

None of us are happy with being "stuck" in one place. In fact, I've never met a person who was completely satisfied with being complacent or stuck on a plateau. But - in order to get off that plateau of complacency, we have to build a bridge.

Willingness is the first component to building that bridge.

Bridges are the path, but we need sure footing.

Having an "I am willing" mindset opens the door WIDE, and serves as both a hinge and a doorknob.

You start the entire Bridge-building process with that statement...

I am willing...

Willingness is powerful - so how do we become willing?

Break it down - ALL of it.

1. Think about your thinking. Flip the negativity, and create new thoughts with new goals.

2. Tools - what are you using to make it happen? For example, use your TBYL Journal for goals, Dinner Answers for eating healthily, and your Quote Deck for inspiration.

3. Gratitude - this is a little hinge with a huge impact!

4. Food. I am willing to Sprint for life! What's more important - cookies or vibrancy?

5. Community and Connection. Go even further with a Body Clutter Buddy for deep accountability.

Willingness is often a response to a crisis. A crisis can be anything that wakes you up out of complacency and stops the Carousel of Crazy, so you can HAVE the life you want.

Remember, vibrancy is found ***ON THE BRIDGE*** - it's not the goal!



