



A 3 POINT CHECKLIST TO ATTRACT MORE SUCCESS IN YOUR LIFE

1

**Define what success means to you
and set your S.M.A.R.T. goals.**

S-Specific

M-Measurable

A-Attainable

R-Realistic

T-Time-Bound

Saying you want to make supplemental income or start a business online this year is not a good goal. Neither is wanting to lose weight or stop eating sugar. There's a reason why people fail when they set goals like this and it's because there is nothing S.M.A.R.T. about these statements.

In order to succeed, you must have a concrete plan.

2

Shift Your Mindset.

*“Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny.”*

— Mahatma Gandhi

If you're going to be successful you have to adopt the mentality of a successful person-positivity and perseverance. Meditate once a day to help you clear your mind and channel these positive thoughts to keep you focused on the right things.

Keep your mind open and think outside of the box. Lastly, start saying "yes" to opportunities. Nothing is just going to fall into your lap. You have to put yourself out there.

3

Create Successful Habits.

FACT

Habits are a three-part process. There is a cue, a routine, and a reward. This three-part process is called the habit loop according to Charles Duhigg.

Facilitate realizing your goals through successful habits. This means working towards your goals everyday by completing at least one task daily to get you closer to where you want to be.

Make a "today" list everyday, with the things you MUST DO that day. Not 20 things, not something you plan to do later that week. Just that day, and don't do anything else until you get those things done.