

Excellence follows determination if...you add WILLINGNESS to the equation. Willingness is the key that opens the door, and having an "I can/ I will" mindset.

Lose the excuses and reasons why you can't do it.

There is no need for an epiphany - a series of Cosmic 2x4s will do. Set up your environment for success and do things that line up with the life you want to live.

It's important to hold it all with a light grip. I shared the story about Peter and the car - that's the reticular activating system at work. He ended up getting the car he wanted but not before taking a light-handed approach and waiting for the right one to show up.

The excellent way is saying YES to the things you want and waiting for them to unfold, but you have to have them on your peripheral.

How do you do this?

1. Get your hands dirty - excellence requires WORK. Do the work - it's not just inspiration, it's perspiration.

2. Choose your future, more excellent, self over your current comfortable self.

- What does the future you do?

- Excellence is creative and finds a way - remember our friend Diana Nyad.

3. Handwringing, overreactive, and silent sulkers need not apply to the excellent way of life. These three things DO NOT serve, and they interrupt the vibrant life you deserve.

4. Desire doesn't equal deserve.

The reward is the result, not because you deserve it, but because you earned it. THERE IS NO PARTICIPATION TROPHY in life.

5. You are CAPABLE, even when you don't FEEL like it. Check your self-esteem - remember WHO you are and WHOSE you are.