



Cheri Ann Schultz

COMMIT TO SUCCESS

**3 STEP FORMULA To Remain Focused, Committed
and Persistent to Achieve Success!**

DO YOU FEEL STUCK?

Do you feel like your day is one big interruption? Are people pulling you in all different directions? Do you have requests and texts that just don't seem to quit? How am I supposed to **Take Charge** and **Stay Focused** when I already have so much on my plate?

Life can be filled with distractions and obstacles. With the increase of technical gadgets, games, social media sites, etc... Each one of these interruptions conspire to draw our attention away from what we need to concentrate on.

In fact, our daily frenzy routine is causing us to miss out, without even realizing it. Our focus is shifted, we start to procrastinate, even though we know the task is important to us.

Instead we start to compromise and we push through just to get through the day and it can be **EXHAUSTING!**

Are you ready to THRIVE instead of just SURVIVING!

Yes, it is going to take some work to modifying your daily habits, however, it can be done if you are willing to believe! **ARE YOU READY TO...**

*Take Charge of Your Day
and
Take Charge of Your Mind?*

DO WHAT YOU LOVE!!

It's so much easier to manage your time when you balance work and pleasure with activities you love to do and share with others.

Even if your job, school work or family life is stress central, you can find at least one thing {hobby, passion, purpose} to enrich the world around you. *What are you passionate about?*

Here are some tips to get the creative juices flowing and determine what will bring meaning to your life, keep you committed to your goals and allow you to persevere.

1. Relax and Slow down.

When we relax and slow down, we're able to tap into our inner power and find the answers we're searching for. This might mean practicing yoga, going for daily walks, or setting aside time each day to meditate. Slowing down allows you to quiet the mind and listen to your heart.

2. Write a NEW Story.

We all have stories about who we are, what we're capable of and what we deserve. If we can identify our self-limiting stories (I'm not capable; I don't deserve happiness, etc.), then we can begin writing new stories that are grounded in confidence, commitment and courage. Start by taking action steps towards changing your story from self-defeating thoughts to thoughts that empower you to make sound decisions!

3. Own Your Unique Abilities.

YOU were brought here for a specific reason. No one else has your unique blend of talents, wisdom, strengths, skills, and creativity. **YOU** have something to offer the collective and learning to accept and own what makes **YOU** unique is crucial to sharing your gifts with the world.

4. Believe In Yourself.

You have to believe in **YOURSELF** in order to achieve. You don't have to be perfect, however, if you do make a mistake pick yourself up and try again. Nothing is impossible if you **BELIEVE**. Create affirmations, start a vision board on Pinterest and read success stories of famous people; it will inspire you to keep moving forward in spite of the obstacles you're facing.

5. Write Without Expectations.

Creative ideas will flow freely when you start without an agenda. New inspiration suddenly appears and it becomes easier to connect the dots. Spend a few minutes each day with a pen and paper; allowing yourself to process your thoughts without any outside influences.

6. Overcome Your Fear.

It's easy to tell ourselves we will achieve our goals, when we have more experience, more money, or more time, but the truth is, it will never be the right time. Identify these excuses as masks of our own fear. It's only when we get clear on our fears and recognize how they are holding us back... can we begin to move forward.



Let's talk *Meditation!*

Another way to stay present, committed and mindful is to MEDITATE!!! Yes, I can already hear it. ***Cheri...I have tried countless times but I just cannot do it!!*** I am sure I even said it to myself when I was first learning about the practice.

I personally think there are two main reasons why many people believe they can't do it: Either they don't understand the basic techniques, or they only try it a couple of times and give up.

If you knew how much meditation could support your capacity to focus, you would probably jump on board and begin meditation right after you finish this article.

OKAY, I might be over exaggerating. But did you know...meditation can build your self-confidence, self-esteem and be effective in achieving your goals and dreams?

I am sure you're thinking... And just how can meditation help build this life-changing focus I am talking about?



First, meditation is the practice of training your attention and awareness. When you practice a simple form of meditation, you focus your attention on just one thing, like counting or listening to your breath.

As you progress, you may notice your mind wanders but remember to keep bringing it back to the task at hand.

Listening and Counting Your Breath

Think about when you are exercising and building your muscles. Meditation builds the muscles of your awareness by bringing your attention to the object of concentration. This is where you learn and train your brain to become laser focused.

