

# 365 Forward Steps

Life Power Tips For Every Day

Thea  
Westra

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Life Power Tips For Every Day

This book will add greater inspiration and  
intention to your days

By Thea Westra

**Created & Published By Thea Westra**

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365 Forward Steps is an ebook that you can skim at leisure, to find for yourself an empowering thought or fresh life power tip.

Triggering a newly inspired action, enhancing our day-to-day experience of life, keeping you empowered and motivated to act, for achieving your personal goals, and stepping forward just a little more, every day.

When we lose touch with those positive emotions, our source of personal life-power, and no longer challenge ourselves, then some of our days can begin to look a little like a treadmill.

Use this book to raise yourself above the fray, on "those kinds of days"!

# About This Book

This is NOT a free book.

You can purchase your personal copy at [www.forwardsteps.info/365forwardsteps](http://www.forwardsteps.info/365forwardsteps)

The author of this book has intended each power tip to to inspire you, to provide a focus for empowering you during the course of your day, and beyond.

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Each of the 365 Stepping Stones in this book is a life power tip for the day, something to personally consider, contemplate, or question. It is a short, simple note with a focus point that gives you poignant food for thought.

Nowadays, we live with expectations of instant access, we have a throw away culture. We want it instantly, right now, and at our fingertips! This book caters to that somewhat, by giving you daily sets of quick, inspiring snippets that you can take on board, in any moment.

You can flick through, treat the pages of the book like a deck of cards, and scan through for fast inspiration, motivation, and ideas. If you take up everything listed in the book, incrementally your life and environment will certainly look very different by the end of a full year.

Use each page as a part of your morning ritual, then take time to pause with each item for that day. Let the content of each page really settle in. Contemplate for a moment, what you just read and consider one action to match the idea being presented. Take those actions, and on that day. It does not need to be the specific action as listed on the page. Alternative actions may jump out at you, during your reflective time with each page.

There is no failing here, there is only an opportunity to take the ideas for a test drive, seeing if they are something you want to keep or, from which you could learn.

If a suggestion on any page is already a part of your usual routine, or is not enough of a challenge, then look for an alternative way to frame that day's tip, so that you will be stretched a little by it.

This book is supposed to be taken lightly, and never to be taken super seriously. It is up to you, of course, how you want to perceive its contents. Enjoying this book, with its ultimate collection of life tips, is far preferable than to see it as a literal collection of rules by which you must abide! Do not take too many of its ideas, literally.

Use the book's content as your springboard to fresh insights and new ideas. Each day's messages and tools can trigger brand new thoughts.

1.

Do something this week that you have always wanted to do, yet have previously feared or resisted doing. Reconnect with the fullness and richness of life you deserve. Your energy will be raised and your creative channels will open up when you take yourself away from the usual and 'ho-hum' for a little while.

The great thing  
about getting  
older is that you  
don't lose all the  
other ages  
you've been.

*-Madeline L. Engle*

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2.

"If only..." is a resignation. Replace that with "What If...?" and feel your power return. Use it next time you hear yourself say the "If only..." phrase. After rephrasing it to "What if...?", directly follow it with the action that comes, to light.

3.

"It is easy to perform a good action, but not easy to acquire a settled habit of performing such actions." -Aristotle. When changing habits or taking on new daily practices it is also important to have strategies in place that will ensure the sustainable, long-term endurance of these plans. For example, a jogging partner will get you out of bed to exercise when you are considering not doing it for a day or two.

4.

A goal must have a plan and a deadline. Do you want your goals to remain mere wishes and something for the future? If not, then take a few steps today toward their fulfilment. Set some time lines and draw up a blueprint for achievement of your target.

5.

Whenever something terrific happens in your day, or something goes exactly the way you would like it to go, then give yourself a little, "Wow, I love it when that happens?" This teaches your subconscious mind to recognise what it is that you want and what you are creating, and it celebrates these events as they happen. No thing is too small or big to celebrate in its moment. Make it a habit and you will transform, so will your life.

6.

Have a written statement of commitment. When designing your New Year resolutions, or any goals, then remember to commit your ideals to pen and paper then include them in your schedule, a specific first action at a specific point in time.

7.

Accomplish "enough" during your day. Declare an end time to your day's activities and, at that point, be 100% satisfied and complete with what was accomplished during the past hours. Observe what can be taken to a new level for the next day and set up ready for a fresh beginning for the following morning.



Achieve your vision.

Do you have a vision for what you are creating with your life?

8.

Think about who you are, in relationship to your goals, and what you need to do next, to achieve that next big ideal for your life.

9.

Act deliberately, and act with intention. Have purpose for all your actions. Begin living with awareness and personal choice. You can change your life one thought, and one habit at a time. If in any situation you cannot act powerfully then do not act until you feel you are in that place of power.

10.

Action conquers fear. Take even the smallest of actions toward a goal that makes you slightly afraid. Replace the term "fear" with the word "excitement". You will find that once you are taking action toward accomplishing your desired outcome, you will naturally move into the realm of excitement.

11.

Action is the antidote to despair. That is a quote by Joan Baez the folk singer. It may have been said a long time ago, however it remains valid. Are you still only thinking about what you want? Have you given yourself permission to fail or to succeed? There is no fairy dust or magic wand, which will bring your goals alive, unless you decide, and then take your first step. Then ...take the next step!

12.

Add Two Golden Hours to each of your days. No matter how busy you think you are or how little time you believe you have, this will transform the way you view time. Include Two Golden Hours into every day. One is for relaxed time e.g. reading inspiring books, listening to motivational audios, brainstorming desires for your life, creating projects. The other is an hour during which you focus and work on automatic, mundane tasks e.g. clearing your files, organizing a cupboard, attending to overdue emails. You will just have included 60 very productive hours to each month.

13.

Adjust your aim. It is not the end of the world if you notice that you are missing your targets. Simply be glad that you became aware and now have an opportunity to adjust your focus and actions. If you are building a house and a nail breaks, do you stop building, or do you change the nail?



14.

Align everything in your life with your designed and created future. You could spend the next 365 days doing what you have been doing, and achieve the same results you are getting now. Consider that if nothing changed and you took no deliberate action in the direction of your intended future, then the things that you consider to be "problems" today could very likely be the same challenges that you spend time with at the end of next year.

15.

All that matters is what are you going to do now? What you did yesterday, or even 1 minute ago, is now gone. What you plan to do 5 minutes from now and what you plan to do tomorrow, do not yet exist. All that you have is this very moment, now. What will you do with it?

16.

Allow others to have their own experiences. It is fine to empathize and show compassion or 'be there' for someone who needs your help. However, do you know the story of the butterfly, and the man who tried to help it emerge from its cocoon too quickly? For its wings to develop properly, the butterfly needed to go through that struggling process.

17.

Apply the law of intention. Set an intention for everything that you do. Your attention must then be focused on the actions you can take today that will manifest your intentions for tomorrow, and always remember - whatever you focus on WILL expand.



18.

Appreciate what is already right in your life. Find a way to increase the number of times you do this each day. I think you may already be aware of how often you notice what is not right in your life! Like attracts like and if you keep focusing on what is not right for you, guess what you will attract more of?

19.

There is something about a well-worded question that often penetrates to the heart of the matter, and triggers new ideas or new insights.

20.

It is never too late, to take stock of the path that will lead you in the right direction. When is it the right time to start living your life purpose? It is possible to start doing it immediately.

21.

There is a big difference between listening and hearing. The most basic of all human needs is the need to understand and to be understood. The best way to understand people is to listen to them. Not only that but when people feel that you have really listened to them, you will gain their respect and they will value and give you the credibility to speak.

A quote by Chuck Norris is displayed over a background image of a cobblestone path. A small white flower with green leaves is growing from one of the stones on the right side of the path. The text is white and reads: "A lot of people give up just before they're about to make it. You never know when that next obstacle is going to be the last one".

A lot of people give up just before they're about to make it. You never know when that next obstacle is going to be the last one

*Chuck Norris*

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22.

Discover the secrets to having a radiant body that vibrates in tune with the earth, courses light energy through your limbs, and enhances your mental abilities!

23.

Ask for help if you need it. Your friends can see what is going on with you, even if you do your best to hide it. Most would love your invitation of being able to assist in some way. Put yourself in their shoes, what would you do if a friend shared troubles and asked for help? It is never as bad as you think it is.

24.

Ask for what you think you want, but know that you will get what you really want. Your subconscious mind could be carrying a whole batch of other incoming data that you may not be aware of, with your conscious mind. Filter out the negatives by listening less to popular media and reading fewer newspapers, ignore gossip and negative conversations. Increase the number of empowering audios to which you listen and read more and more books that will elevate your mindset.

25.

Ask yourself "What one thing can I do, right now?" Thinking about needing or wanting to do something and yet not taking action, is exhausting. Ask yourself this question in those moments and then take an action, even if only a 5-minute action. You will feel so much lighter.

26.

At the end of any new year, write your 100 achievements for the previous. I have always found it a helpful exercise to list 100 achievements of the past year, before embarking on creating goals for the following year. I do recall one year, being stuck at 64! I stayed with it over a day or two. Whatever needed to be released, happened unconsciously. One morning I woke up and raced through the remaining 36. I felt acknowledged, complete, and very free to begin focusing on my "What's next?"

27.

Attract more of what you want. Explore more of what state you are in when things happen, as you would like them to. Discover what you say to yourself and your beliefs about circumstances when they go the way that you desire. Take responsibility for all that you experience in life and watch the world change around you.

Being defeated is often  
a temporary condition.

**GIVING UP**  
is what makes it  
permanent.

Marilyn vos Savant



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28.

Be "for" something. If you keep focusing on what you do not want then you are not creating a future, you are dwelling in a negative space and operating based on the past. Rather than being "against" things, ask yourself "Well then what DO I want?" and begin taking action related to your response(s) to that question.

29.

Be able to experience anything. This is the ultimate in personal growth and in developing personal power. When you are so satisfied with where you are and so comfortable in your own skin, that external events will not affect you to such an extent that you 'react'. Rather, you are centered, calm, and are able to 'choose' a 'response' to the event. What habit or thought pattern could you put in place today, to begin strengthening that 'muscle'?



*If not you,  
then who?  
If not today,  
then when?*

**30.**

Be active and engaged or you will stagnate. Find ways to keep yourself in 'creation' mode and gratitude mode. Stay interested in global developments and in the people around you. Learn something new try something new and different.

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**31.**

Be at peace with yourself. Accept yourself, you are unique and very special. Only when you know yourself fully and accept every part of you can you begin to make changes that benefit the desires and goals you wish to pursue. If you are still rejecting aspects of yourself, they will get in the way of true and long-term progress.

**32.**

Be discerning. This is related to how you spend your time, with whom you spend your time, the 'tools' you use, to which requests you say 'yes', on what you spend your money, the movies you watch, the music you listen to, etc. Be discerning with everything in your life. It is a demonstration of how much you value yourself.

**33.**

Be not afraid of going slowly; be afraid only of standing still. Success in life is directly connected to personal growth. Your capacity to produce results, increase, as your capacity to take on larger projects increase. Stretch yourself a little every day by saying yes to something that scares you a little. Do something that is a little beyond what you believe is in your comfortable range to do. Step out of the 'comfort zone' to increase the number of opportunities, that show up in your life.

**34.**

Be unique not different. As an individual, I view myself as a unique person (one-of-a-kind) because there is no one else out in the world that is an exact replica of me. Unique=Being the only one of its kind. Without an equal or equivalent, unparalleled. Different=Unlike in form, quality, amount, or nature. Dissimilar. Distinct or separate. Difference separates you from humanity; uniqueness celebrates the miracles of you and of all humans.

35.

'Be' what you say you want. You want love, 'be' more loving. You want abundance, 'be' more generous. You want time, 'be' slower paced and more focused. You want better health, 'be' healthy and well-being conscious.

36.

Be willing to accept. A gift given and received requires two parties. The person who is giving the gift, and the person who is receiving the gift. You must be open to receiving after you ask something to happen or to come your way.

Imagine all the people living life in peace. You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us, and the world will be as one.

*John Lennon*

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37.

Be willing to release the patterns that are creating the conditions you do not want. Most of us know what we need to be doing or being in order to improve our lives or to move forward. We sometimes choose to ignore taking action or going to work on those areas because we love to be comfortable. After a period, the new habits and behavior patterns become the new comfortable zone for us. You just need to stick with them long enough to get to that point.

38.

Be your own coach. If you were your own life coach, write down at least ten things that you might be asking yourself right now. Then answer these questions with all honesty. From that exercise, what actions do you now see that you could take to move you forward, with power?

39.

Become a highly disciplined time manager. There are 86,400 seconds in each day. It takes less than one of those to make a decision. Each decision that we make can take our lives in a wholly different direction. When your life is "full of things to do", we barely notice these "little" decisions. Start noticing! Plan your days so that you are more focused in the now and can see purpose in the things that you do each moment.

"What most people confuse with famous school drop outs - Gates, Jobs, Picasso et al. - is that they never dropped out of learning."

-Steve Sammartino

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40.

Become a master at knowing what you want. Keep focusing on the "do not wants" and that is 100% what you will get more of! Make it a primary focus to keep homing in on what you DO want. I cannot stress this point too often and you may think I am beginning to repeat myself if you have heard me say similar, elsewhere. It is THE first thing to work on. The one thing makes THE biggest difference.

41.

Become who you want to be. Determine who you want to be in your life and then choose "a vehicle" that will mould you to becoming that person. Very often, we want something not because we want it that thing. We have seen people who have particular things and associate a certain way of being with those people who have those things. We then draw the obvious, yet illogical conclusion and declare, I will have what she is having! What is forgotten in our equation is their journey preceding the having.

42.

Before you go to bed at night, write down the six most important things you have to do the next day. If you do this, and make them the last things you think about before you go to sleep, your subconscious mind will work on them for you while you sleep and you WILL get them done the next day. This exercise will cure you of the procrastination disease and increase your productivity by up to 600% while relieving your stress levels at the same time. Moreover, consider this... six most important things to do every day means 180 most important things to do every month!

43.

Begin the practice of being present all the time. When you 'are, where you are' you will be amazed at how more simple life is and how uncomplicated things become. Think of it logically, whilst in the middle of a work meeting what is the sense of thinking about the phone call that you promised to your mother, unless you intend to take the action on that phone call right there and then. Better to have the call scheduled in a specific time in your calendar and out of your head.

44.

Begin the process of eliminating debilitating fears. Stop looking at or analysing the fear and direct your focus instead on what it is that you want to accomplish. Practise daily, in your mind's eye feeling the success, and the victory over you. Then take some small steps in the direction of your desired outcome. Then again, as your courage builds you could take a giant leap. "Do not be afraid to take a big step if one is indicated. You can't cross a chasm in two small jumps." - David Lloyd George

45.

Being happy is a choice you face every day. You get to react or respond to life circumstances. Will you respond or react? Notice when you are literally choosing to be anything other than happy. Check out the true source of your feelings. Do you have another choice? Are you reacting to something external or are you personally being "response-able" for your thoughts and feelings in relationship to a situation?

46.

Divide a large sheet of paper into 4 areas. In each quarter, write one of each of these four questions: What is important to me? What do I love to do? What am I good at? What was I born to do? Write your top 9 answers to each. Relax and do not make this a significant and serious exercise. Then rank each question's nine answers, in order of importance to you.



The highest form of ignorance is when you reject something you don't know anything about.

-Wayne Dyer

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47.

