

This is lesson five. This lesson is about how to keep your resolve and how to stay motivated to stay on track for your goals and your dreams. And at this point, I just wanted to say that it is. Super easy to get discouraged. So you're learning how you turn to turn your mind to your positive thoughts and emotions with your miracle minutes and your thought models.

You're starting to see your dreams more clearly. I hope hopefully you've set a small 30 day goal for yourself and you're making progress toward it, but you're very likely not doing any of this stuff perfectly. Maybe you're not doing much of it, and there's a good chance that you're feeling behind or like you're not doing enough for your mental self care or that you're not doing it consistently or that you're doing it wrong somehow.

Your negative thoughts and emotions about all kinds of things in your life are probably coming back up. And so to help you with that, I want to look at some tools to stay motivated. And keep yourself encouraged and on track. And these new tools can work. In addition to everything that we've already used.

The thought model is on an equal airtime, especially that we learned last week. I'm going, gonna have to move this notification, hold up. Okay. So the new tilts that we look at this week are about learning how to fail. Yay. And also about the value of course, correcting, tracking, and celebrating your wins.

So first we'll look at failure and what that really means. So the way that most people look at failure is really messed up. In my opinion, a normal definition of failure is lack of success, but this is not at all the most useful way to think of failure. There are a lot better. To think about failure. So here's one failure is totally normal.

Every single human being fails, every single human being fails a lot. So when we fail, we're doing what human beings normally do. You could say that we are being human when we fail. So when you fail, instead of thinking, I suck, I'm no good at this. I'm such a loser. I am a failure. You could just think, all right, I'm human.

So I feel something. I'm just like all the other humans out there failing over and over again. And as a human, it's totally normal for me to fail and screw up and make mistakes and not show up as my best self all the time. And not only is it normal, but we can take this one step further and choose to think about failure in a totally different way.

And we can choose to think of Arianna. Huffington said that failure is not the opposite of success. It's part of success. So, what does that mean? So here's an example of how Michael Jordan looks at failures. That's a totally integrated part of his journey. He said, I've missed more than 9,000 shots in my career.

I've lost almost 300 games, 26 times. I've been trusted to take the game winning shot and missed I've failed over and over and over again in my life. And that is why I succeed. He's saying that because that he succeeds because he fails so much. And that may sound kind of weird, but he's not unusual in thinking like that many, many successful people embrace failure as a totally normal even welcomed part of their path to success.

Oprah said it this way. Think like a queen, a queen is not afraid to fail. Failure is another stepping stone to greatness. In other words, failure is part of the path to great. Winston Churchill said, this success consists of going from failure to failure without loss of enthusiasm. I really loved it going from failure to failure without loss of enthusiasm.

And there are many, many more examples like that. So I want to look at this idea of letting failure, be part of the process and see how we can apply that to our failure. So we'll look at this example. So if you have this situation right now, if not doing your miracle minutes every day, you have choices about how to think about it.

One way is you could look at it like a failure. You could, your choice would be, I'm not doing my medical miracle minutes every day. And that means I'm failing to do what I've committed to myself to do. I'm falling behind in class. Other people are doing this better than me, so I'm bad. I'll never catch up.

I'm not succeeding. I'm a failure. And this, of course you can do apply to anything that you're screwing up in your life or that you're not doing as perfectly as you'd like to. Or you could embrace the failure to do your miracle minutes and see it as part of your path to success like this in this choice, you would say, I'm not doing my miracle minutes every day.

And that means I'm learning how to build a miracle minutes, practice. It takes effort and time to build this kind of skill. What can I learn from that experience so far? If she can do it every day, then it's possible for me to, I haven't succeeded yet, but I'm on the. So, not only do you want to normalize and

welcome the failure, but also you can actually use your fails to your advantage and the way to do that is to learn how to course correct.

So of course, correcting is basically just taking a step one at a time. And after every step you'd look at your results and you ask yourself are the results. If the results are what you want or. And there's a story from one of my business mentors that I really love this mentor. His name is Jeff Walker, and he says that when he was young, I think, I think he's talking about his own story.

He says when he was young, he used to caddy at a golf club. And one thing he noticed. Is that no matter how terrible a new golfer was, even if they hit the ball backwards off the first tee that if they just kept hitting the ball, no matter how badly they hit it, they kept course-correcting. And if they keep course correcting every time they would eventually get the ball in the hole.

So I personally find this very encouraging. So basically when you're trying to achieve something that you don't currently have in your life, or that you don't know how to do yet, you can look at it as an experiment and at every step, no matter if it's a win or a fail, you can learn from. So Thomas Thomas Edison said this about the process of inventing new things.

He said, I've not failed. I've just found 10,000 ways that won't work. So if you apply this attitude to your dream that you're trying to achieve, you can think of the process, of course, correcting like. So I set a goal. I think of some action steps to my goal. I try one of the steps. If the results are good, I keep moving in that direction.