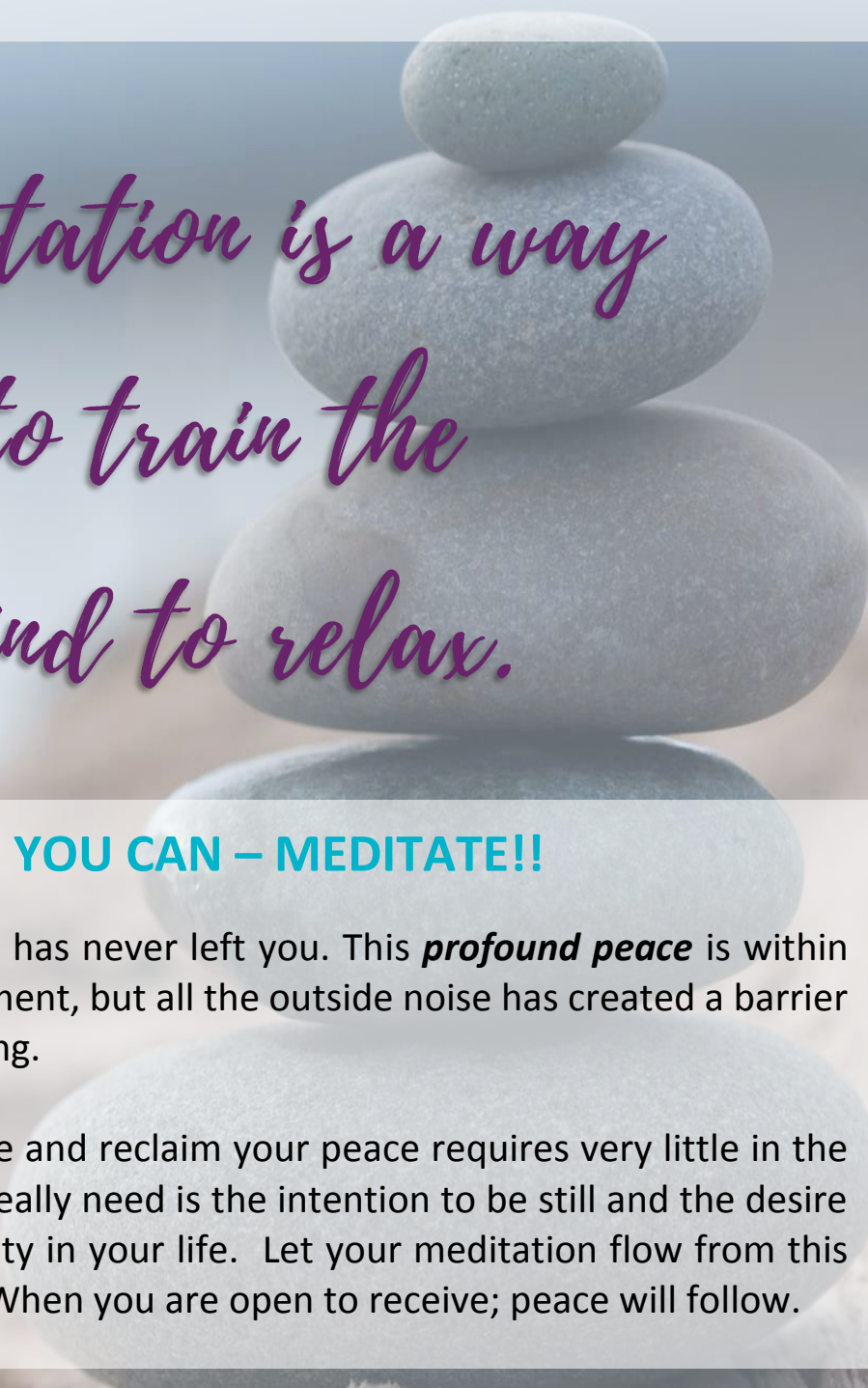
I know it can be especially difficult to find the time to start a practice. But I also know the time is well spent... the results can create a world of difference in your daily experience.

Meditation also helps us identify and listen to our ***inner voice***, manage stress and develop greater focus to enhance our emotional development and overall well-being.



If you want to make great progress with meditation then it's important to create a solid foundation and meditate on a regular basis. If you meditate just once or twice a week, you may find that you don't really gather enough momentum to experience the type of deep inner stillness you deserve.

A daily routine can enlighten and give you inspiration about your purpose and passion. It provides clarity where your thoughts are in alignment with your goals.




*Meditation is a way
to train the
mind to relax.*

YES YOU CAN – MEDITATE!!

The stillness you crave has never left you. This **profound peace** is within you right this very moment, but all the outside noise has created a barrier blocking it from entering.

To go beyond the noise and reclaim your peace requires very little in the way of effort. All you really need is the intention to be still and the desire to experience tranquility in your life. Let your meditation flow from this intention and desire. When you are open to receive; peace will follow.

*Are You Ready
To Be
Transformed and
Learn How
To Meditate?*

A stack of five smooth, grey stones is balanced on a piece of driftwood. The stones are of varying sizes, with the smallest at the top and the largest at the bottom. The background is a blurred beach scene with sand and a calm ocean under a clear sky.

Below are my two favorite meditation techniques that can help you find inner peace and serenity.

1. Breathing Meditation

Breathing Meditation is one of the most popular forms of meditation and is the perfect technique for beginners, based on its simplicity and convenience. The breath will be your focal point and creates a natural rhythm when your mind begins to wander. You can practice Breathing Meditation for a few minutes or longer, depending on your experience, and your end result will always find you feeling calm and peaceful.



Comfortable Position.

Choose a quiet place to meditate and sit in a comfortable position. You can sit in a traditional cross-legged posture or any position which makes you feel comfortable. The goal is to keep your back straight and your mind focused to prevent any sluggish or sleepy feeling.

Set a Time.