Break destructive patterns of behavior. Before you can go to work on that, you need to identify the behaviours that you consider destructive to your intentions. To do that, you need to be willing to sit with yourself and be honest in listing these. Without judgement and opinion, be an observer and list them. It does not mean anything about going to work on them yet!

48.

Break out of the mould. You and your life experiences are not set in stone. Look at your past and all the deviations along that journey. See what is yet possible. Some parts of your journey you orchestrated and at times, you allowed yourself to be directed by others. Can you learn from that past and use elements of your past to construct a future that is fully directed by you?

49.

Break your goals into several manageable steps. Often we procrastinate because a task appears too huge or daunting. Reduce the size of tasks into small, manageable steps and you will find yourself accomplishing your intended outcomes almost by accident and with much greater ease.

50.

Buckle up and get to work. You have likely read lots of information and are using many techniques for manifestation, visualization etc. However, are you remembering to do your share? There's a time for everything and you will need to get your hands dirty if you want to accomplish even half of what you say you want to achieve. I once heard someone say, "they have never heard of a big bag of money fall on anyone's head while they were meditating!" :)

51.

Call a spade a spade. Until you get honest about what is 'really' going on, you will never change any circumstances into scenarios that you actually desire. Observe any addict in the midst of their addiction and you will see someone who denies they have a problem. What is your 'pay-off' for lying to yourself and keeping things at status quo?

52.

Can you change the pattern of chatter in your mind? As in the words of Mahatma Ghandi... Carefully watch your thoughts, for they become your words. Manage and watch your words, for they will become your actions. Consider and judge your actions, for they have become your habits. Acknowledge and watch your habits, for they shall become your values. Understand and embrace your values, for they become your destiny.

53.

Catch yourself complaining. Do you habitually complain and are at a point that you do not even consciously distinguish that something you have said, is a complaint? Be more aware of your speech patterns and change the ones that you notice, are destructive. Use empowering phrases as your replacements.



*"The master has failed more times than the beginner has even tried."*

*-Stephen McCranie*

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54.

Celebrate You! If there were a "National ...[your name] Day" what would be included in its celebration? Plan such a day and get to know yourself better by having some real fun with this imaginary exercise. Ask some closest friends to help you. Maybe they would like to create their own too.

55.

Challenge your perceptions. Also, challenge the perceptions of others. There is no 'right' or 'wrong', there is only 'what is right now'. What empowering interpretation could you apply to a circumstance that is causing you problems today? A shift in perspective may just bring to the fore new solutions to an old problem.

56.

Challenge your personal viewpoints. Remember that your perspective on anything is only one opinion. That includes your opinion about yourself. Every now and then, 'put on another colored pair of glasses' and see the world differently. You may find some brand new perspectives related to an area in which you were previously stuck. "If in the last few years you haven't discarded a major opinion or acquired a new one, check your pulse. You may be dead." - Gelette Burgess

"There are only a few people in this world who will stay 100% true to you, and YOU should be one of them!"

*-Marc Chernoff*

57.

Change the box, redraw the lines. Pretend you have just 'dropped out of the sky', into this time in your life. Look at it with brand new eyes and thoughts. From the outside, looking in, what do you see? Where would you make the changes and adjustments? What would you include or exclude? What path could you now follow?

58.

Change your habits, change your life! Success in life needs to be deliberately managed. Replace three unproductive habits with three new ones that raise the bar. Success in any endeavour requires a lifestyle change and you could do that all at once! Not recommended, if you are someone who stops all action, when just one small thing gets in the way. A less painful and more long-term sustainable way is to change daily habits, bit by bit. You cannot change a habit by trying to get rid of it. You can replace an unwanted habit with a new one.

59.

Changing direction is not the same as changing destination. Know your intended destination. Be clear about what you want to ultimately accomplish and keep moving toward that. The road may be bumpy and curvy rather than a flat, straight line, and that is OK!



60.

Choose places to be that are of high energy and strength. Whenever you walk into a building or room, ask yourself, "Where is the power spot here?" and sit or stand there. Be vigilant and guard your own energy and power. Constantly observe and notice what works and what does not work for empowering you.

61.

Chunk your large goals into manageable steps. Sometimes we procrastinate on beginning a new project simply because it is so large that it scares the heck out of us. Break it into small, manageable action steps. "Take the first step in faith. You do not have to see the whole staircase, just take the first step." -Dr. Martin Luther King Jr., then.... "Vision is not enough, it must be combined with venture. It is not enough to stare up the steps, we must step up the stairs." - Vaclav Havel

62.

Circumstances change and priorities often change with them. Are you certain that the goals you are pursuing today are goals to which you are still committed? Alternatively, are they simply something you once thought you should pursue and you are only hanging on to them in order to 'be right'? Remember that what you wanted in your 20's are no longer the things that matter to you in your 50's. So, take a little time for reflection.

63.

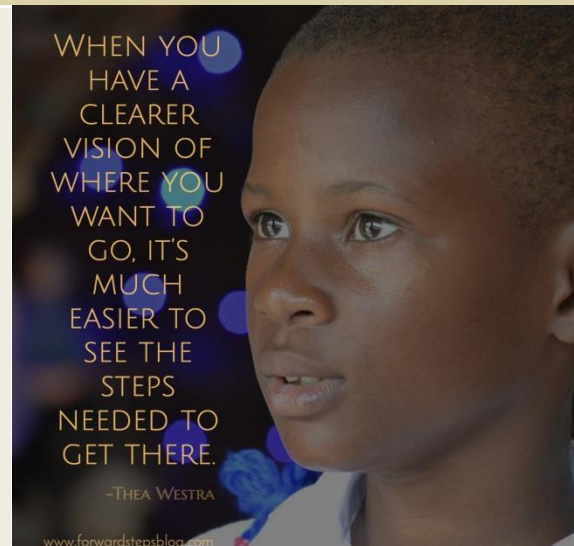
Clarify your vision of your intended outcome with any goal you are creating. Yes, goals are created. They are a choice. To achieve clarity of your vision, write a set of questions that an outsider would ask you if they wanted to know exactly where you want to end up once your goal is accomplished. Answer these questions for yourself and then create yet more questions. Make sure each of your questions are specific and require lots of detail in their responses.

64.

Clean up "that" area of your home or office. You know the one! Each day when you walk into certain areas of your home or office, you will feel either uplifted or an energy drain. If it is the latter, do something about that. Those things around you that take energy will affect everything that you work on today and even the way that you relate to people with whom you come into contact.

65.

Clear your mind, focus on something you appreciate in your life then, make a plan. You never worry about good things happening, you worry about bad things happening. Worry makes you feel like you are doing something to resolve your situation, even though - you are not. It is time to quit overworking your worry.



66.

Collect insights about why you do everything that you do. If you have no clear description for why you are doing something, perhaps it is not something you ought to be doing. Whatever you do may be heading you in a direction that is being determined by another's agenda and not your own. Check in with yourself regularly and confirm that you are going where you say that you want to be going and producing the results that you say you want to be producing.

67.

Collect new evidence about yourself. You likely have lots of evidence for what you believe you can and cannot do, or accomplish. This establishes certain beliefs that you have about yourself. Consider trying a few new things, outside of your comfort zone and collecting some fresh evidence about your capabilities?

68.

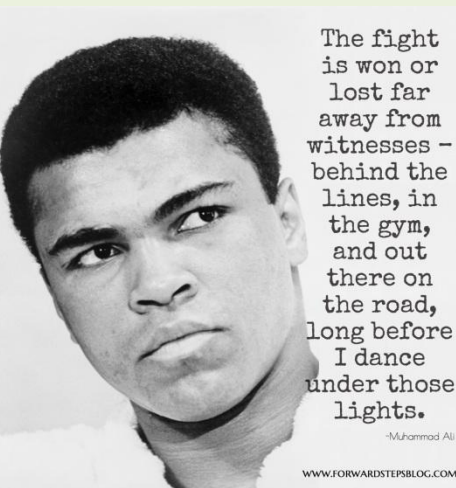
Commit to one new habit. Decide on a new habit and commit to it, rain, hail or shine. Train your mind that your word is law. Whenever you break a promise to yourself, you weaken trust in yourself. You teach yourself that whenever you resolve to do something, it never happens. Over time, you quit creating new goals and promises. Resignation sets in. Therefore, with small, daily habits begin training your mind that what you say, goes!

69.

Compete with yourself, rather than competing with other people. Comparing is a trap. It can so easily be used as an opportunity to beat yourself up because you are "not as good as" someone else. When you experience victories over yourself and your fears or your procrastination then you will feel much more energized to continue taking action on your goals. It will raise your self-esteem and therefore improve personal performance.

70.

Conditions are never just right. Even after you die, there will still be "stuff" in your "in-tray"! You may as well begin now, moving toward what you really want. If you are not yet sure of what you really want for your life, then you could begin 'practicing', finding the answer to that question. 'Regret Minimization' is the name of the game if you have no major goals in mind at this moment.



71.

Confronting our fears is the definition of courage. How fearful you are is determined by what you pay attention to. What do you pay much attention to and what could you do to shift the types of things to which you pay attention to reduce the level of fear that you experience?

72.

Consciously seek out people or places that inspire you. Motivation and inspiration need to be managed just like any other emotion in life. You do have a choice about feeling motivated and inspired. Recall all the times that you were excited to be alive and reflect on the events that produced this feeling. Could you re-create these types of environments for yourself?

73.

Consider another's perspective and perception, when communicating. Are you passive, passive-aggressive, aggressive, or assertive when you are in communication with other people? Step into the shoes of the recipient of your communications before you deliver them. Remember too that communication is a two-way street. Are you listening to what the other person is saying, and not merely hearing what they say while you are trying to think of the next thing to say before they have even finished?

**74.**

Could you slow down a little and relax? Technology is speeding up and so are we. Like most big trends, there is a counter trend. In Europe the Campaign for Slow Cities want to slow things down while in Australia 25% of people say they have downshifted in the last year to readdress their work-life balance.

**75.**

Create a larger vision for what you want to create. Always keep the larger vision in view and the daily actions and decisions will flow. You will know exactly what it is to which you need to say yes and to which you need to say no. When you are clear about your intention then you are clear about what is, and is not, in alignment with your goal(s).

**76.**

Create a personal vision of what you truly want for your life. You do not leave on a holiday trip without knowing or planning destinations and routes. So, what are you doing with the next few years or months, letting it be run by someone else's agenda? Clarity is the source of the types of actions that align with a designed future.

*Your dreams are  
following you  
wherever you go.*

*Listen for their  
call and follow!*

*-Thea Westra*

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**77.**

Create a sense of urgency. Sometimes we just need to "box ourselves in" to get a thing done. For example, I heard of someone who decided to wear a badge that read, "If you see me smoking a cigarette, I will pay you \$100K". This was to change his smoking habit to more health-focused habits. Share your next big goal with three or four supportive friends. You can trust they will regularly ask you how the project is coming along.

**78.**

Create mental pictures. Do you actually 'see' the visions of what you want for your future? There is nothing like involving all your senses when creating goals. Feel that carpet or grass under your feet, smell the aromas of the environments of your dreams. Cut out images from magazines and paste them on a vision board. Get your 'mind's-eye' active when planning goals for your future. Get your body in tune with the success that you want to experience. Notice the 'gremlins' that you need to remove.

79.

Create the outcome that you want. Are you certain that the goals you have set will really deliver on the intended outcomes you are after? If you think you have to get 'this' in order to have 'that', then what you really want is 'that', not 'this'. I sometimes ask people to write five heartfelt reasons for wanting their goal accomplished; often inside of their responses, we would find the truer goal to work toward.

80.

Cultivate the ability to speak your mind. When you speak your truth, others know it, just like you can hear when the truth is being spoken. Think about all the people to whom you are most attracted and whom you love to hang out with, I think that you will find that they are people who say how you really feel about something and always in a way that is appropriate and constructive.

81.

Dare to slow down. Give this one a go today. You may be amazed to find that you actually will accomplish more because you are more "in the moment" when you slow down.

82.

Decide on something today and take an action towards its fulfilment. We get sick of being scared and of over analysing data and information, which leads to indecision and pain. The fact that you commit makes it the right decision. Take a path and commit.



83.

Decide to feel good for no good reason. This is great personal training. Practise going against the grain with regards how you feel. Do something that you do not feel like doing and do it just because you said you would do it. Train your subconscious to know that you are boss and that you say what goes. Rather than being at the effect of external circumstances, happenings, or commentary by others.

84.

Decision-making requires courage. When you make a decision, consider the word "decide" and its meaning: The English suffix -cide denotes an act related to killing. From Latin caedere "to cut, kill, hack (at), strike". In its wider meaning, it may also signify the destruction or dismantling of an object or concept [Wikipedia]. We dislike letting go of options and when you make a decision, you are choosing to let go of something. Do you have the courage to make decisions for your life? It is necessary to 'decide', for you to move forward.

85.

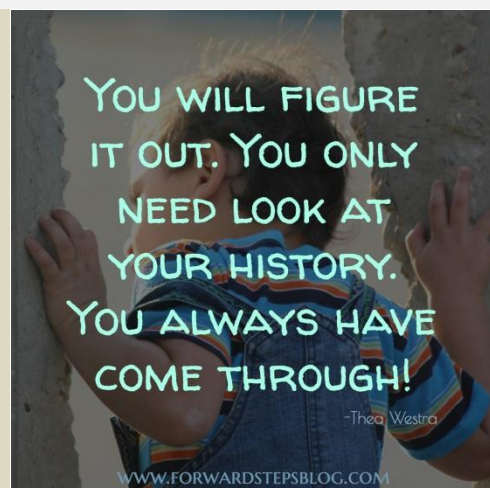
Dedicate yourself to leaving a powerful legacy to the world. Start some work on what this legacy might be. Look at the things that you already know you have accomplished. What are you good at? What do you love? What are you passionate about? About what topic do you notice yourself getting excited in conversations? What activities can have you engrossed for hours without noticing the passing of time?

86.

Demonstrate compassion towards others. In today's busy, fast and throw-away society we can be too quick to judge or form opinion about another. Be a little slower to 'react' and stop for a moment to think about how you could otherwise 'respond' to another person's words or actions. Do you really need to be so quick with anger or annoyance? Do you really know the perspective from which the other person operates and their recent or past experiences that are the source of their behaviour?

87.

Determine which area in your life is not being given enough attention. Look into each of these areas - physical, intellectual, social, career, emotional, and spiritual. Then determine what you are willing to include in each area. Take action this week to set up your schedule in a way that attends to each.



88.

Develop greater patience. Break down your larger goals into bite sized chunks, accept the fact that you are human, recognize and face challenges, be more consistent with your daily actions towards targets, have more compassion for yourself, be generous.

89.

Develop new routines and activities. You must have heard the expression that "a change is as good as a holiday"! Trade, some old habits, and activities, for a few new ones. You will gain a completely fresh perspective on something that you may have grappled with for ages.

90.

Develop your curiosity, ask many questions, and do not know the answers. When we are curious, we are open to growing, we see possibilities, we unleash the chains of rigidity that hold us hostage. When we are curious we lighten up, we flow, we learn, we grow.



Get into  
harmony  
with what  
you want.  
The more  
you do that,  
the more of  
what you  
want will  
flow into  
your life.

-Ther Westra

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91.

Do something different today. You cannot think outside the box when you are sitting in one! Do something that is not 'business as usual' for you. You will be amazed at the new ideas that will simply begin to flow.

92.

Do something for someone else. Are you feeling a bit flat, down or low on energy? Do something for someone else. Surprise someone with a pleasant surprise. It need not cost money. It may be a bunch of flowers from your garden for a neighbor. It could be writing a simple letter or postcard to someone you have not been in touch with for a while. Be courteous when driving, or stop and give a pedestrian right of way. Listen rather than talk when meeting with a friend.

