

I spoke recently about creating a Motivational Manifesto. Plato once said, "Thinking is the talking of the soul with itself."

What does your inner voice sound like? Does she berate you about your past failures, or does she celebrate your victories? Does she constantly point out your flaws, or admire you? Does she make excuses or tell you to put on your big girl panties and stick it out?

Each one of us has an inner voice in our head, and I want you to familiarize yourself with yours. Get a piece of paper and dump it all out. What negative thinking loops do you find yourself caught up in? What patterns do you see? When you become aware of them, you are able to make changes.

So many of us feel overwhelmed, but being overwhelmed means you have a lack of focus in your life. All you need to focus on is what needs to get done right now, and take that first step. When I start to think about all the things that I need to get done, I find that it helps to brain-dump onto a piece of paper. Then, I take a calendar and try to schedule each thing out. We can go from overwhelmed to manageable if we decide to.

It isn't YOU or ME, there is simply too much information going on for us to be able to process at one time.

Here are 6 steps to help you work on your Motivation Manifesto:

Step 1: Pay attention to what you are thinking about. It is important to have an awareness so that you can correct any negative thinking loops. Dan Sullivan said that you should think about what you are thinking about.

Specifically, what do you want in this life? Use the Why Framework to get to the heart of what you want. It is a cop-out to say that you are overwhelmed, but then not do anything about it.

Step 2: Focus on the present. We tend to get lost in our past, thinking about all the failures we've had instead of extrapolating the lessons and focusing on today. Bring hope, optimism, and good feelings back into your life and identify with who it is that you aspire to be. When we focus on the past, we focus on the things that hold us back. "I am overwhelmed. It is too hard. Well, maybe after I do XYZ." And then afterward we say, "SEE? I KNEW I couldn't do it."

Step 3: Put it into practice- relentlessly. As we say these things to ourselves, we start to become them. When you have control over your brain and your thoughts, you control your life. You become the woman of your own dreams. Keep a journal, check in with your community regularly, and hold yourself accountable.

Step 4: Remove the negativity from your life. Check-in with yourself and listen to your thoughts. Am I being negative? This is a bad habit that needs to be nipped in the bud. Become solution-oriented instead of problem-oriented.

Step 5: Analyze, don't paralyze. When you fail, as we all do from time to time, extrapolate the lesson from the experience, unplug the emotion, and put it into the experience file. Just focus on winning the day and take it one step at a time. A bad day doesn't make it a bad life.

Step 6: You are the creator of your life and you get to tell the story. When you have had a bad day and the Oreos are staring at you, do you think to yourself, "Boy, they look good!" OR "An Oreo would make me feel terrible...that greasiness on my palate...feeling bloated and guilty...no thanks!" Which one do you want to define what you do?

When you put logic over emotion, you start to correct all these things.

AND YOUR ALIGNMENT ASSIGNMENT...

Think about what you want - think - do. Each one is dependent on the others and needs to line up. Together they will help you get the motivation, momentum, and magic in your life.