

Session 4

THE TIME IS NOW

12 STRATEGIES TO INSTANTLY LIVE
YOUR GREATEST LIFE NOW!

GET IN THE DRIVER'S SEAT

It is now time to begin living your greatest life! The time is now! You have waited long enough, you must get in the driver's seat and finally get to where you want to go.

You now know exactly what you want. You are on the road to achieving inner peace and happiness. You are connecting mind, body, and spirit. You are almost there.

Now, you have take action!

Here are 10 strategies that you can begin implementing right now. Don't wait for all the stars to line up to begin the journey, begin now.

"A good plan today is better than a great plan tomorrow."

Anonymous

12 STRATEGIES TO BEGIN IMPLEMENTING RIGHT NOW!

1. LOVE YOURSELF

In order to truly live your greatest life, you must love yourself.

You must love yourself first before you can actually love others around you and project love out to the universe. You are perfect exactly the way you are. You have been put on this earth to be exceptional.

2. LIVE IN THE MOMENT AND ENJOY THE JOURNEY

As I mentioned in session number two, you need to choose your friends carefully. It is now time now to begin selecting your circle of blissful friends.

3. CREATE A MASTERMIND GROUP

A mastermind group is a group of anywhere from four to six people; A group of people who are creating phenomenal lives for themselves. A group of people who are looking to surround themselves with other phenomenal people to help and support each other to achieve all their dreams and goals.

4. FIND A MENTOR OR HIRE A LIFE COACH (OR BOTH)

Who is living the life you want to live? Who do you look up to? Who can you learn from? Ask to meet with them. You'll be surprised how many people will take you under their wing and mentor you.

Also, hiring a qualified life coach is a great way to keep you motivated, inspired, and on track to living your greatest life.

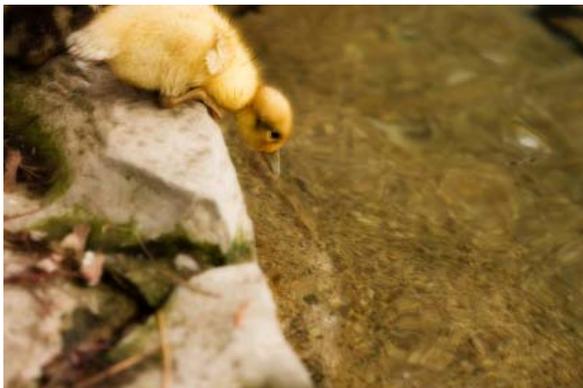
5. GROW, GROW, GROW

Never stop learning. Be open to new ideas, new philosophies, and new strategies.

- Read
- Attend workshops
- Go to conferences
- Watch inspirational movies (i.e. *The Spiritual Cinema Circle*)

6. EMBRACE THE FEAR

It is normal to feel fear anytime you go outside your comfort zone. Anytime you do anything new and different, there is always some sort of inner voice telling you can't do it, you aren't good enough, or that you may fail. Just recognize that the inner voice is you! The only person that is stopping you from living your greatest life is you!



“Run toward your fears. Embrace them. On the other side of your greatest fears lives your greatest life!”
—Robin Sharma

7. WALK YOUR OWN PATH

In order to live your greatest life, you must be willing to do things differently. Do not follow the crowd. Be your true self. Be authentic. Don't worry or care about what others think.

Some may laugh. So what. Many will follow.

The only opinion that counts is your own opinion of yourself!

8. CREATE AN ACTION PLAN

Begin first with the final end result you want to achieve, and then work backwards from there. The best way to create an action plan is to break it into segments of time. So for instance, if you want to lose fifteen pounds in 3 months, you can break that down into monthly, weekly, and daily action plans and goals.

Remember to always celebrate your successes!

9. TAKE ACTION STEPS EVERYDAY

Start now. Not tomorrow, not next week, not next year, not when the kids are older, not when you have more money, etc. Start now!