93.

Do something for which you have a passion. Do you know what you love? When was the last time you engaged in your most loved past-times? Create a list of your passions and loves, and then take action in a few of those every month. Time is like money; it is a resource and a tool for our lives when we specifically allocate it. There are plenty around you who are ready and willing to use it for you. Today, you get on the road to deciding how your time will be spent in the future.

94.

Do something for your body and mind today. Unless we have daily practices in place (such as a meditation, yoga, walking, deep breathing, social contact, reading, listening to empowering audios etc.), we may find that our body and mind reserves gradually deplete, as we get busy with our daily "doing". What could you regularly schedule, to raise your energy?

95.

Do something today that makes a difference to December, this year. Do you remember November and December, last year? Sit down and list a few actions that you could take this week that will make a difference to that time of the year for you. Make this next December about being special to other people and not about the mad rush and self-focus that usually takes over at that time.

96.

Do things in the order of their importance. Are the daily activities that you undertake each day, based on their importance to your desired, intended outcomes? If not, when will you begin planning your days with your life goals central to every day's activities? As the saying goes - plan your work and work your plan!

Meditation is  
not to avoid  
society; it is  
to look deep,  
to have the  
kind of insight  
you need, to  
take action.

*-Nhat Hanh*

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97.

Do what makes you come alive. If your days are beginning to roll, one into the other, it is time to do something very different. Think about the last time you really came alive and do one of those things, this week.

98.

Do you have a mastermind group or network? The idea of crowd intelligence is simple: the wisdom of a large group of people is nearly always greater than the intelligence of any single member. Shared interests and conversation spark ideas - and ideas can change the world.

**99.**

Do you have the ability to control or redirect, disruptive impulses, and moods. Learn to "self-regulate". Develop some tools to help you suspend judgment ñ to think before acting. It is important to know what 'programming' gets in your way so that you can rewrite your plan and overcome, or rewrite, those 'programs'.

**100.**

Do you know yourself? Find out the things you really enjoy. How do you know what you are working towards when you do not know what you love? If you wanted to start your own business, what would you be doing so that you get lost in time and are fully engrossed in something you adore? Find out about your personal passions and create them as a hobby or personal business.

*To remember  
who you  
are, you  
need to  
forget  
what  
they told  
you to be.*

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**101.**

Do you put the ceiling on what you can achieve? Raise the bar a little and take an action toward an expanded goal. Break through the self-limiting beliefs with an action that is a stretch for you. Not so huge a stretch that it stops you dead in your tracks with fear. Just enough to get you excited again and in action toward what you truly want for your life.

**102.**

Do you shoulder a whole host of needless responsibilities? Have you said 'yes' to much more than you would have liked? Are you certain that all your activity is part of where you want to be going and part of what you want to accomplish? Perhaps you concern yourself with much more than is necessary. Check in with your daily activities and see where you can reduce the drag.

**103.**

Do you still have something to prove? Who to and why? Do you need to get that out of the way for yourself before you can go forward and 'create' the future that you really want for yourself? Check in and see if your current goals are there because you believe that you still have something to prove or if they are created goals from the heart and passion-filled.

**104.**

Do your very best to clearly visualize and feel. When you have identified what you want to create in your life, you will then need to strengthen that clarity and develop your comfort zone around receiving it into your life. Practising, through visualizing and feeling the experience does that. Our mind does not distinguish between tangible and intangible experiences; they are all real to our subconscious mind. You will also heighten your vibrations in relationship to what you want, and be like a magnet in attracting that to you.

**105.**

Doing nothing is also a choice and will produce particular results. "Security is mostly superstition. It does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure or nothing." - Helen Keller



**106.**

Do not let your old fears imprison you forever. In the words of Anthony Robbins, "The past does not equal the future." To personalise that, "YOUR past does not equal YOUR future"! Check in with yourself when making decisions and choosing. Are you basing it on an event from your past or could this new idea or decision excite you and serve you?

**107.**

Do not wait for inspiration. Go after it with a club! Inspiration happens while you are in action, producing results, having great conversations or searching for information, among other activities. Sitting still and worrying or grappling with "Will I, won't I?" will not attract those inspirations to you. "Life is what happens when you are making other plans." - John Lennon

**108.**

Either do not attempt at all, or go through with it. Make a decision and take the action that should follow, this action can be to drop the goal entirely and feel fine with that or to go full-steam ahead, or to set a specific date and not think about it again until that pre-determined date. Leaving goals, visions, and ideas hanging around like wishes and dreams without follow-through is a sure way to have ammunition at the ready for the next time you feel down about yourself.

109.

Eliminate time wasters. Go for what matters to you. You want to consciously choose activities that support what you want for your life. This also means having clear goals that really matter to you so you can know how best to use your time.

110.

End each day in celebration of one personal victory (big or small). Quit berating yourself for what wasn't done today. You will feel much more successful if you take on board the habit of noticing what was done as opposed to what did not get accomplished. Success breeds success.

111.

End each day with power and acknowledgement of today's accomplishments. "Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be cumbered with your old nonsense." - Ralph Waldo Emerson

Leave no "full stop"  
in between the  
sentences that make  
up your life story.  
If anything, let  
"commas" show that  
when you were  
brought down by  
challenges, you rose  
up with passion and  
moved on again!

-Israelmore Ayivor

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112.

Enjoy what you are doing. You have, right now, the power to choose how much enjoyment you derive from any activity you experience in life. You need to do it anyway so what difference does it make what state you are in whilst involved in the activity? Choosing a positive state of emotion will likely make time go faster and cause you to increase productivity plus do a better job. The people around you will likely be more willing to step in and assist. I am sure you can come up with your own list of benefits!

113.

Establish order in your life. I have two very handy tools (soon available at my Member site) that give you plenty of areas on which to go to work to raise the energy that you transmit. One of these is the Clean Sweep and the other is a list of Tolerations. Write & ask me for them.

114.

Establish your word as "Law". We become so used to sliding out from our promises to ourselves, and sometimes the promises we make to others. Every time we do that, we are training our mind. We are diminishing the power of our words and thoughts.

Read a wonderful, and my most favorite chapter in my most favorite book by Stuart Wilde [www.forwardsteps.info/wordaslaw](http://www.forwardsteps.info/wordaslaw)

115.

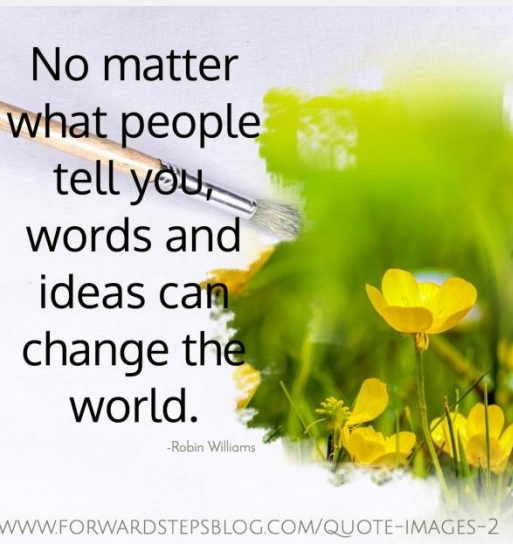
Every day, write at least five things for which you are grateful that day. Each entry in the gratitude journal begins with "Today I am grateful for..." A gratitude journal teaches your subconscious to consistently look for things to be thankful for - even on bad days. In fact, especially on the not so great days! It is important to write the journal by hand and not typing onto a computer screen.

116.

Every person must answer to his or her own reflection. "If you want to take the meaning of the word integrity and reduce it to its simplest terms, you'd conclude that a man of integrity is a promise keeper. When he gives you his word, you can take it to the bank. His word is good." - Bill McCartney  
That includes the promises you make to yourself. Do you know yourself as someone who keeps his or her word?

No matter  
what people  
tell you,  
words and  
ideas can  
change the  
world.

-Robin Williams



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117.

Everyone has the right to change his or her mind. Do you think you are on the wrong track or got yourself into commitments that you do not love? It is perfectly fine to change your mind. Complete what you must and then move on. Take care of any promises that you made to others and learn the lesson from the experience.

118.

Everything in your life is run by a system of cause and effect. Whenever an event occurs, or a circumstance shows up (negative or positive in your perception) look at the source of the event and see where you can transform what is happening if it is currently negative, and identify ways that you could increase experiences in your life that are positive.

**119.**

Expect a magical and special miracle every day. Listen and watch for surprises and miracles. The universe provides for you according to your expectations. If you are looking and focusing on what's wrong then you truly will only attract more of that. Whatever you focus on WILL expand!

**120.**

Expect good fortune. Live from the perspective that the universe is conspiring, right now, to bring you exactly what you want and need. Expect a miracle every day. Feel the joy of living in that knowledge or belief, and often do things or take actions to maintain that state of being for you.

**121.**

Experience "real" life. Are you waiting for "life" to begin? You just need to get some of those hurdles out of the way and need a few things to happen first. The children need to leave home, retirement at work first and then enjoy the things you love, certain amounts of dollars need to be saved, the time needs to be just right, etc. Consider that all those roadblocks ARE your life. When will you choose to experience them fully, along with all the other passing moments?

**122.**

Experience more of the emotions that you want. You get more used to experiencing these and they then become easier to replicate naturally.



Imagine that you are talking to yourself about a regret or mistake, from a compassionate and understanding perspective. What would you say?

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**123.**

Explore and use all possible ways to keep up your mood. People pick up on your energy and gravitate instantaneously. In turn, this will pick up your energy further. Begin the cycle and your environment will match you.

**124.**

External issues are never the source of not being successful. When you look at what's not happening in your life, that you'd like to see happening, take a longer and harder look at how you are the source of what is happening, and that the results showing up in your life are 100% your responsibility. When you really look, you definitely can see how it all originates from you and is sourced in the choices you did, or did not, make.



**125.**

Failure is an event. You are not a failure. Failure is simply a result of some action(s). Success requires courage. "Courage is going from failure to failure without losing enthusiasm."  
- Winston Churchill

**126.**

Failure is, when you do not dare to act, not when you do. "At Happy Computers you are expected to make mistakes. When Microsoft set up their new research institute in Cambridge, the head of the centre was told: If every one of your projects succeeds, you will have failed. No failure means your people haven't been allowed to experiment in unknown territory."

**127.**

Fear has many disguises. It can sometimes look like procrastination, being vague, confusion, indecision, going slow on a project, avoidance, being easily distracted... How does fear show itself in your life, at this moment?

**128.**

Fear is a cautionary sign, not a do not do it', sign. In the words of Jack Canfield, "Fear stands for Fantasize the Experiences that Appear Real. The body cannot tell the difference between the real and the imaginary. There are two ways of dealing with the imaginary. Either one stops imagining and comes back to the present moment or one focuses on imagining the positive".

**129.**

Feed your creative process. Feed your muse. If you feel, that creativity has disappeared from your life it may be that you have been too focused on problems or day-to-day issues and concerns. Break out of the pattern and routine, even only for 10 minutes daily e.g. go for a walk, call a friend, meet someone for coffee, go to that book store you have been meaning to visit for months, visit the art gallery, walk along the sea shore, go somewhere else for your lunch today.

**130.**

Feel great and step out to make a difference globally, today! The flap of a butterfly's wings in Brazil could set off a storm in Texas. Isn't that an amazing statement? The "Butterfly Effect" theory suggests that the power released by a butterfly's wings can amplify over time to eventually affect weather patterns thousands of miles away. Now imagine the impact of 4 million butterflies.

**131.**

Feel more emotions that are positive. Increase the number of times that you experience the positive emotions, such as elation, joy, relief, comfort, enjoyment, happiness, success, fullness, satisfaction, excitement, certainty, freedom, liberty, peace of mind, security, gratitude, personal power, contentment, pleasure, love, passion, support, fascination, trust, positivity, upliftment, awe, richness, abundance, enthusiasm.



**132.**

Feeling good gets you more feeling good. Feeling bad gets you more of that. Take care of your health and mindset. Feeling good is a habit, just as feeling bad can be a well-developed habit. You know what you must begin to include and exclude from your life to increase the good feelings. Now go and attend to them, regardless of what your gremlins are telling you!

**133.**

Find a role model for what you want to accomplish. Better yet, find a mentor. Seek out people who are already living what it is that you are seeking to accomplish. Then get in touch with them and find out what they are thinking and doing differently than you are thinking and doing today.

134.

Fulfilling your life's purpose makes you happy and leaves you satisfied. As quoted by Patanjali, "When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds; your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great and wonderful world. Dormant forces, faculties and talents become alive and you discover yourself to be a greater person by far than you ever dreamed yourself to be."

135.

Focus on the 20 percent that matters. If you are not familiar with the Pareto Principle, enter this term into a Google search and start reading!  
Do not just "work smart", work smart on the right things.



136.

Focus on your intentions and results. Often we create specific goals and then work hard at accomplishing these yet not truly knowing why we wanted them in the first place. This could find you at the other side of accomplishment with a feeling of dissatisfaction that you may not have anticipated. Create a larger vision and have clear, overall intentions connected to the specific goals that you design.

137.

Focusing on regrets asks you to live in the past. You will never see the opportunities in front of you if you are looking back and reflecting on what is behind you. Do you usually drive your car with your eyes on the rear view mirror?

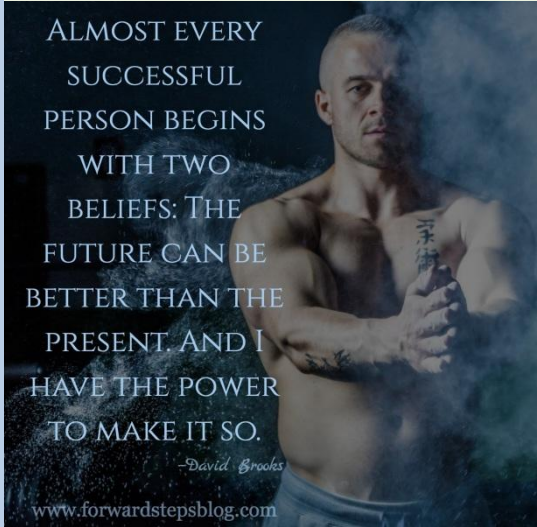
138.

Follow your inner light and listen to what Ralph Waldo Emerson called the "still, small voice within". Listen more closely to your feelings. Are you reluctant to use your own happiness as the standard by which to judge the events in your life? If so, why do you believe that is the case?

**139.** Get a little help from your friends. Are you still doing it all alone? Find some connections who are up to similar things to you and become 'accountability buddies'. Make promises to each other and hold each other to account for achieving what you said you would. It need only be as simple as an email to each other at the end of a day and perhaps a brief phone call at the end of each week. If you find yourself being distracted or procrastinating, that would make a great difference with your progress.

**140.** Get back to basics. Sometimes it is easy to be distracted and prodded or pulled, by various demands, coming from many sources. At times like that, it is worthwhile just taking stock and reviewing your personal goals, then cutting out several activities that are simply not serving you. Go 'back to the drawing-board' and look at what **MUST** be in your life, and which are all the unnecessary little extras that have crept into it!

**141.** Get clear about your definition of success for your life. Have you bought into what everyone else thinks is success? Are you clear about what a successful life, lived by you, would be?

A motivational quote by David Brooks is displayed over a background image of a muscular man. The text is in a light blue, serif font, arranged in a column. The man is shirtless, showing his torso and arms, with a tattoo on his left arm. He is holding a small object in his hands. The background is dark and smoky.

