



Staying In The Conversation NOW

Every morning before you reach for your phone or get involved in your day and to-do I want you to create a new habit! Create a journal or a notebook to document your daily answers to the following 2 questions:

Every morning:

- Where and with whom can I “stay in the conversation” today? List 3 ways or ½ steps that you can do today.

Then every evening before you go to bed ask yourself the following question and document your answer in regard to what actually transpired. What ½ steps did you take?

Every evening:

- How did I “stay in the conversation” today and use and impact my day?

Every Sunday:

Every Sunday evening hold a meeting with yourself and reflect on what you documented each morning and each evening during the previous week. Where did your intentions in the morning match your commitments throughout the day? What worked and where can you do more of that? Did you gain clarity and focus by empowering yourself to take actionable ½ steps with yourself and others?

My suggestion is to continue this practice every day and your recap every week until it becomes habit! This exercise illustrates a few really key things for you.

- It keeps you grounded in today and creating actionable success steps.
- It resets any situation. If you are in a bad mood, or not feeling successful, or doubting a situation, this reframe allows you to grab hold of the things that you can control and impact now, despite the situation.
- It removes excuses and limiting beliefs replacing them with ½ steps that drive choice and decision in redefining your success and stepping away from your fears.
- It keeps your energy focused on what you can do NOW which impacts personal growth.