If there were built or not. So good. I get curious and I try to think what went wrong. How could I do this differently to get a better outcome? Then I make a little adjustment and I take one more step toward my goal. And then I repeat, so most of us don't do this. We try something and then if it doesn't go right, or if we fail to do what we planned, we get super discouraged and we give up right away, we get the, fuck it.

Right. So, you know what I mean? It's not working. I'm confused and overwhelmed. Fuck it. I'll have a snack or watch some Bridgeton or whatever. So that would be great, except that we then feel awful. And then beat ourselves up and don't live our dreams, but we do have a path forward. We're not stuck to live in this scenario infinitely because the awesome thing is that the secret of

super successful people like Edison and those other people, if it's not that hard to learn, part of what they do is very easy to learn.

So there's a wonderful psychologist called Carol Dweck that some of you I'm sure know. So she's written some really brilliant stuff about mindset and how people who have what she calls a growth mindset, have an incredible tool for growth and success. So the growth mindset is based on the belief that your basic intelligence and your qualities can be cultivated and grown through your efforts, through your strategies and with help from other people.

So in this mindset, success is about stretching yourself to learn something new. So success is about trying it's about your effort and your dedication to learning and growing. This is the opposite of a fixed mindset. That a person has a fixed amount of intelligence or ability. So in the fixed mindset, success is more about proving that you're already smart and talented because you're never going to get more smarter, more talented.

So you're constantly having to prove how smart or talented you are. Likewise, if you fail at something, it's a bad thing and it proves that you're not smart or talented. So you really, really, really don't want to fail. And if you have to make an effort, it means you're not smart or talented. So. So much go for making an effort.

So this topic is kind of too big for me to go into here and I've put a link to her work in the lesson, on the website, but I want to share some ways that you can use the growth mindset when you run into a challenge or. So first Dweck says this about failure from a growth mindset. Point of view. Failure is information.

We label it failure, but it's more like this didn't work. I'm a problem solver. I'll try something else. So let's look deeper into how people with a growth mindset think when they run into challenges or failures. So this is at this point, I'm only looking for people with the growth mindset compared to how people with, and then.

Starting with a fixed mindset and then going to a growth mindset. So let's assume that you're doing something difficult. You run into something hard that you can't do. You failed in some way. So here are different ways to find, to think about that experience from a fixed or a growth mindset. So the first is if you in a fixed mindset, you might think I can't do this from the growth mindset.

You say I'm learning how to do. From six, you say, I don't want to screw this up from learning growth. You say mistakes are the way I learn and grow, or other people are better at this would be, how can I learn from them? Or I give up is a fixed mindset. Growth mindset is how can I try this another way or fix mindset?

I'm not good at this growth mindset. What do I need to learn to get better at this? Fixed. This is too hard or this will get easier as I practice more. Now I want to apply this a little bit to the failure to do your real. I'm using the miracle minutes as an example, because it's something, it seems a lot of you can relate to, but it's also not a big fail.

So I hope it doesn't like trigger any big emotions. So let's say you didn't do your miracle manage for five days. So instead of blaming yourself or thinking that now it's too late, I'm behind in everything. It's all overwhelming. And what's the point bucket. You could just choose something to do. No matter where you are today.

First, you could just get curious about it and explore it. You might think, okay. I didn't do the miracle minutes for five days and you might ask yourself what was going on. Why didn't I do my miracle minute? You might think, well, a couple of things, I didn't have a regular time, so I just forgot. Usually sometimes I remembered, but I didn't feel like it.

Or one time I was so exhausted and working so hard that I just didn't have the energy. So the idea is to think of doing your miracle minutes or of developing your mental self care in general, as an experiment. And in this case, you didn't get the result you wanted and you're exploring some of the reasons why without beating yourself up.

So just like an exciting doing that experiment and trying to understand the data. Now you can think what kind of small adjustment could I try to get the result of doing my miracle? Today or tomorrow or anything that you're trying to achieve. So here's an important point about how to think of this next.

To excess, it's key to make a concrete plan for what you're going to try next. So identify as specifically as you can, when, where and how you're going to take the next step. So you wouldn't say I resolved to do my miracle minutes tomorrow. I'm definitely going to do my miracle minutes tomorrow for sure.

I'm going to do my miracle minutes tomorrow, right? Better is to say, I'll do my miracle minutes when I'm in the shot. You make a plan, right? I'm going to do

them when I'm in the shower. So right now I'll put a sticky note on the bathroom mirror that says miracle minutes. And that will be my reminder to do them when I get in the shower.

So according to Dweck's research, so this line, this kind of concrete plan leads to really high levels of follow-through compared to just swearing to yourself that you're going to do it tomorrow. So just like having. It feels good. Like you have this internal conviction that you're going to do it tomorrow, but it's actually not very effective.

