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TAKE MASSIVE ACTION

How to get done how can you start achieving the goals that you set out for yourself my husband says that I'm the queen of getting down because when I say I'm going to do something I do it and it's something that's really served me in my life and so I'm going to share with you just kind of my take on that um so maybe you can try it on and see if it suits you so I think the first component of it is the personality aspect it's adopting the mindset of I am a person of my word I'm a person of Integrity if I say I'm going to do something I'm going to do it and really instilling that value within yourself because otherwise it's easy to be flaky you say you're going to do something and you know if you don't feel like it or you change your mind you know you don't do it but the thing is if you do that enough times then you start to lose trust with yourself you know when you say you you set yourself a goal and part of you feels like well you know you set goals in the past and you didn't achieve them so what makes me believe that you're going to achieve this one so it's becoming a person of your word no matter how small the goal is if it's even just cleaning the kitchen if you say I'm gonna clean the kitchen tonight then do it because it helps to build your personal track record just for you just for you it helps you to build self-confidence in knowing that you are a person of your word and knowing that you're a person who does achieve the goals that you set out for yourself and for me personally I just don't give myself the time to talk myself out of it so if I say I want to do something I'm going to start doing it and I know that if I maybe spend a little bit more time thinking about like oh well it's a little bit cold outside or you know I'm a little bit tired now if I start to follow those thoughts then I'm more likely to just bail instead if I just say okay you know I said I was gonna do that let's go without thinking too much about it without getting getting so invested in the little thoughts in the back then I'll go and do it so that works for me I don't know how you know you can really practice that but for me I'm just like okay I decided it

was something I wanted to do so let's just do it before I talk myself out of it now the most important thing of getting done is having a plan why is that important well if you don't have a plan how do you know what to do so that's important and part of having to plan is first and foremost setting goals for yourself so what is your outcome what is your purpose what do you want to achieve you have to decide what that is and once you have decided what the goal is you say okay now how can I break that down breaking it down was really important because usually it's not like you have a goal and you just have to do one thing to achieve that goal that might work with really small tasks like cleaning the kitchen but when you have a big goal in life and ambition like you want to open up a local store well that's going to involve a lot of smaller goals that you're going to need to achieve to help you to reach your ultimate goal and so you got to be able to break it down and once you break it down then you start to take those action steps and when you break it down what you gain is Clarity Clarity is the key word because when you have Clarity you now know what to do you know what you're going to wake up and do every day because you're clear on what those action steps are that will take you and get you closer to achieving your ultimate goal so let's do an example here um actually you know why don't I just use an example for my personal life I'm just winging this by the way so let's say for example you know in my personal life I had the goal that I wanted to build an e-commerce brand okay I wanted to build a successful e-commerce business because I wanted to first of all when you set a goal you don't just set the goal you have to also say the reasons why you are sending Nicole what do you want to achieve how do you want to feel why is that important because goals can be hard to achieve right there's a lot of that can happen a lot of things that can go wrong it can be very frustrating very challenging and if you keep your why in mind you remember why the ultimate outcome the reason I started this in

the first place then that can keep you on track otherwise it's just so easy to bail when things get hard so um you you know the reasons why so for me I wanted to Achieve Financial Freedom I wanted to do an online business so I didn't so I had flexibility to travel the world to not be set in one schedule so that I can do what I want during the day and choose my work hours and be my own boss and all of my reasons why and I said okay so if that's the goal now what do I need to do in order to get there and so I break it down into a smaller goal and I say okay well first step is I need to First find a product that I'm gonna sell he can't start a brand an online brand e-commerce brand without a product and so I'll have to do some product research in order to find that product okay and so maybe in order to do the product research I might invest in some tools like jungle Scout or helium 10 those tools might be able to help me to find Unique Products okay so that's something else um and and maybe what I could also do is like start a spreadsheet and I can start like inserting information so that when I'm doing my research I can be more organized about it um and so okay so that that's one step I can take towards uh finding the product okay is there anything else I can do for that well I'm gonna have to spend some time on it so dedicating the time for that that's the given but that would be the first step for finding the product so then I say okay well what else do I need to do when I have a product well I have to also find the manufacturer so that's a whole other goal and so how do I start with the process of that well once I have picked the product then I'll just start reaching out to manifest capture it was maybe I'll use a website like alibaba.com and I'll collect all the information in my spreadsheet so you start to break it down into smaller goals and then into action steps and then what happens is now you've got a whole list it's like this is the big plan right you can you know have it beautifully laid out and I encourage you to do that have a visual because it helps you kind of remain on track and you say okay now what

would be the most high leverage thing to start with what should I be working on right now today and then you might start okay this is where I need to start okay this is the priority here and the other stuff can hold on like you can't do it all at once right you gotta choose what was going to be more important you start working on that and then when you achieve that you work on the next thing and the next thing and slowly slowly you get closer to achieving your goal so that is how you get done is you set the goal and break it up into smaller goals and then take action steps towards it but you also have the the person finality that says I'm going to achieve my goals I'm going to take the action that I need to take to do it I'm not just going to sit around saying that I want to do all these things but not doing them so it's a personality thing as well which you can adopt you know you can grow into it and I I recommend starting by just setting small goals for yourself and doing those things every day you build that personal track record that the success mentality that you can take into whatever it is that you wish to achieve so hope this helps you