ALMOST EVERY  
SUCCESSFUL  
PERSON BEGINS  
WITH TWO  
BELIEFS: THE  
FUTURE CAN BE  
BETTER THAN THE  
PRESENT AND I  
HAVE THE POWER  
TO MAKE IT SO.

-David Brooks

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**142.** Get consistent structure into your days. You will not be heading in a straight line toward the fulfilment of your personal goals unless you take consistent steps forward. You must put some structures into your days that keep you in focus and on track in the right direction. It is too easy to be distracted, procrastinate, or be run by another's agenda.

**143.** Get enough sleep. "The national sleep debt is larger and more important than the national monetary debt." [Stanford Sleep Disorders Center director William Dement] Test it out for yourself, have one night of great rest, and see how that day goes for you, then have a night of little sleep - compare the results.

**144.**

Get everything in alignment. Does your environment align with your thoughts and align with your daily habits etc.? If something is not aligned with what you say you are about, or with what you say you want to create then, everything is discordant. Begin looking at the areas that need attention so that you are not rolling through life on a set of square wheels.



**145.**

Get insights about why you do what you do. We do many things just because we have always done them, not because we like them. Too often, we stay within our comfort zone of mediocrity. Add a little spin to your life.

**146.**

Get more fussy and choosy. Select your television viewing for the week ahead of time and only watch the selected programs. Turn the television off at all other times. Say no to requests from other people if they involve activities that you would rather not do. Know what you like and what you do not like, then live to it.

**147.**

Get organized with the little things. The more of these you can manage effectively and efficiently, the more space you will have in mind and in the physical realm to move forward with the larger projects and goals.

**148.**

Get the right tools for the job. Once you are clear about where you want to go and you have set targets for your goals, it is time to start looking for everything you will need for getting the job done. It may include specific times for visualization, conversations with certain people, the right speed for your computer, a new web domain, a good headset etc. Begin listing the resources and set yourself up for success. Your lack of resources must never become your reasons for not moving forward.

**149.**

Get to know yourself more each day so that your actions and choices are increasingly aligned with your 'heart and soul'. Get to know your own personal agendas so that there is less and less chance of running your life to someone else's.

IF YOU DON'T  
THINK EVERY  
DAY IS A  
GOOD DAY,  
JUST TRY  
MISSING ONE!

-Cavett Robert

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**150.**

Get up earlier in the mornings to give to yourself. Give yourself some precious alone time, just for hanging out with yourself. It is a time that is free from phone calls and busy-ness, an opportunity to get clear and let thoughts settle before interruptions from outside begin to speed up your day. So many of us jump out of bed and hit the ground running, before we even get into the real nitty-gritty of the day. You cannot give others what you do not have yourself.

**151.**

Get very specific and clear on the future that you want to create. You cannot plan the road map for your journey if you have no idea of your intended destination. You cannot very well plan a detailed road-trip from Perth to Sydney, within Australia, if your intended destination is overseas from Australia to Alaska. Are your current actions and steps taking you to your chosen, desired destination?

**152.**

Get your goals into action mode. After setting a broad, intended outcome for a goal, for example, I choose to create a shiny, bright and highly organized office space with all my tools and information at my fingertips; get yourself super focused with action based targets. Something like, by the end of the week I will have 10 email in-box folders organized, 5 files cleaned up in the filing cabinet, and a new office chair. Structuring short-term activities will help you toward the completion of your larger vision goals, and you will see them more readily as a done deal.

**153.**

Give yourself a new perspective if your energy is low. Imagine you are in a business of your own and things are not faring well. What are all the thoughts that you have when you say the word 'business'? As Dr Phil would say, "How's that working for you?" If you are not producing your desired results, could you attach some new thoughts to the word 'business' or give your enterprise another 'label', one that empowers you?

**154.** Give yourself full permission to "just be" and relax a little! You are invaluable and a treasure just because "you are" and "exactly the way you are". No reasons, justifications, and qualifications needed. No adjustments, fixing, and changes warranted. Now walk, act, and talk like you know that! "Be" the way a person, who truly believes that, would "be" - just because you can - again, no reasons. A Chinese Proverb says, "Tension is who you think you should be. Relaxation is who you are".

**155.** Give yourself permission to feel the way that you do and to make the choices that you need. Generosity of spirit comes easily if you are not afraid to treat yourself well. When giving yourself what you need you will be in a better position to give generously and from the heart, to others. This is not about the kind of giving that is done through gritted teeth and has 'duty' written all over it!



**156.** Have a clear sense of what will bring you success. There is no other way to determine whether your daily actions are taking you in the direction that you desire. You must have clarity. You must choose, you must decide. What are you asking for? Are you sure that you are moving toward what you want?

**157.** Have contingency plans in place. This is especially useful for when you make promises to yourself about completing particular things within set time frames. Know what you will do with those tasks if interruptions or unexpected delays thwart your intentions. Never skimp on promises made to yourself. These create your patterns of behaviour (habits) in relationship to all your goals.

**158.** Have less need to explain yourself to others. You really do not need to explain yourself to others to the extent that you do. There is a lovely poster I saw somewhere a line, which read, "I've seen 'normal' and it ain't pretty". Conforming to the behavior of the majority is not mandatory in life. Give yourself more permission to "be" you. A tree does not explain itself to you, yet its majestic presence is very clearly felt. A fish does not explain to you why it moves in one direction or another, yet it is beautiful to observe. Relax and be more you.

159.

Have the courage to set a big enough goal. Set new expectations for yourself and your life. Often we play small games in life because we have small targets, we have small visions for what we believe we could accomplish. Expand your view and create a few big goals that would completely thrill you if they came to fruition.

160.

Having lots to do is a good thing. Being in overwhelm demonstrates that you are "up to stuff" in your life. It forces you to prioritize and tackle the important, as opposed to the urgent, and forces you to take out the non-effective activities such as television viewing or Internet browsing. When you are busy you are likely expanding as a person, and you are most likely moving toward the accomplishment of some desired targets. You work out ways to be more efficient with the day to day tasks which, in turn, allows you to accomplish yet more in future and to value your time.

161.

Heighten the feelings you generate around your desires. Your feelings are what play a vital role in the manifestation process. Increasing the good vibes that you have associated with any goals or desires, will move you forward in taking action with them, plus will cause others to step aboard too and help you in your quest. Energy is the source of manifestation and you need to increase personal momentum.

You could  
make a  
wish, OR...  
you could  
make it  
happen!

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162.

Help yourself first. Consider the advice that you receive when you fly in an airline...in any emergency, place an oxygen mask on yourself first, otherwise you won't be able to help anyone. Similarly, with any first aid training, you must check for dangers to yourself first. Again, that is because you are ineffective in helping another when you cause injury to yourself during the process.

**163.**

How ready are you for change? Each time you begin a new project in an area of your life, what is it that stops you or slows you down after a brief period? Find out and put something in place to manage these blockages. Whether these blocks are physical or imagined, they need strategies for moving through them to go where you are going.



**164.**

Identify where you went off course. If things are not turning out as you had hoped, get honest with what went awry. It is not until you can see things, as they truly are that you can make adjustments that will swing you back in the right direction.

**165.**

Identify your bad or unproductive habits. Once identified, gradually begin to replace these habits with the ones that will move you closer to desired outcomes and life goals. Start with one habit that you really want to change. Remember that habits can also include the types of thoughts you repeatedly have.

**166.**

Identify your passions and deep desires. Before you even put pen to paper in writing your goals, get very clear about the things that drive you most, the things that can have you lost in 'the zone' for hours, the things that get you excited and light up your eyes. Your goals need to be goals that will produce a result of true fulfilment when accomplished.

**167.**

If nothing changes...nothing changes! To have different then you must think, be, and do different. If you truly want something to change, decide to be the catalyst for that change. In the words of Mahatma Ghandi, "You must be the change you want to see in the world".

**168.**

If you aim at nothing, you will hit it every time. Get clear about your direction and about your goals. Have targets, create targets, set targets. It is perfectly fine to make them up as you go along. As long as they get you back in action, empower you and make your heart sing.

169.

If you cannot see the wood for the trees, it is time to step away for a bit! "Every now and then go away, have a little relaxation, for when you come back to your work your judgment will be surer; since to remain constantly at work will cause you to lose your power of judgment. Go some distance away because the work appears smaller and more of it can be taken in at a glance, and a lack of harmony or proportion is more readily seen."

- Leonardo Da Vinci

170.

If you seek growth then you must seek change. Personal growth does not happen without change. Change is the only constant in your life on which you can rely. Are you resisting changes? In that instance, what are some tiny steps you could take each day to move you forward and cause you to expand your experience of life? Whether you stand still or move ahead, life circumstances still come at you! Why not have a say in what enters your life?

171.

If you want time, you must make it. We all have 24/7/365. If you want more time then start allocating it and scheduling time to fit the actions and activities to which you are fully committed. If you really look...who is actually "stealing" your time, and while we are at it, your money? Same rules apply. Quit living in the "someday". 'Someday' is not a day of the week!

**No one  
saves us but  
ourselves.  
No one can  
and no one  
may. We  
ourselves  
must walk  
the path.**

—BUDDHA

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172.

If you want to achieve a goal you have set, the most crucial part is to DECIDE to manifest it. Repeatedly I have seen evidence that not only people, but also the universe itself, can sense a lack of commitment to a goal. If your consciousness is divided against itself, do you think it will commit all its internal resources to your goal? Will your subconscious give you all the energy and creativity it possibly could, or will it hold back?

173.

If you wanted to get rich, how would you do it? I get so many queries related to wealth generation. Do you have a list of ideas? Are you taking actions on any one of these? Could you begin today? More important than the question, "How would you do it?" is the question, "Why would you do it?"

**174.** If you are not having fun, you are not doing it right. When you are passionate about something you will notice your voice raising a pitch, the speed of your talking will increase and your heart will beat a little faster. Your eyes have aliveness about them and you could talk for ages about the thing that holds your heart. Your passions include the things on which you could spend hours of your time yet barely notice the time passing. Can you distinguish what some of these passions are for you?

**175.** If you are an entrepreneur, you are paid for outcomes and results, not hours spent. Create your weeks, months, and days. Know what you will accomplish at the end of each, and set targets. Determine the actions that you must take to accomplish those targets. Then focus only on achieving those outcomes and those results. For every action, be clear about why you are taking that action and how that activity will move you toward fulfilling your desired result.

**176.** If you are not going all the way, why go at all? Are you living life, and taking on projects with 'one foot on the brakes'? Think about what is the source of your hesitancy. Perhaps the things to which you are committing yourself are not the ones you really want to be running with. Are they 'shoulds' rather than activities you have truly 'chosen' for yourself?



**177.** If you have got something in your life that's not working, get it working or get it out of there. Get real with yourself and take inventory of your daily activities. Look closely at what works and what does not, then be honest with yourself and do something about each of them.

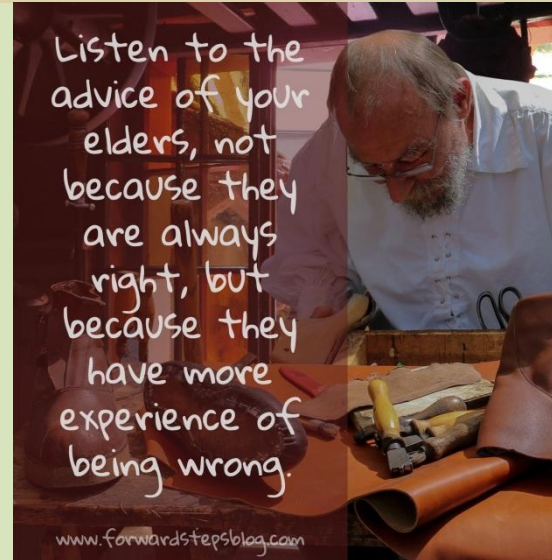
**178.** In some situations, it is better not to take action at all. Non-action is still a choice and still produces a result. Decide what you want and then determine what, if any, action is required. Check in with yourself to see if certain actions need removing from how you spend time, to produce the result you are after.

179.

In your life, things exist because you breathe life into them. As Dr. Covey says in 7 Habits: "We write autobiographical scripts that we live by". To what are you choosing to give energy and life? Can you shift these priorities to brand new ones?

180.

Increase the clarity of your vision for your designed future. As in the words of Randy Gage, "Mastery comes from confidence. Confidence comes from experience. Experience comes from practice. Practice comes from commitment. And commitment comes from vision...Do the arithmetic backward and you have a roadmap to success. And notice that it all starts with vision."



181.

Increase the passion and desire for your goals. Make a lengthy list of all the reasons that you want your goal(s) accomplished. To raise your energy around the goal and to stay in action when you least "feel" like it, you must have strong desires for wanting to achieve the outcome(s). Refresh your memory why you created the goal. Ask a friend to try to talk you out of ever accomplishing the goal. You will be amazed how passionately you defend your original reasons for going after it.

182.

Increase your power by feeling dynamic rather than fine. If you have watched 'The Secret' or studied Law of Attraction for many years, you will know how important emotions are to the process of manifesting what you want in your life. Always be conscious of your feelings and find ways to heighten the positive ones.

183.

Install support structures. In training children for independence we might install various structures to assist e.g. steps to stand on for reaching the bathroom sink, a special mouth piece on mugs to learn drinking from cups, playing with an older child to model certain skills, name labels on clothing so items are returned. Similarly, when adults want to adopt new behaviors, we may need learning aids to assist us. Consider the possible 'tools' that you could put in place for yourself when you decide to adopt a new habit.

**184.** Is it time to streamline your commitments? Take stock and review all the activities in which you are involved. Is it time to simplify your life and remove a few of those? What do you want more of and what do you want to reduce? Focused action is much more powerful than spreading yourself too thinly. Are you a laser beam or a light bulb?

**185.** Is the universe friendly? Einstein once said that this is the most important question a human being can ask. I can totally see why he would suggest that. If fear has so many disguises then your perception of your world can make or break you in terms of taking on the "big stuff". What is your honest response to Einstein's question?



*Ask for what  
you want and  
be prepared  
to get it!*

-Maya Angelou

**186.**

It is possible to be different and still be all right. Are you still comparing yourself to others? If you want to live your life and your unique purpose then focus on that, and much less on what others are doing or what others think your life should be about. Comparing yourself and your life to others and other lives, is a trap to be avoided.

**187.** It is your choice, it is your life. Yes, things happen and yes, people say things to you. What will you do with them all as they come toward you? You have a choice in whether you respond or whether you react. Notice your thoughts and actions, live with awareness.

**188.** It is YOUR life. Take 100% responsibility and go after what you want. Too many of us live the plans and goals that others have for our lives. Please remember that this space on the planet is yours. What would you love to have accomplished in your time? What will be your personal legacy?

**189.** It is all in the questions that you ask. Should a thought enter your mind about something that you do not want or a concern crops up about a situation you'd rather not see happen in your life then be very sure to ask yourself this question, "Well, if I do not want that, then what DO I want?" Be sure to answer that question immediately, with absolute certainty. The answering of that question is the most important part of the exercise! You want clarity.

190.

It is time for a new idea. We so seldom stop to truly create in our lives. What could you get excited about today and from where could you get a brand new idea for your life, today? Listen to an empowering audio, read a chapter from an inspirational book or have a conversation with an empowered person, then put into practical effect today, just one idea that you glean from your source.

191.

Just be. After all, we are human beings, not human doings. We all get busy. Moreover, without an intention to stay aware we might move through our days on the surface.

192.

