

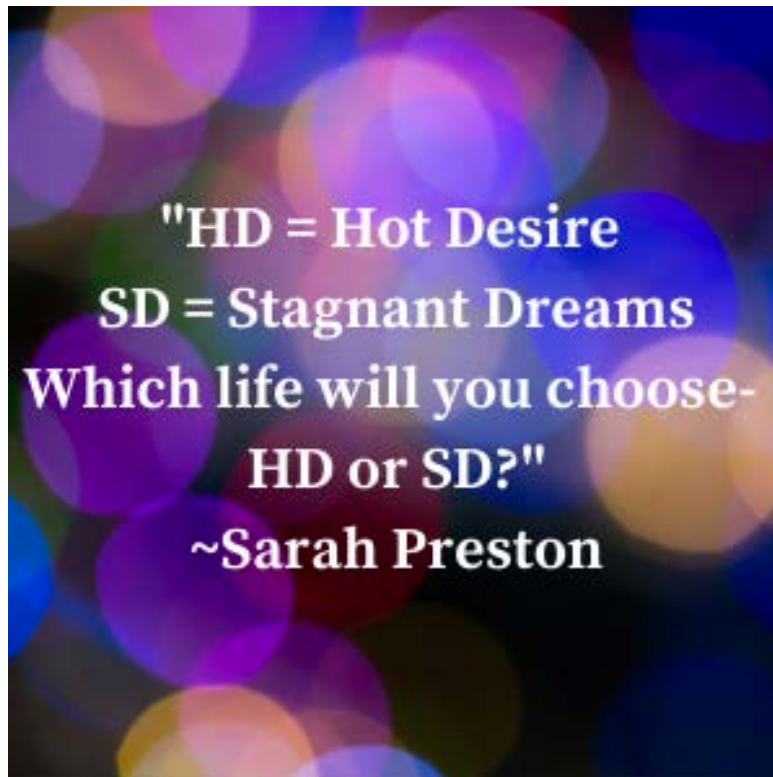
I believe you have to write out your effort in order to get unstuck and move forward--there's magic that happens with your brain when you write things out by hand--it connects you closer to the outcome you want and believe it or not, the best way to do this is with a low tech to-do list!

Your Vibrant Vision simply requires effort. And conversely, your effort affirms your intention. Add in some red-hot desire and now you're really cooking--that to-do list becomes electric!

Not any to-do list will do, everything on that list needs to be intentional--

- Based on goals
- Based on doing; not how you are feeling
- Based on hot desire
- Based on thoughtful effort

Ask yourself--Is my list supporting the life I want to live? Remember, your effort needs to be in what you do daily, your effort or lack of effort will create momentum toward or away from your goal!



And while to-do lists aren't super hi-tech, but they are super effective. They take thoughtful effort. The reason you're not where you want to be directly corresponds with your daily effort. Is your to-do list supporting the exact life you want to live? It doesn't happen without first hot desire, followed by goals, a plan, and tasks to help support the whole thing.

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If you want 100% you gotta give 100%. Commit to a different result, in other words, don't just let it go, commit to the flow! You get to do that if you're task-oriented. Break it down. Write it down.

"Don't expect what you don't inspect"

- Clement Stone

Inspect your work, are you doing the right thing, giving the right amount of effort? You need to evaluate and reevaluate what you're doing--we all do, that's how we attain excellence. Here are some examples of questions to ask:

- Does this help?
- Am I accomplishing what I want?
- Do I see movement toward my goal?

Your vision requires effort. The simple truth is you gotta go after it and remember, effort **affirms the intention**. What kind of effort are you putting out? Answer that honestly, are you in it full out? Or half-ass?

I know with my whole heart that there are times when the days are long, but the years are fleeting. If you have kids or care for elderly parents you remember the toddler tantrums in the middle of the grocery store or taking care of your dad and giving him a bath while you

both held on tight to his dignity. When those times are all gone, we look back wistfully wishing for another sticky little hand to pat us on the back and say “I love you, Mommy”. We wish we could hear our dad's voice just one more time.

Here are 7 ways to apply effort in just the right way to get unstuck:

1. Line up with your hot desire. That means your environment, and staying accountable. Everyone gets results, the question is are you getting the results that you want?
2. Decide, Declare, Decree. I am 100% in every day. Say it, write it, feel it, and emote all over it!
3. You will have Edison moments, allow for it to not work, then refocus that energy into correcting what needs fixing. You do not quit, you've got grit!
4. Ask for help, Our community is there to help you up, you don't have to do it on your own!
5. Keep your eye on the prize. When you feel yourself straying, refocus on your goal and aim your energy on that.
6. Your limitations, fears, and negative thoughts only have the power to derail you IF you give them permission.
7. Do your best, don't try your best. "Do or do not, there is no try." ~Yoda. Trying isn't applying, it's an escape hatch so you don't have to give your full effort. Brutal statement, but it's true.

Use your hot desire to light your day on fire! If you're feeling like it's hard, just remember the days can be long but the years are fleeting. The effort you make to intentionally stoke that fire will take you through the hard places and give you the fuel you need to make it all happen.

Wise Women get this and Wise Women use this effort to make a difference in their lives and those around them.