



6 DAILY ACTIONS THAT WILL CHANGE THE TRAJECTORY OF YOUR LIFE!

For many of us, the beginning of the year is a special time. We are coming off of vacation, having spent time with our loved ones, taking a break from our daily grind, and trying to redirect our focus for the upcoming year. We enter the New Year, with a “clean slate” and we usually have a renewed energy and drive to be successful and achieve whatever goals we have set. We are amped and ready to change the behaviors that no longer served us.



We create the goals, maybe a morning routine or even time block time to hit the gym, but within a few weeks, life as usual, takes over and we have reverted to our former selves. We fall back into our old routines, having missed our mark, yet again. The excitement that we had as we were inching toward our goals, gone.

Below are six actions that you can take so you can have your ***BEST YEAR EVER.***

1. Out with the old.

At this time you might have a psychological and physical build-up of all of the things you didn't do that were on your 2018, "To-Do" list. Those items that are still have "pending" even though it is December. You know that tree house you were going to build for the kids, with all the wood in your garage, only now they are in high school and don't need or want one anymore. Or maybe you're hoping to do something at work and just haven't found the time.



Write down everything at work and home that you have “pending” or still on that “to do” list of yours. Make a list of everything you can think of from this past year or even years prior that you still think you are going to “eventually” get to.

Once you have the list, get rid of it. Remove it from your “to do” list and get it physically out of your reality. For each item, ask yourself

1) Is it necessary – There are things that must get done. You know, like filing your taxes.

2) Do you have to do it or can it be delegated – can your accountant do your taxes?

3) If it is not necessary and cannot be delegated, can you simply delete it from the list?

2. Kill the morning electronics

Research shows that 80% of smartphone user check their phone before they even brush their teeth and most Americans check their



phones every 12 minutes. In fact, American adult smartphone users spend an average of 73.8 hours a month on apps, which comes to a little under 2 hours, 30 minutes a day.

If you are one who wakes up and looks at your phone to check emails, messages and/or social media, stop. Create a morning routine where you do not start your day in a reactive way. When you look at email, you get bombarded by requests and deadlines. You are immediately placed on other's people's agendas, not your own. By waking up and not looking at your emails, messages and social media, you allow time for your brain to start the day in a non-reactive way. I try not to look at my phone for an hour or even two, before I use it look at emails or messages. I am not always successful which brings me to number 3.

3. Meditate

Meditation, over time, is incredible. Meditation is not what many people think. It is not trying to empty your mind and it is no band aid,



meaning people who are angry in the moment and say I have to go meditate, have it wrong. Meditation is simply training your brain to operate in a certain way and over time allowing you to be more focused and become less reactive to things.

For those who are new to meditation, I always recommend using an app, like Headspace, Calm.com or many others out there that have free versions. Guided meditations seem to work best for my uber busy, over worked executive clients. It is great because you can start with just a few minutes in the morning and build up over time. Typically within 4 weeks my clients see and feel drastic differences.

4. Be gentle on yourself

With all of the things we hope to achieve, sometimes we can put too much pressure on ourselves. I am not always successful at not checking my phone, even after 6 years of practice. “Oh well” “oops” “no biggie” I will just make sure I do not do it again tomorrow. Lose the harsh self-talk. When you mess up what do you say to yourself, “damn it I did



it again” or “here we go again, I can’t get anything right” or a million other negative statements? This self-berating does nothing for you and actually can cause you to mess up even more.

5. Calendar everything

Live and die by planning and utilizing a calendar. I use Google calendar because I like that I can just click and drag things around. If I had planned on Monday to listen to a podcast, but say my child was home sick, I can click and drag it to Wednesday anytime. My calendar is set to dedicate 0-30 min to my recruiting company, 1 - 2 hours to my real estate investment company and 2-3 hours to my coaching company. I click and drag these around each day. Sometimes, something happens in the morning for the REI but I had planned on working on the Coaching, no big deal I just maneuver it, but I keep it chunked and time blocked to the extent I can. This way I am still focusing on the specific company and not task switching between companies. Having the time blocks while remaining flexible has made dramatic improvement in my ability to be productive in many areas, at once.



6. Set Clear Goals

Writing down your goal will increase your chances of achieving that goal, by 95%!!! But writing them alone won't get you there. Your goal should be clear and you should look at it every day. In the initial step of setting this goal for your life or business, first be concerned with where you want to end. What would the end result look and feel like? Is there a specific image? Make sure you place your goal in a place where you will see it daily. Read your goal daily so that your mind and energy have a focus.

If you would like a deeper understanding of how to truly have the best year ever, I invite you to schedule a free call with me where we can nail down what is holding you back and how to break through and achieve your goals.

Simply click this link and fill out the questionnaire so that we can have the most productive call:



<https://www.mysurveygizmo.com/s3/5256871/6-Daily-Habits-Best-Year>

Next, the thank you page will provide a link to pick a date/time to speak with me. Choose Free Mini Breakthrough Session so that you are not charged for the call.

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Services

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SERVICE > DATE > YOUR INFO > CONFIRM

Choose Service

Coaching:

Discovering the Root Cause	120 mins	\$3000
Mini Breakthrough Call	20 mins	\$0
Wholesaling Inc follow up call	30 mins	\$19.97

Contact Info
(888) 511-1252
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Location
New York

Business Hours (EDT)
Mon 10:00 am - 4:00 pm
Tue 10:00 am - 4:00 pm
Wed 10:00 am - 4:00 pm
Thu 10:00 am - 4:00 pm
Fri 10:00 am - 4:00 pm
Sat Closed
Sun Closed

Please note that the calendar only books 10 days out, so if there is no availability, please check back in a few days or you can email my team at success@csthive.com.