If you have a specific ending time, it will be easier to let go and relax into your meditation. If by chance you fall asleep while practicing, the alarm will awaken you and keep you on track from missing scheduled appointments.

Begin Breathing.

Begin by taking slow deep breaths and notice the rhythm of your breathing. Relax your shoulders, your jawbone and breathe deeply. You will notice your breathing becomes calm, more regular and shallower. With every breath inhale peace and feel the serenity it creates. When you exhale, imagine all your restlessness and negative emotions disappearing. ***Let it Go and Let it Flow.***

Focus on Breath.

Let the awareness of your breath keep you anchored in the present moment. Do not allow yourself to be disturbed by external sounds, just leave them aside and focus on your breath. As thoughts come up, recognize them, and let them flow. Always direct your attention to your breathing and cultivate a stillness with your body, mind and breath. If you can keep the mind empty, even for a couple of minutes, you will feel more relaxed and peaceful. With practice you will perfect this technique.



2. Mantra Meditation



Mantra Meditation is a form of meditation where you use a repetitive word or sound to allow yourself to be mindful and slow down the thought process. This is a very powerful meditation technique and deeply spiritual practice, but you do not need to be “religious” to experience the gifts this practice offers.

This type of meditation is an ancient practice affecting the body and mind. With its repetitive word vibrations it creates healing responses physically, mentally and spiritually. This form of meditation can be practiced by anyone who is seeking success, health and peace. It can be used to still the mind or it can be the foundation for deepening your awareness with the universe or God.

You can use any word, phrase or sound, as long as it brings the mind into a state of relaxing and peace. A good mantra to begin with is OM. OM is the most universal sound vibration and is always an excellent and effective mantra to use. Practicing Mantra Meditations can be learned quickly and easily.

Seated Comfortable Position.

Begin by choosing a quiet room free of distractions. Sit in a comfortable seated position with your back straight. Begin by taking slow, deep breaths to relax both your body and mind. Be sure you have sufficient time to practice this technique.

Choose Your Mantra.

Use any word, phrase or sound you will repeat to yourself. The sound or word you choose should be simple and comfortable to repeat.

Close Your Eyes and Repeat Mantra.

As you repeat the mantra, focus only on the sound and feel it resonate throughout your body. If you find your thoughts in the past or future, acknowledge them, let them pass and redirect your attention back to the mantra. You can start this meditation for 5 or 10 minutes and slowly work up to 20 – 30 minutes.

Once you have completed your practice, take several minutes to come back to the present and slowly open your eyes. You should feel soothed and relaxed. By doing this meditation consistently, you will slowly see the benefits and eventually master this technique.



If you meditate regularly it will bring clarity and insight into your life as you become aware of your inner self. ***The inner peace you create will be amazing.***

You will find joy coming to you at different times of the day and you begin to see the world through a new awareness which comes from meditating regularly.

Keep in mind meditation is completely **FREE** and requires no special equipment, gym membership and it is not complicated to learn.

However, it does take discipline and commitment and for some it can be difficult to maintain a habit where you need to free your mind of thoughts.

Practice Makes Perfect!



Are You Ready To Transform Your Life?

I want to encourage you to **COMMIT TO SUCCESS** and identify and implement the critical steps that will allow you to remove the obstacles obstructing your path.

Isn't it time to survey your "**Life Garden**" and look for those road blocks holding you back and replace them with positive and empowering thoughts.

Weeding your "**Life Garden**" requires A LOT OF HARD, persistence, patience, and above all, a commitment to change.

BUT --- When you begin planting new seeds which include changing your thought pattern, beliefs and attitude.... you will see an increase in your confidence, self-esteem and the motivation to take action will be intensified.

It is all about CHOICES.... and when you get tired of doing the same thing day after day and expecting different results... then and only then... will you realize the NEED for **COMMITMENT, TRUST...and COURAGE..**

This inner drive will propel you to become the self-sufficient person and it **WILL** provide you the **POWER** to **change** your current circumstances.

Now is the time to Decide – AND - Now is the time to Act.

And no matter how many challenges or struggles you have encountered, you **DO HAVE THE** power **TO OVERCOME.**

You have **ALL THE GIFTS, THE TALENTS and THE EXPERIENCES...** but you have to **BELIEVE** you do.... You have to believe you can unleash your power and Fight this Battle.

Man in the Mirror

Let me close this module with a famous artist who left a legacy in his wake.... His famous song “Man in the Mirror” tells a compelling story and is one of the most powerful, personal songs about change.

It’s a song where you reflect on yourself and ask a personal question: “What have I given back to the world?” If I want a better place, then I need to do something... I need to CHANGE. WE NEED TO CHANGE.

The theme illustrates the idea that changing the world and changing the perspective stems from SELF-CHANGE.

My dream is that you find the courage, stamina and commitment to emulate his lyrics and ***MAKE THE CHANGE YOU SO DESIRE...***

Looking in the mirror is a private moment. But what is it you see staring back??



Click [HERE](#) to listen to Michael Jackson’s iconic song “[Man in the Mirror](#)”

Love and Hugs,

Cheri Ann Schultz

Once You
Become
Fearless,
Life Becomes
Limitless.