Just say "no" to activities and tasks that no longer inspire you! Eliminate energy drains from your life so that you can relax and smell the roses. You only have this time, now. Use it to live 'your' life.



193.

Just say 'no' to diversions and distractions. As you start working on your highest-value activities, all your stress disappears. You experience a sensation of self-mastery and self-control. You feel calm, confident, and capable.

194.

Just say 'yes' to commitments and priorities. Once you can clearly determine the one or two things that you should be doing, just say no to all diversions and distractions and say yes to single-mindedly accomplishing those priorities.

195.

Keep conscious of what you say to yourself - and yes, I will bring up this one tip repeatedly! James Mangan identified about 100 certain single words that are extraordinarily effective when used as an intentional creative thought, to bring about a specific desired result. He called these special words "switch words".

**196.**

Keep things in perspective. At every opportunity see if you can get an objective view of the circumstances in which you find yourself. Check in and ascertain whether you have added "drama" to a situation. Look at what is actually happening and what has actually happened. Observe a situation as if you were a movie camera or a scientist, simply observing, "What is so".



**197.**

Keep track of progress. Sometimes we are so much in the thick of "doing the actions" that we do not clearly see the wood for the trees. Know if you are moving forwards, backwards, or sideways, with regard your goals, by keeping a scoreboard of forward movement.

**198.**

Know peace of mind. Get to know what this is, for YOU. Experience it in your minds-eye and know what it "looks like" and "feels like" for you. No path is the right path if you are not clear on the destination. I keep harping about clarity, however it is the key, and you need to work on that so you can move forward with greater ease.

**199.**

Know that you matter. Notice during your days when it is that you make a difference to another person's life. Look for opportunities to make that difference. You do matter and you are loved by somebody. You are appreciated. You do make a difference.

**200.**

Know what you are good at and do not try to be something that you are not. How true can you be to your own personality, spirit, or character, despite all of life's external pressures to go with 'the masses'?

**201.**

Know yourself and understand what you need. For a week, live the life you were meant to live. I observe many people living the lives that media, friends or family think would be great for them. Check in with yourself this week and listen to what your heart is telling you. Do a few things that are uniquely yours alone, regardless of another's opinion about that. What is important is what you think of yourself.

**202.**

Learn from your mistakes and do not repeat them. Mistakes are not made so that you have an opportunity to beat up on yourself! They are an opportunity for changing direction, and for reviewing where you find yourself along the path toward accomplishing your life's goals. Set up a way to record accomplishments so that you focus on those, more than you do on the hiccups along the way.

**203.**

Learn something new today. Remember when we thought the earth was flat? Yet, now look at what we know about our universe. There is also much that we now know, that we do not know. Stay awake, live aware and never assume or know everything for sure.

Listen to  
advice  
from  
people  
who have  
been  
there and  
done that.

—LAUREN CONRAD

[WWW.FORWARDSTEPS.INFO/LINCHPIN](http://WWW.FORWARDSTEPS.INFO/LINCHPIN)

**204.**

Learn to accept. When someone pays you a compliment or gives a gift, practise saying "Thank you" without adding anything at all, such as "Oh, this old thing", "It is nice, but...", "Yes, however I could have done better, by..." etc. Stick with the simple "Thank you" and resist the urge to negate the compliment or to be coy about receiving.

**205.**

Learn to say, 'I do not know'. Not knowing keeps life interesting and keeps you looking. One of my favorite quotes related to living life this way, is: "The more the years go by, the less I know. But if you give explanations and understand everything, then nothing can happen. What helps me go forward is that I stay receptive, I feel that anything can happen" by Anouk Aimee.

**206.**

Leave some things undone. Being everything to everyone and being everywhere yet getting nowhere? Get real with yourself and make some decisions about the actions that are truly worth your time.

**207.** Leave the world in a better condition than when you came into it. This does not always need to be with large projects that involve thousands of other people. You can do this step by step in your daily activities. Start where you are. Be the change you want to see in the world. If you complain about other people's driving habits, what could you change about how you drive your vehicle? After leaving a public facility, rather than complaining about the mess left by others, what could you do that creates a better environment for the next person who visits?

**208.** Let go of your "all or nothing" thinking. This thought is such a stopper for many people. It prevents us from starting anything at all. Are you a victim of your own thoughts of perfection? Let go, loosen up, and start whatever it is that you want to start. Today!

**209.** Leverage the resources that you already have. Some of you have huge dreams yet seemingly, minimal resources. Take inventory and recognize what you do have available to work with. Sometimes we forget the things that are right under our noses when we are concerned with looking across the wide chasm to our intended destination. Start with gratitude and listing those things then find ways to use what you do have, as stepping stones for moving forward.

**210.** Life can be a game, and games are meant to be fun. Is it time yet for you to stop taking things so seriously? What are the rules you play by, and who made them up? Could that same source, of your current life-rules, create new rules for your life?



**211.** Life is an ever-growing process, an ever-renewing process. You will never have it "all handled" when you die. There will still be items to attend in your "in-tray"! There is no finish line, there is no race, there is nowhere to "get". There is simply, life. Change is the only constant, on which you can count. Learn how to "be with" change and life experiences. Learn how to call up your inner calm and how to be present, and to love all your experiences. Learn gratitude, and experience awe at the beauty of life.

Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.

—OPRAH WINFREY

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**212.**

Life is not a practice game. When will you live your life, the one you choose for yourself? If you are waiting for something, what are you waiting for? What if "that thing" you are waiting for never happens?

**213.**

You will likely have heard the story of the baby elephant being tied up a certain distance from a stake in the ground, and in adulthood it still lives with the belief that, that's as far as it can go. Alternatively, the circus fleas kept in a lidded container and who jump no higher, even after the lid is removed, because they are so used to hitting their heads on the container lid! Lastly, the frog put into cool water that is gradually heated to boiling. The frog, not noticing the gradual temperature change, stays to be cooked. Are you living parts of your life, similar to any of those examples?

**214.**

Quit being someone who believes that the approaching light is an oncoming train! You get to say what that light is at the end of your tunnel. Make it something that gets you jumping out of bed in the mornings. In the movie *City Slickers*, Jack Palance's character, Curly, portentously holds up one finger and tells Bill Crystal there is only one thing to know about the meaning of life. What's the one thing? Crystal's character asks. "That's what you have got to figure out", is the evasive answer.

**215.**

List 12 new habits, one to start in each new month of the year. You change your life habit by habit. Replace the disempowering habits and routines with new ones that move you toward the lifestyle and results that you know you want.

**216.**

List the things in your life that need immediate attention and take action on each. The things about which you procrastinate will get in the way and be a burden in the moment that a brand new and exciting opportunity shows up. Take care of those things to which you can attend today so that the space is cleared for creativity and for miracles to manifest.

**217.** Listen to your built-in truth detector. Everyone has one of these. You may be a little rusty in using it. Therefore, make a practice today of noticing the detector and listening to what it is telling you. Follow YOUR heart.

**218.** Listen to your hunches and intuition. When I look back, at pivotal turning points in my life, I notice the number of times I'd not listened to my inner voice, and instead, took action based on a well-meaning advice from friends. In retrospect, and with 20/20 hindsight, I see it may have served me better to stick with my initial 'gut instinct'.

**219.** Listen, listen, listen and then...listen some more. Hearing is not the same thing as listening. Listening means using all of the senses that you have available to you and shutting off your own chatter. Mostly when we listen to others, we "chatter" opinions, judgements about what is being said, or we are devising what it is that we are going to say next.



**220.**

Live by The Code with Ten Intentions For A Better World. The Intenders of the Highest Good show you how to set your intention to have that which you desire come to you as easily and effortlessly as possible. They have a brilliant Code of Conduct poster at [www.forwardsteps.info/conductcode](http://www.forwardsteps.info/conductcode)

**221.** Live like you are a living magnet. Know that the law of attraction is at work in your life whether you use it to advantage or not. Your thoughts will begin to attract to you what you think about most. Start living in that knowledge, and work on thought replacements that will move you towards what you want for your life. Quit thinking about what you do not want, and start taking the actions for what you do.

**222.** Live more consciously. With each action, know what is your intended outcome. Get clear on why you choose take the actions that you do, why you have the habits that you do, why you think the thoughts that you think. If what you are doing is not moving you towards the results that you desire, then it must be moving you away from your intended outcomes.

**223.**

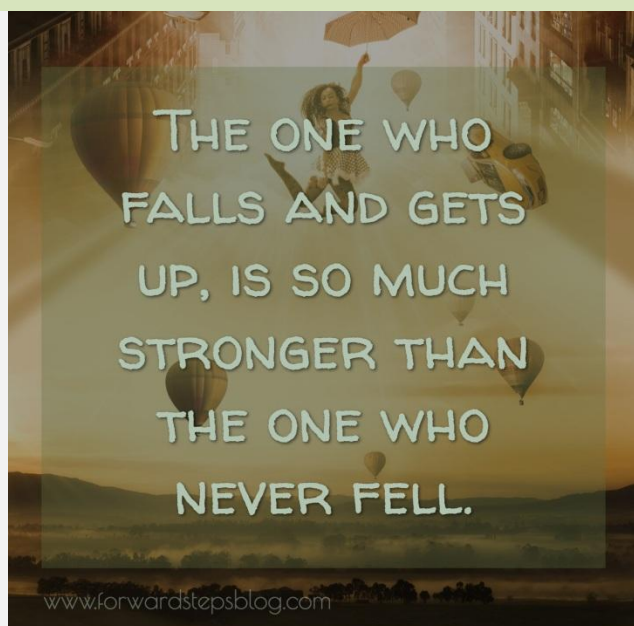
Look around for all that you really can do without. These can be tangible objects, people who take down your energy, activities that are time wasters, or thoughts that leave you feeling disempowered. Now start weeding, a little day-by-day.

**224.**

Make a list of those things about yourself that you consider being good qualities. We all need to occasionally counter-balance those negative, berating things that we say about ourselves (consciously or unconsciously), thousands of times per day. This exercise is a terrific way to remind yourself of who you really are. Give yourself a huge pat on the back after you have completed your list.

**225.**

Make a positive difference to someone else today and once every day. Thinking about someone else gets you out of your own head and into someone else's life for a few moments. Give yourself a break and a buzz of 'feel good' vibes. It need not be large. It could simply be a phone call to somebody you have not spoken to for ages.



**226.**

Make arrangements and set aside one day that is 100% selfishly, for you. You are allowed to pull away occasionally and pause for reflection! In fact, it is a brilliant tool for expanding creative thought. You have likely experienced an idea for your business or project popping into your head, when you are participating in something totally unrelated. So you know what I am talking about, now...go and have that break!

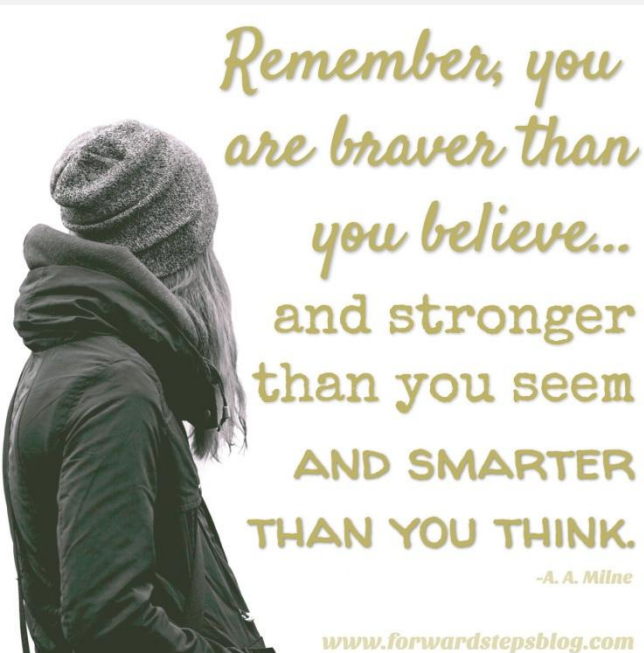
**227.**

Make Feng Shui a part of your life. Feng Shui (pronounced fung schway) is, in simple terms, the ancient Chinese Art and Science of placing things in our immediate environment in such a way as to improve our health, balance, security, and prosperity. The key to good Feng Shui is in the movement and flow of energy, or Qi (pronounced chee.)

**228.** Make progress every day. To accomplish your personal goals, you **MUST** take action. I see many people wishing and hoping yet not taking even the first step toward their desired end-result. Think of one thing you could do today that will move you a step closer, even if it is making a list of things you need to do toward achieving a goal. You will not achieve if you do nothing.

**229.** Manage your priorities. Not having enough time is not a fundamental truth. It is purely a symptom of how you manage your personal priorities and where you choose to direct your energy. Reduce your commitments, or increase your requests of others. Learn to say yes or no effectively, to match your highest priorities. If something is working, improve it and expand on it. If something is not working, get it out of there!

**230.** Many problems do not exist except in our imaginations. This week, see if you can only deal with what is actually in front of you and within your realm of influence. Leave any 'worry' that will produce no result. In fact, when has worry actually ever produced a result, other than a negative impact on your body? If you are a "worry wart" then allow yourself a specific, limited time slot for worrying, then move on, and get into action on something!



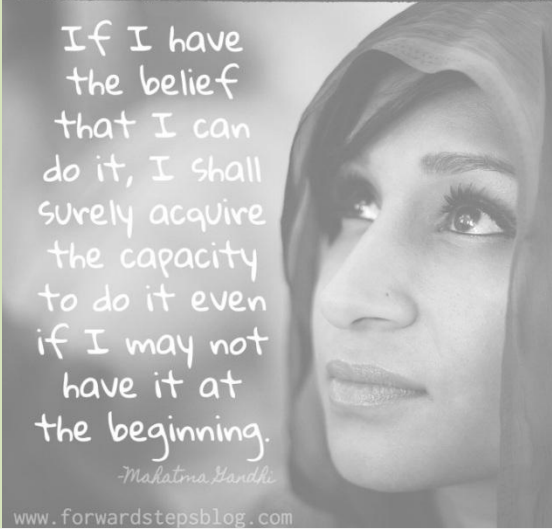
**231.** Master the art of making choices. Write down three areas where you believe that you feel you "have to do" or have "no choice" in a situation. For each item, answer the following questions: Why do I believe that I have no choice? What do I want? How am I going to achieve it?

**232.** Mind how you phrase your goals and all language that you use. "Whatever is expressed is impressed. Whatever you say to yourself, with emotion, generates thoughts, ideas and behaviors consistent with those words." - Brian Tracy

Miracles are not accidents. "My philosophy is that not only are you responsible for your life, but doing the best at this moment puts you in the best place for the next moment." - Oprah Winfrey

**233.** You put something in motion by saying certain words, thinking certain thoughts and/or taking certain actions. That in turn gets wheels turning and cogs rolling, towards what is showing up in your life today. It is all sourced in something that you started weeks, months or even years ago. The butterfly effect.

**234.** Mistakes are a part of being human. Allow yourself a little room for errors. Quit being so hard on yourself and ask often...in 100 years from today, will this really matter?



If I have  
the belief  
that I can  
do it, I shall  
surely acquire  
the capacity  
to do it even  
if I may not  
have it at  
the beginning.

*Mahatma Gandhi*

[www.forwardstepsblog.com](http://www.forwardstepsblog.com)

**235.** Motivation is not a one-time deal. You cannot go to the gym one time to build a gorgeous looking body. You cannot go on a diet one day to provide the energy your body needs. Similarly, you cannot just motivate yourself one day and that will last the distance for life. Continually feed your mind with empowering thoughts and fresh ideas.

