



Imagine you're riding a bicycle and your chain breaks.

No matter how fast you pedal, you aren't going to go anywhere. (Unless you're heading downhill of course... and that is never a good analogy for anything!)

In this show, I spoke about 5 things that, when connected, form a chain that will help to propel you towards your goals.

**Conviction:** Conviction is a formal declaration or firmly held belief.

*I need to make these changes so I can have the vibrant life I deserve.*

Use the Why Framework to find your reason- I've shared several times how to do this. Your conviction is your inner belief system. It is foundational and it will set your feet on a certain path. For example, if you are convicted that you need to follow a healthier lifestyle, your decisions and actions should be in alignment with that belief.

**Capacity:** Capacity is a standard environment. A glass has a maximum capacity, as does a washing machine, a balloon, or a ball. Your capacity to do things that are new and uncomfortable is much greater than you think. I'm not talking about things that are reckless or dangerous - I mean the fear of failure, the idea that you aren't enough or that you aren't worthy, the things that hold you back from living your best life.

**Capability:** Your capabilities are things that you already know how to do. They may be buried beneath bad habits and you may be out of practice, but they are there. Imagine you're a miner panning for gold. You're sieving through the dirt, trying to find the nuggets of gold. You know what you need to do, you just need to do it and do it consistently.

**Commitment:** We commit to our partners, our jobs, to raising families, and numerous other things. We need to commit to ourselves, and to doing the things that will help us achieve our goals.

**Consistency:** Consistency is one of the most beautiful things in the world- doing just a little bit at a time. Consistency adheres, smoothes, and holds everything together. Without it, you have a broken bicycle chain and you aren't going anywhere.

Remember, what you think about expands and what you dwell upon becomes your destiny. You have all these things in your tool bag, it is just a matter of pulling them out and putting them to good use!