

Think of Inspired Action at the same level as a gut feeling.

Inspired Action is way more than going through the motions - it's creating a Quantum Leap in your life.

Inspired means you've perspired too - you gotta work for it but you do it with a) an end in mind, b) emotion, and c) a Hot Desire to actually have that thing.

We all have obstacles in our way, but when our WHY is greater than our excuses, we figure it out.

What happens when you start taking Inspired Action?

- ✓ You want it. BAD. No excuse will be insurmountable.
- ✓ You visualize your outcome using all you have - vision boards, journaling, meditation, etc.
- ✓ Your focus is spectacularly in alignment with what you want.
- ✓ You are finding evidence to support the things you want. Your reticular activating system is looking for solutions and inching you toward your goal.
- ✓ Maybe there's an epiphany, maybe not. (Mine was "If I just do this one thing every day, it'll keep me on course!")

- ✓ You actually feel happy, even though there is work you'll need to do to attain it.
- ✓ You're EXCITED to get started - you're counting down the days!
- ✓ You find your flow - maybe not immediately, but your determination and grit will help you find it.
- ✓ It's scary and a little outside of your comfort zone. Maybe it's a struggle, or plain hard, or more than you thought it would be.
- ✓ You do it anyway - shampoo, rinse and repeat!
- ✓ It ENERGIZES you - regardless of how hard it might be.

How do you get inspired when you don't feel like it?

1. Just do it for five minutes, and put on your "costume." Lace up your shoes, put on your workout gear, and commit to 5 minutes.
2. Your WHY is your True North. Why do you want this so badly? Keep asking WHY until you get to your core desire.
3. Sometimes you need to take a breather. I personally take Sundays off to rest, and sometimes I don't even change out of my PJ's. Self-care is crucial!
4. Read, read, read!
5. Read success stories in the Hot Melt Sprint Group. There are so many testimonials and transformations in there.

6. Move it! When we move, we feel better.

7. Sometimes taking any kind of action is important.

This is how you get to the place of Inspired Action, and make your goals come to life.