**236.** Move toward your desired lifestyle one new habit at a time. You may transform overnight and 'morph' into that desired persona or lifestyle. It is a rare occurrence though! Consider how you got where you are today. In that very same way, you can get to where you want to be.

**237.** Move yourself to inspired, rather than forced, action. You have probably come across this saying, many times - "Success is not the result of spontaneous combustion. You must set yourself on fire." It is up to you to change your perspective on things if what you see is not to your liking. List three things that you do not enjoy about life now and put a different spin on each so that your glass is half-full rather than half-empty on each of those three issues.

**238.**

Negative thought? Ask and answer: "So, what DO I want?" Rather than complaining or wondering why, simply ask your self that question: "Well then...what DO I want?", and answer the question of course. This way you will cause yourself to switch your focus on the intention rather than on a negative. Remember that, whatever you focus on WILL expand!

**239.**

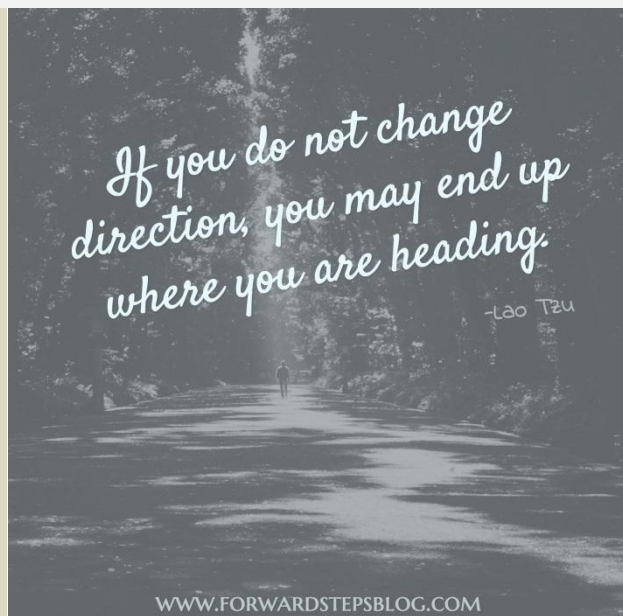
Never blame another person or external events. There is no 'blame'. There are only actions and results. Give power back to yourself and keep things in perspective. How were you the source of events in your life and how can you now respond to make a positive difference to current circumstances?

**240.**

No matter what your present circumstances, the first step to achieving any goal is your whole-hearted commitment. Until one is committed there is hesitancy, the chance to draw back, always ineffective. Concerning all acts of initiative there is one elementary truth, the ignorance of which kills countless ideas and endless plans. That the moment one definitely commits oneself then providence moves too. - Goethe

**241.**

No one can insult or hurt you without your permission. Mind how you interpret events. All your thoughts about any event or conversation are simply your interpretation based on experiences. Bring a new, empowering interpretation to the new event or conversation.



**242.**

Nothing in life arrives by luck or accident. Take on board this belief for one entire week and see how differently you live the moments in your days. You may find yourself being much more aware and deliberate with every thought you have and every action you take.

243.

Nothing is too good to be true. Keep your dreams alive. Talk about them often, create visual displays, have pop ups show up on your computer, stick post it notes all through your calendar, send letters to yourself, create an audio of yourself sharing about your greatest desires, keep taking the actions forward toward your end target. We can so often be our own greatest roadblock to our success.

244.

Notice how often you ask your 'head' rather than 'heart'. Sometimes we do things because we believe it is the "right" thing to do or the thing that we "should" do rather than the thing that really lights us up. Check in with your heart for why you might be taking certain actions.

*The person  
who does not  
carry his  
desires into  
action is only  
a dreamer.*

-Theron Q. Dumont

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245.

Notice the Law of Cause and Effect in your own life. When you send out good vibes there is nothing you can do, to prevent them from getting back to you. Similarly with the bad ones! Continue to practise appreciation and when you least expect it, your negative moments will disappear.

246.

Notice what you learn. Have you ever said to yourself, "I wish I knew then what I know now"? What are some of those things that you know now, and wished you had known then? Can you get in touch with those lessons and make full use of them today? Will a piece of your past knowledge make a difference to some of the decisions that you will make for yourself today? On the other hand, do you ignore the lessons?

247.

Now is the perfect place to start. ...And, if you are waiting or holding back, of what is that really a symptom? It is a symptom, a signal that something needs exploring and further questioning. If you are not taking the first step, the first action, then find out what is going on within you that's putting on the brakes.

**248.**

Observe, rather than judge. Practise this and after a while, it will be your usual way of responding to your environment. You have a choice as to whether you react or whether you respond to life's circumstances. When you are not judgemental and come more from a place of 'observation' then you are more likely to 'respond' rather than 'react' and overall, you will feel more at peace.

**249.**

Often, ask and answer the question "What End Result Do You Want?" If I can give no authentic response to that question then I must be living from someone else's agenda. It cannot be any other way. My thoughts and activities cannot have been allocated a specific focus if I find myself aimlessly bobbing on the waves.



**250.**

Operate from where you want to be. Have the end in mind, as you move through your day-to-day activities. "Be" the person who already has or does what you are working to create for the future. Stand in the result as though you are already there. You may find that you make very different decisions about some of the things that "come at you" during the course of your current day to day.

**251.**

Pause and reflect. When I was teaching, it was important to include activities that allowed my students to have reflection time on what they had learned. Give your mind time to connect all the pieces when you are beginning or exploring any new ideas or projects. When you allow that space, you will be amazed at how much work your subconscious does in the background when you stop the frantic activity for a little while. You will have new creative ideas come to mind more easily.

**252.**

Pay attention to the 'coincidences' that occur today. You may be surprised to learn that 'there are no accidents' and that 'you cause your own luck'. There is a lot for which you are directly responsible in your life. This may be good news to some of you and perceived as bad news to others. What could you do today that will increase the "luck" and positive 'coincidences' in your life?

**253.** Pay yourself first. This is not just simply in monetary terms. You cannot give away what you do not have. Is there a plentiful supply of love for yourself so that you can love others? Have you given yourself a little relaxation and breathing space so that you could nurture the soul of another person? Check in with yourself for what you need and give to yourself today.

**254.** People can only guide and help you but you **MUST** choose and act yourself. Are you waiting for permission from "someone" to give you the "go ahead"? It is time to get real, to wake up and recognise that **THIS** is **YOUR** life. It is the only one you will have (though you may believe in reincarnation and you are waiting to live in that future). What will you do with the today that you know is available to you now? Make firm decisions and act on these personal decisions.

**255.** People who are crazy enough to think they can change the world, are the ones who do. Are you crazy enough to think that you can impact this world's future? What is it that you would like to see changed. Start taking a few actions in that area. What could you do today to make a change?



**256.** Pick more daisies! If I had my life to live over, I would dare to make more mistakes next time. I would relax, I would limber up. I would be sillier than I have been this trip. I would take fewer things seriously. I would take more chances. I would climb more mountains and swim more rivers. I would eat more ice cream and fewer beans. If I had to do it again, I would travel lighter than I have. I would start barefoot earlier in the spring and stay that way later in the fall. I would go to more dances. I would ride more merry-go-rounds. I would pick more daisies - Nadine Stair

**257.** Do something that will take you out of your comfort zone and that will make you feel wonderful for having challenged yourself and surpassing your image of yourself. You will find that your personal growth expands exponentially when you make this a regular practice in your life.

**258.** Place less (or no) emotion into having things. There is not enough money in the world to make you feel secure. The function of money is using it. It is a tool to buy experiences. Know what experiences you want to create for your life, determine your purpose in life. Have clear goals for collecting money. How do you want to use it when you have it?

**259.** I have come across so many who live their life while looking in the rear view mirror, rather than looking through the front windshield. Enjoy 'the now', stay with your current moments and savor them, plan your future and create what you want to manifest with inspired focus and gratitude for the gifts you were given today.

*If your only tool is a hammer then every problem looks like a nail.*

-ABRAHAM MASLOW

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**260.** Plan effective forward steps. You will not get to where you want to 'get' by accident. It must have a plan. A blueprint for how you will accomplish your dreams. Take time to create your plan of action and then do as your plan says.

**261.** Practice abundance daily. Practicing Abundance requires letting go of stuff, and believing that there is more. Every day, give something, share something, or be a bigger person because you know there is enough to go around. Each act of generosity on your part sends a signal to the world that you are in touch with your Abundance.

**262.** Practise silence today. Can you listen to someone else without your own internal chatter? Without thinking of the words that you will say next, when they stop talking? Without your commentary, opinion, or judgement about what they just said? Could you really hear what they are communicating including the 'bits between the lines'? Give it your best shot today... Remember, 'hearing' is not the same thing as 'listening'!

**263.** Prepare the way, so that in the next 12-months can hit the ground running. Do you often declare a resolution for the New Year and then nothing comes of it? Be a little different this year. Set up a time to list at least 100 accomplishments for last year and then prepare a plan for action for the next 12-months, to accomplish what you want for that year.

**264.** Priorities come before goals. You need to have as much of a clean slate as possible before you have space to create. It may be worth perusing the Clean Sweep program before moving ahead with new goals and targets. You will move forward with greater power.

**265.** Productivity is not the same as check marks on a list. Your actual results toward fulfilling your desired outcome, count. You may have spent 10 minutes to achieve a confirmed appointment for a personal 2 hour visit with Oprah Winfrey, yet spent 3 days on writing a single article for publication. On a checklist they have equal weight, however in actual results, which action do you believe will move you closer to your wanted end-result?

**266.** Put your beloved gadgets back in their proper place. Decide on the purpose of your email service, why you originally purchased a mobile phone, what was behind you getting a faster Internet connection, etc.? Are you running them for their intended, original, and main purpose, or are these gadgets running you? Time to get back to viewing these as tools to serve your over-riding, initial, and main goals. Get back to basics.

**267.** Put your dreams into motion. Nobody else will do this for you. It is your dream, no one else's. Who has the greatest self-interest in seeing that dream come to fruition? Take deliberate action steps this week toward what you envision for your personally designed future.



*Failure is simply  
the opportunity  
to begin again,  
this time more  
intelligently.*

-Henry Ford

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268.

Put yourself in the driver's seat. Take a closer look at where you say you want to go and where you are actually heading. Are you driving or being driven? Are you a passenger or do you have your hands on the wheel? Are you in possession of a road map or are you wandering and wondering?

269.

Putting yourself down reduces the effort you put into your other aspirations. Control and blaming others is really related to self-esteem, which is one of the qualities of high-performance people - they will create situations in which they are always building on their self-esteem, their attitude and reputation with themselves. One of the things that detract from self-esteem is blaming someone else, giving your power to someone else - blaming the weather, blaming this, blaming that. High-performance people do not do that.

270.

Question everything. Are you sure that you are 'right'? Your patterns of daily behavior are determined by your beliefs. Altering your beliefs causes breakthroughs in behavior, habits, and thought patterns.

WHAT DO YOU  
MEAN, FAILURE?

I never had a failure.

It was all feedback.

-Thomas Edison

271.

Quit making worrying a habit. Worrying drains energy. Has it ever produced a tangible result for you? Remember that worrying is not an action! Mark Twain once said, "I am an old man and have known many troubles, but most of them never happened".

272.

Raise your consciousness. Since reality is holographic in nature, when any one of us makes a shift in our own energy field (consciousness,) the effect is felt throughout the entire collective energy field of humanity. That is why when we do something to raise our own consciousness, we raise the consciousness of humanity and contribute to its' awakening. Your individual contribution therefore is extremely valuable and important.

**273.** Raise your standards. That does not mean, be a snob, or think you are better than others. Rather, become someone of value to others. Strengthen yourself inwardly and in your external environment, so that you have more to contribute. Learn and grow. Do something every day that expands you as a person and that increases your opportunity for personal happiness.

**274.** Ramp up your sense of personal purpose! If you are dragging your feet, and finding daily life uninspiring, or your personal projects are just not moving forward at sufficient pace then get back in touch with why you are doing any of what you are currently doing. Get reconnected with your original insights, the ones that got you started, and the ultimate outcomes you want to achieve. Create a new display for yourself, to remind and energize you each morning.

**275.** Learn to recognize when your feelings are low energy or high energy. Practise this regularly and practise shifting your energy. You do have a say in the matter. It only takes practise, with living consciously, with being aware in each moment.

Stay close to anything  
that makes you glad  
you are alive!

-Hafez

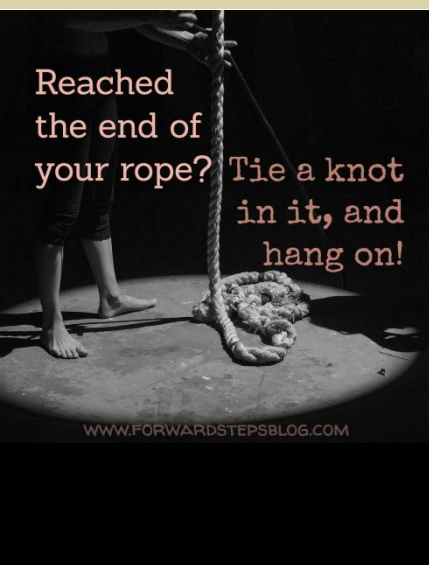
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**276.** Reconstruct your life to better reflect your goals. Success is won step-by-step, habit-by-habit, day-by-day, moment-to-moment, action-to-action. If you just change one daily habit, I will bet that it flows through many other areas of that day. Keep that one new habit in place, and once entrenched, decide on a next habit to change, or include. Continue this pattern of life changing until you become the person who attracts your goals.

**277.** Your state of "being" is something that you choose. Whether I choose to "be anxious" during the next hour or whether I choose "being at ease" for the next hour, changes my perception of what occurs in that hour and shifts how I respond to circumstances, ultimately changing outcomes and my future. When I choose to operate on automatic and merely "react" to what happens in that hour, then that too will produce a particular result.

**278.**

Sometimes we cannot see the wood for the trees. Do yourself a favor and find somewhere to visibly record your accomplishments, large or small (in your perception). It is a terrific reference for those days you feel unmotivated or a little lost about what you say that you are actually setting out to achieve. Such a list will support you staying in action on a consistent and long-term basis.



**279.**

Replace disempowering thoughts with a power statement. You will not get rid of negative thoughts by focusing on getting rid of negative thoughts! When I say, "Think of a pink elephant" and then say, "Do not think of a pink elephant", what do you see? However, when I say, "Think of a purple unicorn" then where is the pink elephant in that instance? Your mind will not hold two thoughts simultaneously so replace the thoughts that you do not want.

**280.**

Respect everyone and all living creatures. Discrimination comes from your ego's sense of self-importance. Loving yourself and feeling that you are better than others, are two different things. We all share this home called planet Earth and any change you wish to see must first come from you.

**281.**

Reward yourself for even the smallest of achievement. Get your mind and body to recognise subconsciously what you want in your life. Rewarding yourself and celebrating achievements is a way to accomplish that recognition. It is not unlike Pavlov's dogs that salivated at the thought of food each time a bell rang. Your mind and body need to become comfortable with success and recognise it. You will tune in to the activities that bring these feelings and start to automatically develop success habits. Train yourself.