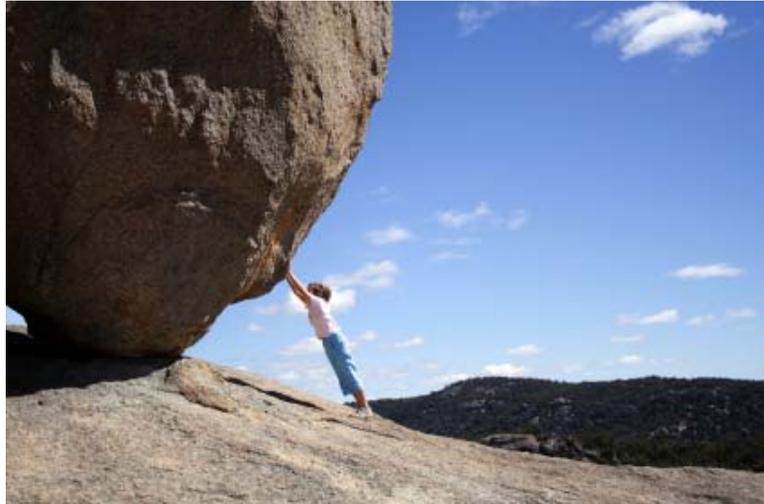
What is your plan? Put a solid plan of action together (daily, weekly, and monthly) – and implement it. As time goes on, be flexible. Don't be attached to the end result, you may be surprised that your path may take some unexpected turns as you go along. Go with the flow with ease. Your life may turn out even BETTER than you expected!

10. NEVER GIVE UP

Never, ever, ever, give up. Many people give up just before they were about to turn the corner and achieve all their dreams.

“Success seems to be largely a matter of HANGING ON after others have let go.”

—William Feather



11. BE A LEADER AND ELEVATE OTHERS

We all have the ability to lead and inspire. Be a great role model. Elevate others around you to live their greatest lives!



12. TAKE THE LEAP

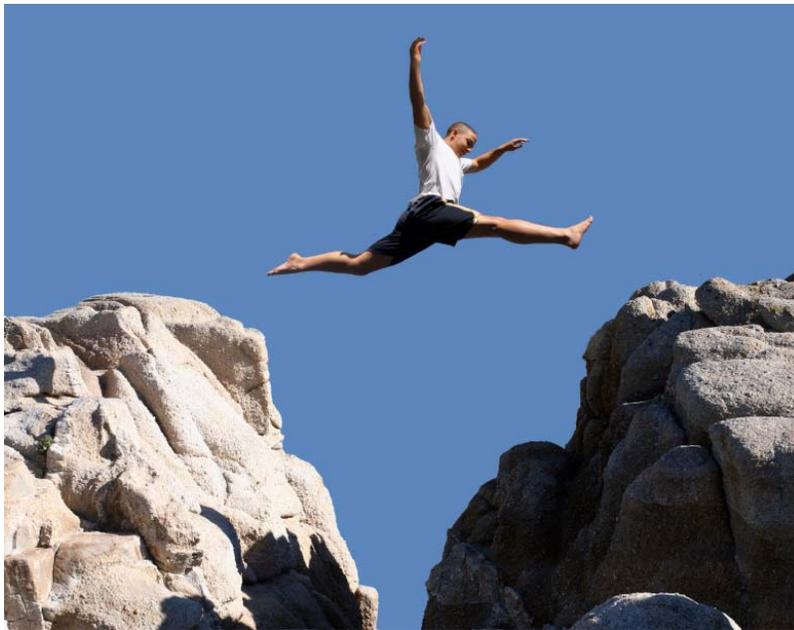
What are you waiting for?

All we have is now. We all have dreams. We all have plans on what we would like to do in the future -- "one day." The truth is - time flies. We get so busy with life and living our day to day hectic lives, that "one day" may never come. Just remember that when you are on your deathbed, you won't be regretting the things you did, you will be regretting the things you didn't do.

"If we wait for the moment when everything, absolutely everything is ready, we shall never begin."

— Ivan Turgenev

Don't wait for all the stars to line up. Get out there and start living your greatest life!



ENJOY THE JOURNEY

Take the time to reflect, love, and enjoy every waking moment of this beautiful journey.



DREAM. DREAM BIG!

Anything and everything is possible in life!