



July 2009

Here we are ladies and gentlemen. Half way through 2009! How are YOU progressing toward your goals and aspirations for this year? Are you ahead of schedule, on schedule or a little bit behind?

Take inventory today. Be honest with yourself. If you're ahead of schedule, fantastic! Keep doing what you're doing! If you're on time, why not step up the pace? You may get there faster and discover some bonuses! And if you're behind, ask yourself why? Is it because you've lost focus? Is it because you've stopped taking action? Is it because your urge to stay the same is stronger than your urge to grow?

Take inventory of your daily actions. Did you start out strong and fall back into your old ways of thinking and doing? Did you set your goals so big that you got discouraged when you didn't see immediate results? Did you say to yourself that this year was going to be THE year, but you didn't change your surroundings, upgrade your relationships or take the necessary steps to become a NEW YOU? My great friend and mentor Les Brown says, "In order to do something you've never done, you must become someone you've never been." That means we can't do what we did yesterday and expect a new tomorrow! Do something different! Turn off the television, tune out the trash and tune into the higher frequency, that's available to us all, of Success!

So often we start out with the highest of intentions. We start out on fire with big goals, big ideas and big dreams and then over time we lose it. That fire dies down for some and for others, sadly, it dies out. Ladies and gentlemen, the pursuit of your goals is not always going to be sexy. You're not always going to feel like doing what needs to be done, but that's where commitment comes in. Don't do what you FEEL, do what you KNOW. If you KNOW that keeping the television off will add an extra 30 or more minutes to your day, then even if

you FEEL like watching the game or some program, don't cave into your feeling. Stay true to your commitment.

Anybody can make a New Year's Resolution, anybody can get excited for a couple of days or a couple of months, but it's those who are unwavering in their commitment to their goals and dreams that stay steadfast throughout. The committed do the daily disciplines that produce long term rewards. They do them when they don't feel like it. They do them when no one is watching. They do them for the sake of keeping their commitment to their commitment.

Take a long hard look in the mirror and ask yourself, "Am I doing all that I know I can do to achieve my goals and fulfill my dreams?" When December 31st, 2009 arrives, imagine the satisfaction you're going to feel knowing that you course corrected along the way. Imagine the pride you will feel knowing that when it was hard, you did it hard and maintained your mental toughness! Imagine the inner power that you will possess knowing that your second half of 2009 was even more productive, impactful and rewarding than the first, because you stepped up your game!

Let today be a new beginning. For some it will be an opportunity to go further than you ever thought possible. For others it will be a re-engaging process and for others it will be an opportunity to get BRAND NEW! Forgive yourself if you've fallen short. Forgive yourself if you have to start over. Everyone can benefit from a fresh start. Let this moment, right here and now, be yours.