

"Nothing important was ever accomplished without chutzpah. Columbus had chutzpah. The signers of the Declaration of Independence had chutzpah. Don't ever aim doubt at yourself. Laugh at yourself, but don't doubt yourself."

- Alan Alda

Yesterday on the Daily Dish Show, I spoke about gumption and chutzpah, and how, together, they fuel all the things you want in your life.

Having gumption is having guts, spunk, resourcefulness, boldness, intelligence, and even a degree of aggressiveness. It's enthusiasm mixed with courage; the audacity and unbelievable gall to boldly and unapologetically pursue your dreams.

As women, we have to take care of our whole selves—heart, mind, body, and soul. Jen Sincero calls it "going to the spiritual gym."

Start each day as a blank canvas, with a hot cup of coffee (or tea) and a heart full of gratitude. Create a morning routine that inspires you—this is how you drum up gumption and chutzpah!

- Have a playlist. We are stimulated by all our senses. Listen to soothing music to get into your feel-good zone.
- Get back to your center. Have a meditative practice, work on your breathwork, and try tapping. This relieves stress and calms your mind.
- Read. Read. Read. Listen to podcasts and motivational speakers.
- Create affirmations that become mantras and repeat them to yourself throughout the day. Write them down and stick them to your bathroom mirror. Make them the screensaver on your phone.
- Create a vision board to help you visualize your goals.
- Connect to your life's vessel, aka your body. Feed and fuel it correctly; take care of it; nourish it.
- Create a manifesto for your life.
- Visualize yourself a year from today. Where do you want to be?
- Journal

Practice begets excellence, and we need to keep practicing and reinforcing good habits in our lives if we hope to achieve our goals!

The power to change anything resides in your ability to analyze everything.



- Does this—fill in the blank—serve my vibrant vision?
- Does this—fill in the blank—get me off the Carousel of Crazy?

And your Alignment Assignment:

1. Analysis Paralysis - get beyond that and start creating a real plan.
2. You can shrink back or take back - the choice is yours. List ways you need to take back your life.
3. Go beyond the minimum and play for keeps - do it with all you've got!
4. Half-assery is easy - badassery takes practice. Practice begets excellence.