



MY MOTIVATION BLUEPRINT Introduction and Instructions

Congratulations!

You are about to get started on a journey that is going to help you create a business that fuels your passions and funds your dreams! Like any journey, the process will introduce you to new experiences and new ways of thinking. You'll be challenged to release ideas and paradigms that are not serving you and embrace new ones that may feel strange, even awkward or scary, at times. That's all just part of the learning curve. Expect it. Embrace it. Allow yourself to experience the change and the growth and trust that, on the other side of the journey, all the challenges will have been worth it!

You are embarking on an 8-week course that will change the way you network, the way you attract customers, the way you marketing your business, for the better. FOCUS and CONSISTENCY will be KEYS to your success. Along the journey you may be tempted to take a break, or even quit. You may find yourself getting distracted by unexpected personal and professional obligations. It will be up to you to dig deep into the well of your DESIRE to have a thriving business that allows you not only the financial freedom to do the things you are passionate about, but also the FREE TIME to enjoy the people and leisure activities you crave.

Staying the course isn't easy. Distractions rain down on us every day. Seemingly URGENT situations "come up" and we feel drawn to address them in the very moment they appear. That is when your MOTIVATION and your resolve can be weekend.

The MY MOTIVATION BLUEPRINT is a tool you can use to remain connected to your long-term goals. In order to stay the course, you will need to identify what you really want and then CONNECT TO your heart's desire fully by wrapping your dreams and desires in a thick layer of emotion. If you think about it, you don't want success for success' sake! You are feeling a certain way right now, and you want to feel something different! The BLUEPRINT is designed to help you get in touch with your feelings about the here and now, and the feelings you intend to feel when you are able to be, do and have your heart's desire. Those FEELINGS will fuel your commitment. To fully benefit from this program, you'll want to feel the POWER that lies behind your true desires and harness that power to keep you motivated to work through this entire program – one step at a time.



So, your first assignment is to download the MOTIVATION BLUEPRINT templates and follow the directions closely.

First, spend time creating a gratitude list for everything that is already in your life for which you are grateful. You see the Universe cannot grant you more if you do not appreciate what you already have. As you record each moment of gratitude, breathe deeply and feel the gratitude deep within you. Record those feelings on the template.

Once you have declared your gratitude for all that is, you'll create a list of all of the things in your life right now that are not serving you and that you want to change. As you create this list, connect with your FEELINGS about these challenges in your current reality. Are you frustrated? Fearful? Disappointed? Angry? Get in touch with those feelings and really own them.

Finally, write the story of what is to become. Spell out in great detail all you have accomplished and how your focused effort and maintained motivation have paid off for you. By the end of this process, who will you have you become? What will you have accomplished? What will you have invested in or purchased? What challenges will no longer be holding you back? And, most importantly, how do you FEEL now that you have created an on-demand word-of-mouth revenue stream that fuels an AMAZING business that provides you with all the cashflow and all the leisure time you need to accomplish your heart's desire?

Now comes the really important part:

Review your MOTIVATION BLUEPRINT every day, taking time to visualize the future, to really SEE it and to fully FEEL the feelings you intend to create over the next few months.

Whatever you do **DON'T SKIP THIS PART!** This is the FUEL for your motivation machine. No matter how silly or odd this exercise feels – **COMMIT TO IT** and play full out!

Ready...Set... BEGIN!