stagnancy. You must believe that you have great potential if you want to do great things with your life because we respond in action to the amount of potential we think we have. If you think you have only a little potential, you will only invest a little action. As a result you will get little results and you will perpetuate a disappointed, negative mindset. If you believe that you have great potential, you will respond with big amounts of action and follow-through which will inevitably lead you to huge results. The more results you see, the more confident you will feel and the more certain you will be of your limitless potential.

DETOXIFY:

One of the most insidious things that robs us of our potential is distraction. Detoxify your life today by taking major action on one of the toxins that detract you from living the life of your dreams. If you want change in your life, you have to change something. Cleanse your life from whatever it is that is keeping you “too busy” to pursue your real dreams. This might mean cutting off your cable, deleting a social media account, canceling a subscription to a trashy magazine or something entirely different. You know what keeps you distracted, be honest and start to change that distraction. Once you minimize distraction you will be gifted with more time to focus on what really does matter.

DEFINE:

As you now know, to have change in your life, you have to change something. I encourage you to change your belief in your potential today. Define yourself with a sense of certainty. Certainty will carry you through to accomplish everything you ever set your mind out to achieve. You do not need to live in inadequacy or fear of not measuring up any longer; you can now be certain that you are capable of living life to the fullest and you can be whatever you want to be.

DARE:

Your dare for the day is to make changes in your mindset. Permit yourself no longer to have any boundaries on your potential. Know that you literally cannot out-dream your potential.

Confidently yours,
Trish