**282.**

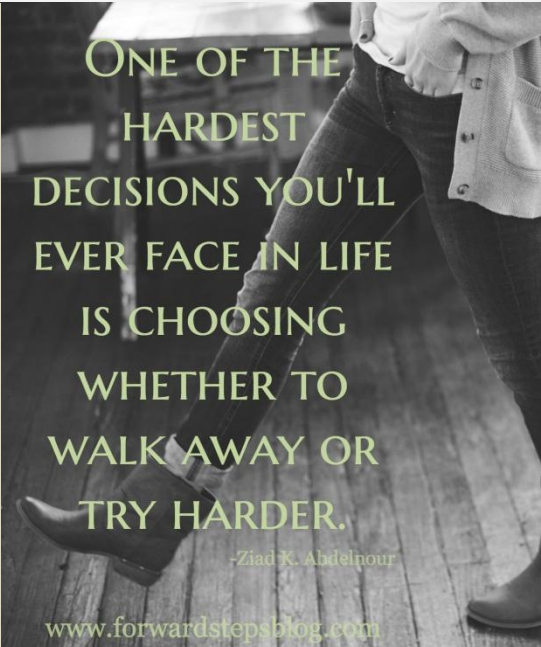
Run your own show. "All the world is a stage, and all the men and women merely players: They have their exits and their entrances; and one man in his time plays many parts." -William Shakespeare. If you are not the one running your show then whose boards are you treading?

**283.** Seize opportunities when they present themselves. I know you have 20/20 vision in hindsight. I am certain that there have been many times in your life when you have looked back and said to yourself, "I wish I had acted on...". What could you put into practice these days, so that you have fewer of those experiences and more of the, "Gosh, I am so glad that I....", type experiences in your life? Get to work on manifesting those now!

**284.** Self-development is something you do (not read, watch or hear). Each time you take actions that step beyond how you know yourself to be, you will cause a breakthrough in that area. Initially it may feel uncomfortable to you. Over time, it becomes a part of you and you cannot imagine life not thinking or being that way. This is how any poor habits formed and it is how you can begin to incorporate positive habits.

**285.** Set a clear, personal intention for everything you do. If you know your intended outcome then your actions will be more direct and in line with the direction in which you intend to go. Action for the sake of action may get you near something that looks a little like what you wanted - know for sure what your target is and you will be much more certain of actually hitting it!

**286.** Set a new standard for yourself. Now...did you automatically assume this means more effort on your part and improving your work performance? If you did, then you have been working too long and too hard. Perhaps you might set a new standard with regard loving your family or loving yourself. A new standard in how you appreciate the gifts of life. A new standard with regard making assumptions and jumping to conclusions!



ONE OF THE  
HARDEST  
DECISIONS YOU'LL  
EVER FACE IN LIFE  
IS CHOOSING  
WHETHER TO  
WALK AWAY OR  
TRY HARDER.

-Ziad K. Abdelnour

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**287.** Set an intention for each day. Select a thought and make it your theme for the day. Leaving it to chance where your mind wanders will only serve to give you more of what you already have. Live consciously. This takes practice.

**288.**

Set aside time for yourself. We do this so rarely in a busy life like ours, yet a few moments of stillness can refresh our whole outlook and replenish creativity. It seems that appointments with others take priority over appointments with our self. Make an appointment for an important and "not to be missed" meeting, with yourself, every day.



*Hey you!*

**DON'T GIVE UP, OK?**

You're allowed to scream.  
You're allowed to cry.  
Just don't give up.

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**289.**

Set meaningful and achievable projects for yourself. Be certain that the types of projects you set, are not another tool for you to slink away from accomplishing them. Your goals need to hold a lot of meaning for YOU personally and need to be feasible for the time line that you set yourself. For example, before becoming a millionaire, become a thousandaire, before becoming a thousandaire, become a hundredaire!

**290.**

Setbacks hurt when you focus your mind on the pain. Pain is a process and that is good news because even if you cannot stop a process you can probably alter it. Second, pain is always at least partially 'in the mind' or 'emotional' in nature. For example, did you know that if you lived in Lithuania you probably would never suffer from whiplash?

**291.**

Sit down and do nothing. When was the last time you were truly silent, completely 'with yourself', and your surrounds? Are you able to sit still for longer than 30 minutes without feeling driven to get up and attend to something that comes to view, or that occurs as a job that 'must be done now'. Practise sitting still and being still, for 30 minutes for several days in a row, this week. If you think you cannot, all the more reason for you to get the hang of this!

**292.**

Sitting on the fence can be painful. It is time for you to throw your hat over the fence. Think about your breakfast of bacon and eggs. The chicken is merely interested, the pig, is committed. Do not be a chicken!

293.

Something is never a failure if you enjoyed the process. Are you enjoying what you do and what you are creating? Your life can be about the outcomes and intentions, however you only have now. Are you "living" the way you would like to "live" in this moment? The end does not necessarily justify the means when it comes to your life.

294.

Speak in the affirmative at every opportunity. Listen to your own language for the level of power it provides. For example, rather than saying, "I won't forget to ...", consider replacing that with "I will remember to ...".

295.

Speak less. Make this a conscious goal for the week. You will be amazed at what you learn in listening to others. Remember that your viewpoint is not THE right one; it is simply another ONE viewpoint among many millions. Hear some of the alternative millions.



296.

Spend your time and energy focusing on what you want. In a safe driving course in which I participated, I was taught to observe the horizon when braking, to avoid hitting a target. If I looked at the rear of the car that I did not want to hit then I would be certain to hit it. Looking beyond the target would allow my peripheral vision to take care of the situation. Similarly, when aiming for goals, look beyond your goal at an expanded vision and provide your sub-conscious some room to manoeuvre.

297.

Spend more time with people who have qualities you admire. The people with whom you associate often will influence your thinking and actions. They are part of the supportive environment that must surround you if you are designing a created future.

**298.**

Spend time each morning to truly create your day. "I am taking this time to create my day and I am infecting the quantum field. Now, if in fact the observer's watching me the whole time, and there is a spirit aspect to myself, then show me a sign today, that you paid attention to any one of these things that I created, and bring them in a way that I won't expect, so I am as surprised at my ability to be able to experience those things, and make it so that I have no doubt that it is come from you." [Dr. Joe Dispenza D.C., taken from 'What The Bleep' movie]



**299.**

Start out with promises that you can, and will keep. If you have been a committed couch potato for the past ten years and you decide to set a goal for completing a record-time run in this year's New York City Marathon, then a logical move is not to run the 42.2km distance on day 1, of your training! Step one may be to buy a high standard pair of running shoes and to map your daily training plan, between today and the day of the race. Then, when you keep that first promise, you can move on to a second promise, etc.

**300.**

Start where you are. Allow. You do not need to do a quantum leap. Know the direction you want to travel and by when you would like to get there, then map out a plan. If it is not feasible and it does not look fun, change the plan so it fits amongst all the other things to which you are committed to achieving. Have some compassion for yourself and be a little generous. Taking daily steps toward the goal will grow your accomplishments exponentially. Just keep taking the steps that you know you need to take.

**301.**

Stay focused on "one thing" if you tend to be easily distracted. So many things can keep us interested and sidetracked from where we say we want to be going. Place reminders everywhere about your primary targets and take actions daily that move you toward those intentions. If you are an easily distracted person, design one, single, super goal and stay on target with that until it is accomplished. Then create another. Juggling several goals may not be for you!

**302.**

Stop fighting yourself! Everything can be gradually changed for the better. Perfection is not the goal, progress is. Are you making progress? Then all is right with your world. Be less impatient and observe what is happening and how you can affect the situation. What actions can you take within your current means and with current resources?

**303.**

If you have been driving home a goal and been doing that relentlessly 24/7/365, yet you are not making as much progress as you'd have liked, then perhaps it is time to declare a break. Sometimes you get a great, inspirational idea while standing under the hot water of your shower? This is because we have relaxed and let go. In your declared break time, truly let go of the goal, as though it does not exist in your life at all. You may be surprised at what shows up which may be a breakthrough in an area of your goal where you have been "struggling" for a while.

**304.**

Stop waiting for answers outside yourself. You already do "know". Trust yourself and move toward your desired outcomes. Each day and moment by moment, you are creating your future with decisions that you make each minute. Wake up and begin to consciously create that future. You have a big say [and should have the biggest say] in the matter of what your life looks like. This IS your life.

**305.**

Study people who have been successful in the area you are interested in. As Anthony Robbins says...success leaves clues. Look for the clues and the efficient strategies that can leverage your success, by observing those who already experience success with similar goals to your own.

Life is hard...  
IT'S BREATHE,  
BREATHE,  
BREATHE,  
ALL THE  
TIME!

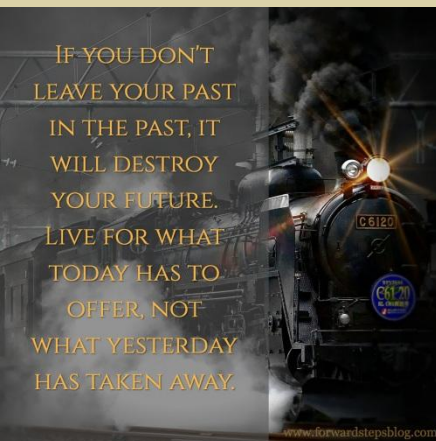
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**306.**

Take a leap! "Come to the edge", he said. They said, "We are afraid". "Come to the edge", he said. They came. He pushed them and they flew. - Guillaume Apollinaire There will be many times in your life when your head says no, yet your heart says yes. Will you have the courage to listen to your heart and follow your own hunches?

**307.**

Take action, now! Are you frustrated by a situation in your life right now? Rather than stewing, brooding, complaining, and wondering... what action could you take today, that would transform that entire area of your life? Before another day is spent, get right to it and take that action, with the proviso that it is an action for the highest good of all.



**308.**

Take at least one step each day towards your dream. Never mind the staircase. Just take the first step! As our good friend, Martin Luther King Jr. would say. Some days you will accomplish more than others. Be sure to include at least one action toward a personal goal, every day.

**309.**

Take care of yourself physically, with good nutrition, rest, and exercise. When I plan a long journey from one end of Australia to the other and decide to drive in my car, would I simply take off without preparation and giving that car the best possible treatment? On route, there would also be vehicle maintenance items to manage. Then why do I believe that I can take a goal filled journey of 70 to 90 years without attending to the 'machine' that's supporting my life journey?

**310.**

Take the time to build and fortify your personal foundation. Do you spend 90% of your time 'putting out fires' and only 10% for planning or doing what you truly 'want' to be doing. What are you manifesting? What are the results of your life up to now? Are these congruent with your core values and what you want for yourself? Who are you at your core? Are you living in integrity with who you are? What drives you toward your behaviours? What determines your actions?

**311.**

Take time this week to make a list of the activities you had planned to do someday and give at least one of the items a deadline. Remember that "Someday" is not a day of the week! Imagine reaching your older years (pick any age here...), looking back at your life and having not even one, single regret.

**312.** Take time to note a milestone (regardless of its size). When creating actions to accompany goals, remember to note the milestones along the way and to celebrate these. It is a reminder that you are on the right path and that you are making progress. Particularly useful for those times when you feel that nothing is happening.

**313.** The little things? The little moments? They are not little. Look back over the life you have already lived. What do you see? Very often, it is brief moments. Very often, they are the little things and the little moments. Now...guess what will be there when you are 96 years old and looking back over the life you lived? Again, I would assert it would be a collection of "moments". What moments are you creating today?

**314.** The mind is for creating actions, not for storing them. If you are in overwhelm then you might need to examine for what you use your mind. Use calendars or other capture tools for your plans of action. Trash anything on which you know you are never going to take action. Use external tools for managing your actions.



**315.** The more specific you are in recording what you want to manifest, the better. Detail is vitally important. Collect pictures, draw a diagram, go out, and experience what you want e.g. test-drive that car you desire, write a list of exactly what you want. Take a great deal of time for this. Do not compromise, remember, you get what you ask for!

**316.** The more you fear, the more you draw fears to you. Focus rather on what you can do and will do. Stretch these bit-by-bit and step-by-step. Learn to trust your feelings and your own opinions. After all, the opinion of another is only another 'one' opinion. No more or less in value than your own opinion.

**317.** The only 'real' problem you ever have is, how you think. I have the personal power to change my perspective on any situation in which I find myself. If I am unhappy with the interaction I have just had with another person then I need only look to myself and ask - what could I have thought that would have changed entirely how that interaction evolved?

**318.**

The subconscious mind only understands the present. Record your goals in the present tense. If you say that success in an area is "just around the corner", guess what? It will always remain so..."just around the corner". Declare everything as though it has already occurred or is happening in this moment.



**319.**

The universe always gives us what is most on our mind. Do you spend much of your energy thinking about and talking about the things you do not like? Then, all that is on your mind is what you do not like and what you do not want. That ensures that you will get more of it. Change those thoughts immediately!

**320.**

The Universe loves speed. This includes the speed of your own personal vibration. The energy that we emit either makes us super attractive and highly visible or else obscure to those around us. There are people who we want to be near all the time and there are those we tend to avoid, and we cannot always quite put our finger on, why. It is all related to vibrational energy.

**321.**

There are many areas of our lives where can make room for success. When your office or desk is cluttered with stacks of papers, where is the room for success? If your closet is cluttered with clothing you no longer wear, where is the room for more? If your garage is cluttered with stuff, where is the room for a new car? When you begin to make room for what you want, it will begin to appear in your life as if by magic. Try it and see!

**322.**

There is more than one way to do everything. When you are feeling trapped, blocked, or stopped - consider all of your possible options. For example, think of the thousands of different ways and places that you could hold a gathering with friends, the myriad of ways you could increase your fitness level, the countless ways you could let someone know that you care. There is always another way to respond to a situation. Allow yourself a little space and time to ask yourself the right question(s).

**323.**

There is no pillow so soft as a clear conscience. Who do you need to speak with? What do you need to untangle? What needs decluttering in your environment? Which outstanding jobs do you need to complete? Go to work on a few of these areas and be amazed how well you sleep tonight. Full satisfaction with the way that you spent your day is a wonderful remedy for insomnia.

**324.**

There is no such thing as 'over-night success'. Yes, I know...sometimes there is, in very rare instances. Success for most comes by way of "one foot in front of the other" and "one step at a time", with a blueprint for action. Do you have your blueprint mapped out? Do you know the "next step" for you?

**325.**

There is no such thing as 'finding yourself'. You create yourself. You get to say who you are and what your life will be about. Start creating and designing that life you desire. Begin today with one step forward.

IT'S IMPOSSIBLE TO  
ANSWER ANY  
SITUATION WITH  
NEGATIVITY  
WITHOUT CASTING  
YOURSELF INTO  
THAT SAME  
SELF-CREATED  
DARKNESS.

*-Guy Finley*

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**326.**

Thinking too long can leave you waiting until 'this' or 'that' happens. If you are waiting for something before taking action, is it possible that you really do not want the goals for yourself after all? Alternatively, is it that you have some fear to challenge? Remember that action conquers fear. So, take an action. Any action, big or small, toward that desired result. Do it today and now!

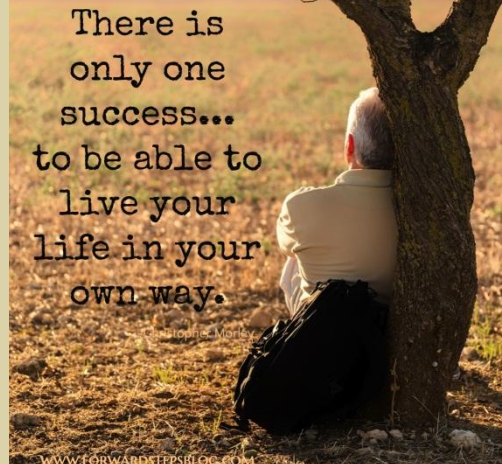
**327.**

This one-day, cannot be exchanged, replaced or refunded. You cannot do it over! How are you going to spend today's minutes? You have been given yet another 1440 minutes, called a day? There is only one to a customer. It is brand new. Treat it in the way that you would a brand new video player, new car, or new pair of shoes.

