

Cheri Ann Schultz

COMMIT TO SUCCESS

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

WELCOME!!

Having freedom and creating inner peace is your birthright. I am thrilled you have stepped into your power to create positive change. This course will help you reflect on your own behavioral patterns and provide you with ideas, techniques and strategies to reduce those obstacles standing in your path and preventing you from moving forward.

It's impossible to eliminate all obstacles in your path, however, there are effective techniques to help you remain focused, committed and persistent. I encourage you to implement these methods and practices on a daily and/or weekly basis. It's all about consistency and discipline. When you are committed and focused on making a positive change in your life, you will see a reduction in stress, an increase in self-confidence, your self-esteem will improve and you will restore balance to create inner peace!

Here is my promise to you...

I promise when you complete this course... You will understand the key elements to improve your productivity, motivation and stay persistent in your approach. I will provide methods and techniques to change your thought pattern to create inner balance where you can achieve your goals, purpose and passion.

First, I will help you identify your biggest hurdle. The who, what, why, when or where. Using the five w's is key in helping you drill down into a problem, get to the root cause and solve it effectively and successfully. It is a remarkably simple technique, however, it can uncover the true source or obstacles standing in your path.

Recurring issues are often symptoms of something deeper. A 'quick fix' may seem convenient at the time but it's only a temporary solution and not long term.

Second, It's about implementing the unique techniques and strategies which create positive habits. Do you know it takes 30 days to change or create a new habit? It's about staying disciplined and committed throughout the process in order to see positive changes. We usually can stay focused for a short period of time but are you willing to take the risk and make the permanent change necessary to see long term results?

Remember short term commitments provide short term results and long term commitments will deliver lifelong results.

If you're having difficulties staying motivated, then I will help you make a shift today. Even if you have tried in the past and have had some success, we can go on this journey together to take you to the next level.

Third, You will need to maintain and execute a daily plan. It is all about accountability; taking charge of your thoughts, your emotions, your environment and your schedule. In order to maintain your plan, it needs to be realistic even if it takes a little longer, ***it's okay***. It can mean the difference between sticking to a plan or giving up early.

Be kind to yourself and take it one step at a time and one day at a time. When you empower yourself to take accountability and responsibility, it is a measure of your self-worth which takes strength and courage. The long terms effects of maintaining your plan will bring about steady change and progress.

Take time to celebrate your victories. It will boost your self-esteem and empower you to be more productive and energetic. By marking these successes, it forces us to acknowledge our progress and increase the likelihood we will repeat this positive behavior in the future.

WHAT ARE YOUR OBSTACLES?

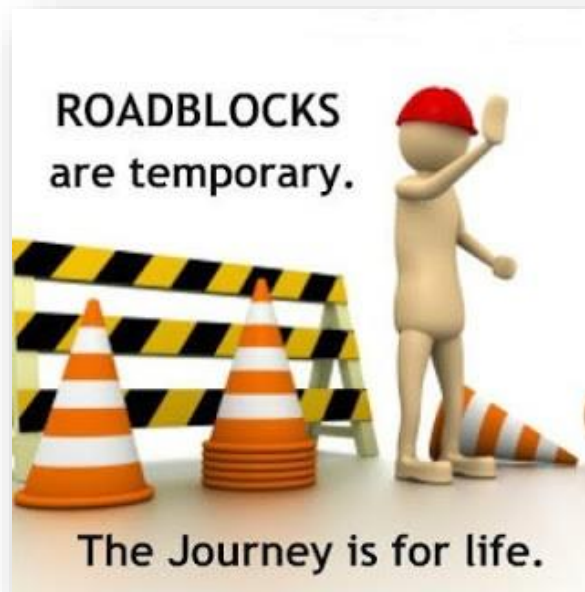
Does your life appear to be an obstacle course and are you trying to navigate around it on a daily basis? We will encounter many obstacles in our path ranging from physical, emotional, relational.... And every obstacle is different. Some are huge, some are small, some are obvious and some are hidden.

We will all face different obstacles during our lives, but it's up to you to decide.... Do you look at these obstacles as issues or perceive them as challenges to grow? If achieving goals were easy, everyone would do it quickly and without difficulty.

Even if your vision is clear and you formulate a detailed course, there will always be obstacles in your path. The joy and journey of overcoming these obstacles will enrich your life, help you gain knowledge and wisdom and have a sense of accomplishment to reach the pinnacle of your success.



HOW DO I OVERCOME THESE OBSTACLES?



In order to overcome obstacles – it's important to adopt or develop a certain mindset. Your mindset will enable you to plan, prepare and implement solutions you feel are difficulties and/or obstacles.

The number one thing you can do to tackle this “MINDSET ISSUE” is to **TAKE ACTION!**

You have TO DO something.

It's considered an equal exchange.

*If YOU want Results
YOU must Take Action*

And here lies the **GOLDEN KEY!!** The key to changing your mindset and making positive changes in your life. YOU have to take some specific, deliberate action and begin pushing yourself in a forward motion towards a goal or target you wish to achieve.



