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29 minutes ago

Here are bullet-points:

Crafting an Inspiring Vision

- Develop a specific, detailed vision for your ideal future life 1 year from now

- Focus on how you want to feel and who you want to become more than material success

- Ensure your vision is emotionally compelling and exciting to you

- Write down the specifics to clarify your vision and keep you motivated

Harnessing the Power of Your Attention

- Direct your attention purposefully towards your vision to turn goals into reality

- Be aware of where your focus goes and guard against distractions

- Treat your attention as precious by being selective about where it goes

- Align your thoughts and energy with your core vision for maximum traction

Surrendering to the Process

- Access desired emotional states like calm and empowerment in the present moment

- Take action with faith before you feel ready and disregard limiting beliefs

- Allow yourself to relax into inspired action instead of forcing it

- Progress comes from surrendering to the journey rather than controlling the process