

On the Daily Dish Show, we spoke about mindset, and how to move from a fixed to a growth perspective. Deep change can be scary and often requires an immense commitment at the beginning. So much so, that it is easy to get discouraged and give up.

The most crucial and challenging part of a rocket launch happens during the first 60 seconds. The rocket uses an immense amount of fuel and energy to lift off and fight the pull of gravity, but once it breaks free of the atmosphere it needs relatively little fuel to keep going. For us, getting started is the hardest and most crucial step in reaching our goals. We have to fight against the pull of the couch, and the excuses that try to keep us stationary. It is easy to plan for success, but we need an enormous amount of mental tenacity to follow through. However, once we start to build good supporting habits and get into a groove, it becomes far easier to harness the momentum and keep going.

When we find ourselves on course for reaching our goals, it changes our identity. We become masters of ourselves instead of looking for superficiality. We stop comparing ourselves to the women in magazines and start to figure out who we are and what our purpose is. It calibrates and changes our lives for the better.

We have a wealth of information at our fingertips, and the ability to learn anything we want to. It is important to do our own research and to understand what we have read. There is a big difference between "I heard" and "I read." "I heard" requires not much of anything--it's passive and can almost be considered hearsay. Whereas "I read" is active and means you're all about finding out for yourself. Those two statements are very telling. Mastery comes from "I read".

How do we get there?

1. Learning and growing leads to better awareness and understanding and helps you make better decisions. This is why I do webinars for all our programs--so you at least have a good grasp of what it's about and why. Then you can make an educated decision about whether or not it's right for you. Knowledge is power!
2. Implementing and executing brings with it better choices because you're striving toward a goal. I've mentioned before how important consistency is. Figure out what you want, and then put in the work to get there.
3. When you're serving others, you're in the place of purpose. This is how you get better results AND create vibrancy in your life.

Robin Sharma said, "All change is hard at first, messy in the middle and so gorgeous at the end."

Live life full out, and embrace the messy middle. The outcome is going to be worth every second of hard work that you put in!