Once you begin ***Taking Action***, something magical begins to happen. Just by stepping out of your comfort zone and ***taking action*** the shift begins and it slowly starts to change your mindset.

You will begin to feel different. You will see things differently.

Your thought pattern begins to change when you are on the other side of the action steps... you took to move forward.

So.. Here is the BIG question: How do you put the wheel in motion?

You have to commit to an **Action!** You have to force yourself to do something **UNCOMFORTABLE**. And it does take some sacrifice from you. Something has to be given up in exchange for these **ACTION** steps to be implemented and executed.

Maybe it's getting up 20 minutes early every day, perhaps it's putting the phone down for at least an hour, giving up your favorite TV program for 30 minutes or maybe it's sitting quietly and having a grateful attitude.

A lot of us will try and shift the responsibility and blame our lack of taking action on a relationship, a boss, spouse, family member, etc.. But without a commitment and action behind it, we will never truly succeed.



Don't look to others for the answer. Be bold and take responsibility and accountability for the outcome. If you fail to follow through, then it's up to you to look in the mirror, fall on the sword and **TRY AGAIN!!!**

If it's worth achieving then it's worth repeating. Pick yourself back up and start again. If you commit and plan your action steps, you will **WIN**.

WHERE DO I GET THIS CONFIDENCE TO TAKE ACTION?

Having confidence is key in changing your mindset. Confidence manifests itself in sentences like these:

I Can Do This
I Can Handle This Challenge
I Am Energetic and Enthusiastic
I Love Change and Can Easily Adjust
I Believe Anything is Possible
I Face Situations with Courage and Conviction

Becoming self-confident...is trusting in your abilities, talents, experience, gifts, qualities and judgment. Building you confidence requires **work**. Yes, I did say **work** didn't I?

Think of your brain like a muscle... it needs stimulation or "exercise" to help with memory, complete the daily tasks it's assigned and problem solving; not to mention controlling every aspect of your body.

To help you build your confidence level --- I have outlined 10 action items you can do on a daily basis. It requires **work**, {yes, that 4 letter word again} dedication and commitment!!

- 1. Get a good night's sleep** - Sleep is as important as fresh food and exercise to enhance your well-being. If we don't get enough sleep, our ability to manage daily activities is compromised. Sleep regenerates our energy level, reduces stress and provides us the motivation to keep moving forward.
- 2. Make the first hour your "Golden Time"** - Make the first hour you wake up a time when you prepare your mind and set a positive mindset. Either read positive affirmations, listen to a podcast or have a mindful cup of coffee or tea. Put yourself first.
- 3. Exercise 20 – 30 minutes per day** - Exercise is the perfect way to boost your self-confidence. Make time to exercise at least 20-30 minutes each day. As you begin to see your body transform, your attitude about yourself and life will change and you will become more positive.
- 4. Meditate for 5-10 minutes per day** - The power of spending even a few minutes a day connecting with your body and your mind can produce peace and tranquility. In a world where most of our time is spent focusing on external activities, taking even a few minutes to reconnect with our internal feelings can help calm the mind and relax your body.
- 5. Write a TO DO list** - Whether you are in college, new to a job or a member of the workforce, a huge component of your success will be your ability to work through your **To Do** list. Recording the list and prioritizing the items, will provide you with expected results. Checking things off your list feels good and will motivate you to do more.
- 6. Keep negative thoughts at bay** – Try and focus on one word – **Gratitude**. When you have an attitude of gratitude, you are acknowledging yourself for your accomplishments; whether big or small. Gratitude has shown to increase self-esteem and improve productivity.

7. **Change a small habit** - By stepping outside of your comfort zone and changing a small habit each week, you will discover new truths about who you are and what you are capable of achieving. Commit, believe in yourself and have the courage to follow through.
8. **Celebrate your achievements** - Make it a point to celebrate your wins. You are entitled to be proud of your accomplishments. Spend the day with a smile. Any accomplished goal or task deserves a respectful amount of reflection to grow and advance.
9. **Be Kind and Generous** – When you perform a random act of kindness... something special occurs. Generosity and kindness not only allows you to contribute to the lives of others, you find meaning in your life and it improves both your mental and physical health.
10. **Take Control** – Your time here is precious and valuable. What you do with your life, who you interact with and what you spend your time on... reflects the direction of your life's journey. Take control and make it count!

Confidence Tip

When facing something new, consider it a 'challenge', not a problem. It's natural to avoid a problem, but it's easier to rise to the challenge!!

SNOWBALL EFFECT

So you see, getting the ball rolling requires taking some **Action**.

It's about challenging your comfort zone and having the courage to step outside.

Confidence breeds confidence.

It attracts it like a magnet... and the rest is like that tiny snowball rolling downhill... **It GROWS and it GROWS... and it becomes Unstoppable!**



FINAL NOTE:

Seeing your obstacles as opportunities is a mindset pattern. Problems are not always seen as roadblocks or that you are in danger. These obstacles can be seen as clues and hints there is something more to learn, an opportunity to gain wisdom and grow from the experience!

COMMIT TO BEING
COMMITTED