**328.**

This too will pass. Notice that the only constant in life, is change. You can count on change. If something seems dismal today, the whole situation could turn around in an instance. With awareness of that knowledge, how would you respond differently to some of your current situations?

There is  
only one  
success...  
to be able to  
live your  
life in your  
own way.



**329.**

Though much is taken, much abides. Do you keep looking at the hole and rarely see the donut? I read somewhere that if you earn more than \$3 a day (or per week) then you are more financially wealthy than 50% of the world's population. Develop an attitude of gratitude.

**330.**

Time is that space between cause and effect. That statement may or may not be 'the truth'. However, take it on board as 'true' for this week and see if it empowers you the way that it has me. I felt that it caused me to move forward in a more straight line, in a shorter amount of time, toward the 'effect' that I wanted to produce.

**331.**

Time to review. If time is your most valuable asset then when was the last time you took stock, took inventory? Are you spending it to best advantage and using it toward those things, you say you want? We are nearing the end of a year and I bet you had some things you said you would have in place by end of this year. Are you even half way there?

**332.**

Turn competition into opportunity for growth. We are all human beings sharing one globe. Do you really need to be competitive? Is there a more co-operative view that you could take today? Risk, being extremely generous, towards someone who you consider to be in competition with you? You never know, it may dispel an old belief that is currently keeping opportunities from your door. "A rising tide raises all boats." -John F. Kennedy

**333.**

Unleash your creativity. If life no longer brings you joy then it is time to sit down with yourself again and get creative. What are the things you used to love doing and could again include in your life? What are the things that you wish for in your life and can make a start with this week? What are the things you have not yet thought of and you haven't given yourself some quiet space to let the mind wander so that they appear?

**334.**

Waiting will not do it! People are always blaming their circumstances for what they are. I do not believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can't find them, make them. -George Bernard Shaw

**335.**

Walk away from the 97% crowd. Do not use the excuses that everyone uses. Take charge of our own life. If you say you want something then find a way to take the actions to have that. There is always a way. If you need to start in a way that you perceive to be 'small' then start 'small'. Who you are for yourself will shift and exponentially grow with every action you take toward a desired goal. Simply be clear about the goal and intended result.



**336.**

We always have a choice. There are costs and benefits associated with every decision, there are results and consequences for every action and non-action. It is not so much that we are "stuck" in any set of current circumstances; it is more a case of being unwilling to accept the costs and consequences of moving toward a different set of circumstances.

**337.**

We are defined by what we fear. Increase your level of courage, take action in those areas you say that you want success. Move a little beyond your fears each day and conquer them step-by-step. Consider your first day at school or first day in the workplace and observe how you are in relationship to these events today. Keep moving forward and you will grow into your "success shoes", they'll be a perfect fit soon, even if seemingly a little out of comfort today.

**338.**

We do not 'use' time we 'spend' it. As Wayne Dyer says, "When you change the way you look at things, the things you look at change". Think of time as something that you spend and invest, rather than use. You design your life by the choices you make in the moments. Live aware and choose how you spend your time. You are allocated the same hours as everyone else, so time can never be your excuse.

**339.**

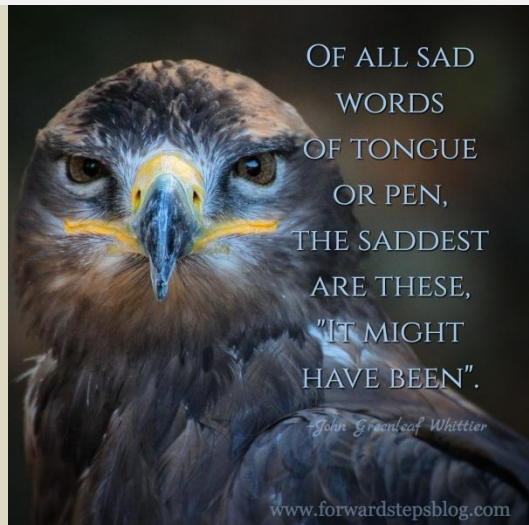
We imagine how we appear to those around us. If you were able to observe your own funeral ceremony, you would likely be amazed at what your friends and family would say in remembrance of you. Take care with what you say to yourself, about yourself. It is only one opinion and it may not be the most objective observation of who you are to those around you. Show a little love, compassion, and generosity for yourself.

**340.**

We interpret events and the actions or words of others. Notice the meanings that you attach to the words or actions of another. They may not at all be how the other person wanted those to be perceived. Many times, we add past experiences to our current day events. Respond to what is actually in front of you, rather than reacting to what you perceive is the situation.

**341.**

What are you hearing? Are you listening to the gremlin that sits on your right shoulder? Why not give it the flick and start listening to the angel sitting on your right shoulder. Thoughts lead to actions and that leads to results. If you are not producing desired results, it is time to change your thoughts



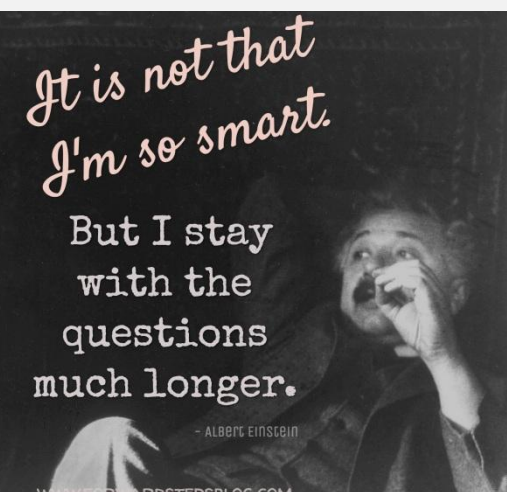
**342.**

What could you let go of, to have more in your life! Many of our accumulations and things to which we are attached wind up cluttering our mind. If you feel heavy and serious a lot of the time, and you have forgotten how to have fun, then perhaps it is time to take a good look at what you could let go of in your life (people, things, ideas, beliefs).

**343.** What is the most valuable use of my time, right now? Brian Tracy suggests that this is the very best question that you can memorize and repeat, over and over. What do you think?

**344.** What is your wiser-self telling you? If you have no answers for your life, then whom should we ask? Having problems getting in touch with what you want or what is next? Try taking on the persona of a higher authority than yourself and ask them. Do a little role-playing and have some fun with it. Maybe even ask a friend to participate, and be each other's gurus for an hour or so.

**345.** What isn't tried will not work. I often hear people say, "I've tried everything, and it didn't work". However, when we really look to see what exactly was tried, and to what extent the person committed to the action for that duration, it is very evident why the things they say were tried, did not work. You know in your heart of hearts whether you gave 100% or 85% and there is a huge chasm of difference between the two. Get honest with yourself today.



**346.** What small step can you take today toward that large goal? Ninety percent of any task is starting it. Ten minutes on a task begun soon turns into two hours on that same task. "The man who removes a mountain begins by carrying away small stones". - Chinese proverb

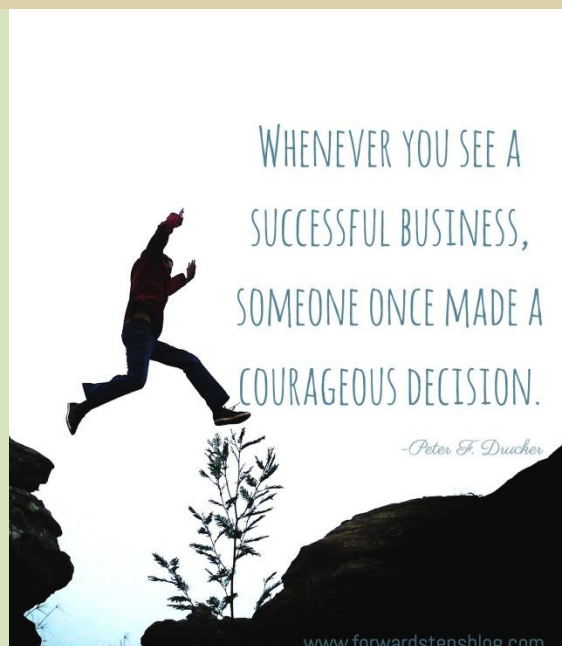
**347.** What the mind dwells upon, the body acts upon. Where is your mind engaged most of your time? If the results and circumstances in your life are not pleasing to you, then change those thoughts. Start getting rigorous with your predominant thoughts and be deliberate with what you think about. This takes practice, so start practising.

**348.**

What you contribute, you will get. This Universe works on energy exchange and it is up to you to determine your contribution. To get full value from your life, you need to give value. If you feel you are not winning at your game of life, begin looking for what you can give rather than what you will take. "If you knew what I know about the power of giving, you would not let a single meal pass without sharing it in some way." - Buddha

**349.**

What you resist, persists. Ever noticed that the harder you wish for something to not come toward you, that more of this 'thing' starts showing up in your life? Move your focus toward what you do want, and truly want. Decide what you want and begin stepping in THAT direction. Quit expressing your goals as things that you want to move away from, and rewrite them as affirmative statements for what you now want to create.



**350.**

Whatever you are putting off, do not put it off any longer. Anything incomplete and anything you are tolerating or putting on the back burner, is slowing your progress and dwindling your energy and enthusiasm. If you feel tired, then I would assert that there are things in your life to which you need to attend and for which you need to take responsibility. What are you avoiding or procrastinating about?

**351.**

What is not a part of you, you cannot see in others! If you find yourself getting annoyed with another's behaviour or being judgemental about another's traits, take a close look at what part of yourself you are in fact rejecting. Moreover, vice versa, if you want someone to display more of a particular trait, look at what you may want to develop in yourself.

**352.**

When something 'works' for you - find the switch, lever, or dial! When something is working and going right, know who you are 'being' and the specific actions that you took to produce that outcome and record it somewhere for yourself. You want to be able to refer back to that "blueprint of a working model" in those times when things are running off the rails.

**353.**

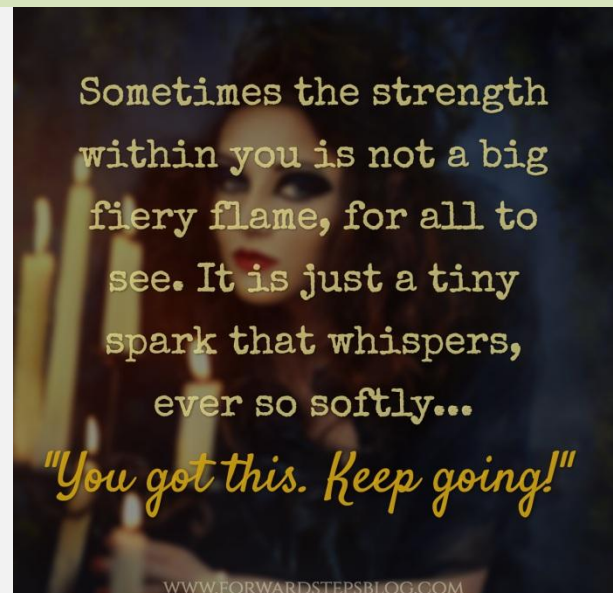
When was the last time that you checked in on your beliefs? If you have not discarded any old beliefs or taken aboard a few new ones then you may be a little disillusioned with the direction in which your life is moving right now. (If it is moving at all). What empowering belief could you accept and use to replace a "fixed" belief that is 'nailing your foot to the floor' and got you at a standstill with regard your dreams? How about putting the 'foot to the floor' in another manner...full speed ahead! Challenge a belief today.

**354.**

When was the last time you asked a young person for advice? Age is not always right you know. Many amazing and very fresh ideas can come from 'the mouths of babes'. Try it. There is no rule that once you hear advice then you 'must' take it.

**355.**

When you throw a pebble into the water, it creates ripples. Know what you want to create as a result, and never wonder about where and how to start. Just start with one baby step, and the rest begins to show up as you go along. You can adjust and revise as you go along. The pond will eventually expand into a lake and eventually your ripples will become waves.



**356.**

Whenever something terrific happens, say to yourself "I love it when that happens!" You want to notice the wonderful gifts in your life and train your subconscious to recognise those and to celebrate those, moment by moment. Remember, like attracts like.

**357.**

Where could you apply the 80/20 Rule? The 80/20 Rule means that in anything, a few (20 percent) are vital and many (80 percent) are trivial. In Pareto's case, it meant 20 percent of the people owned 80 percent of the wealth. You can apply the 80/20 Rule to almost anything, from the science of management to the physical world.

**358.**

Whether you believe you can do a thing or not, you are right. Change your beliefs and the stories that you tell yourself every day and you will change your life. This takes vigilance and being rigorous with your thoughts and the language that you use day to day. Whether you are speaking to yourself or aloud to others, stay aware and speak consciously.

**359.**

Who is in charge here? Are your surrounding circumstances, or well meaning friends and family still leading you? At what point in your life do you think it will be time for you to choose your life's direction? Will you wait for the last minute, when it is too late to even begin? How long do you know you have? How long do you believe you have? Isn't it only this moment, right now, about which you can have any certainty?

**360.**

You can be different and still be OK. "I think the reward for conformity is that everyone likes you except yourself." - Rita Mae Brown

Consider how you respond to those who are themselves and unafraid to be so. Aren't they the people we admire most? Aren't they most happy with their lives? Tension is who you think you should be. Relaxation is who you are.

BE STRONG  
ENOUGH TO  
STAND ALONE,  
SMART  
ENOUGH TO  
KNOW WHEN  
YOU NEED  
HELP, AND  
BRAVE ENOUGH  
TO ASK FOR IT.

-Ziad K. Abdelnour



**361.**

You can only grow as high as you reach. What do you reach for? Are you reaching at all? Are all your days lived in survival mode? Do you have anything in mind for which to strive? "The secret to living the life of your dreams is to START living the life of your dreams." - Mike Dooley

**362.**

You cannot be standing when you are sitting! We cannot be in two places at once, which is why choice and priorities are so important. You must define what your life will be about and set your daily priorities accordingly. On the other hand, will you be swept along by everyone else's agendas?

**363.**

You may become discouraged if your goals seem impossible to achieve. If you are a couch potato and you have suddenly today, decided to be an Olympic medallist in the marathon then please do not attempt to run the full marathon distance on your first day! I think you can see already what I am getting at here. Wouldn't you be so much better off putting together a measured, consistent, and daily plan of action to achieve your end goal? So ...what huge goals have you decided to accomplish and do you have that plan in place?

**364.**

You must begin where you are, with what you are and with what you have. Some of us are waiting for changes in our circumstances and ourselves. You need to effect that change yourself. Begin moving toward where you want to go and momentum will begin to take hold and expand on what you have started. The Universe likes speed so start moving forward.

**365.**

You never own anything. Everything is here for you to enjoy for a time, and will be passed forward to others when you are no longer here. Begin enjoying the things that are around you now. Do not let your material 'things' own you!

*Your body is not your enemy.*

It is always,  
always doing the  
very best it can  
to support you.

*-Barbara Clark*

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**366.**

Your brain wants to be organized and to work on problems. When you take up a new habit, it throws around both of those automatic ways that the brain loves to work. You have just disorganized by changing usual patterns and you have given your mind a 'problem' to attend. Therefore, you need to live with much greater awareness whenever you take up a new habit. Set up any new habit within the context of your current habits and remain vigilant by keeping your focus on solutions.



I hope you enjoyed the book and will make good use of its 365 empowering life tips.

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Namaste,

*Thea* ♡