It's much better to have even the smallest concrete plan of how you're going to do it. So the basic lesson here is that you have the option to choose a path where the only real failure is when you stop trying. So everything else is just learning and course correct. I think it's really important to kind of dig deep on that idea that you never really, you can choose this path where you never really fail unless you stop trying.

And then everything else is just information. Everything else is just data. Everything else is just learning. So I don't know about you, but it's so huge release. To me that as long as I keep taking baby steps and course correcting that I'm doing exactly what I should be doing, that I'm not wrong. I'm not bad where I screw it up.

And that actually I'm not even screwing up when I screw up. I'm just getting data. I'm just learning something. And actually I'm doing exactly what the world's most successful people are doing all the time. That's exactly what they. And Nelson Mandela said it this way. I never lose either win or learn, which I think is just brilliant.

And I want to look at a way to help you learn what's working and what's not working as you take your action step. As you take your action steps to your goal. And this is tracking, it's an incredibly effective tool and there's like, I'm sure you've seen there's millions of habit trackers everywhere now on apps and programs.

Some of you have probably, probably everybody's used them in some way or another it's fitness trackers and sleep trackers, food trackers, calorie, counter. And then I learned tracking from my mentor Tash Corbin. So she uses it in this cool way that she calls color tracking or progress art. And she actually has a book called 50 pages of color that, that has like 50 of these different designs.

But unfortunately it's not available for sale anymore, but it doesn't matter. It's really easy to make these trackers by yourself and you can track pretty much anything. There are so many different tracking methods. I'm just going to share with you a couple that I use and that I find helpful myself, but there are resilience.

So one way I use trackers is for my physical self. I use this grid to track steps that I eat or drink that I need to be mindful of. Like the top section here in gray or white. And basically that tracks my weight. How many meals I eat that have wheat flour in them? How many flats of water I drink? And how many cups of coffee?

Yeah. And then I track my exercises in the green, yellow, and blue section. The green is for stuff that I do every day, which is squats and either a hike or a walk. The yellow is for stuff I do five times a week, like by exercises and stretches. The blue is for stuff that three times a week stomach, but plank and hips, my least favorite.

All of those. So I've shared this template with you in a lesson website, and you can use it if you like and just adjust it for yourself. So this weird little tracker contributed in a big way to me losing the 10 pounds during COVID. Improving my muscles drink more water, less coffee, and eat less flour. So there used to be an I today.

I, when I was looking at this, I realized there used to be a line for me, but because I was using this tracker, I slowly stopped eating meat pretty much at all. So I just got rid of that line. I don't even have to track it anymore. So sorry. Somebody's joined it, Nicole. So I just want to back up a little bit and say why I share this tracker.

So I had a dream of being, I just want to share the process of how I got to use this tracker. So I had this dream of being healthier and fitter as I get older and to losing some more weight to help my knees and my joints into eating better. But I didn't have, I didn't have any specific goal yet, but just having that dream led me to choose and practice some thoughts that would lead to that result.

And these are a couple of the thoughts I chose. So I'm a fit, healthy person. I'm the kind of person who exercises regularly. I would say a chosen thought for sure. Right? It's not like how I think of myself necessarily. I like to walk, but I

don't like to exercise. So much. So I just had that thought going on, repeat I'm a fit healthy person.

I'm the kind of person who exercises regularly. Exercising is no big deal. It's part of my daily life. So this led me to a goal of doing all the exercises that you see listed on that grid. And I wrote them down. I wrote down all the exercise on a piece of paper, but I didn't track them. So I just had a kind of vague, casual idea, like, like.

Of what I should be doing is about three times a week, five times a week, whatever, but I, it wasn't really working. I wasn't getting more fit it. Wasn't losing weight. I didn't eat any less flour. So I will use course-correcting at that point. Like I asked myself why isn't my exercise goal working. And this led me to experiment with creating this trial.

So when I actually started tracking my exercise, I was sort of amazed at how little I was actually doing. And this is my tracker here. So if you had asked me, I would've said I was doing my way to about three times a week, I was doing my stomach about like that, et cetera. But in fact, I was, when I actually started tracking it, I realized I was barely doing it once.

Sometimes no times a week. So my sense of what I was doing was completely inaccurate. It was not at all in line with what I thought I was doing. So once I started using the tracker, my fitness really started to improve my, the regularity of doing everything really starting to improve. Cause I was marketing.

Then I could see exactly what was happening and now like pretty quickly I do all of this stuff pretty religiously, just because of the. And then just a note, I put an X to mean that I did it. So the X means I did the thing and the little asterix on the far right column means that I hit the goal for that exercise for that week, like three times or five times or whatever.

And one more sidebar. So I'm sharing my actual tracker that has my weight on it. So, and I'm doing that consciously because I think so many of us women tend to keep our weight this big. And for me, I did that all my life. I was always super ashamed of my weight and I felt really toxic and cost me a fair amount of suffering.

I never wanted anybody to know my weight cause it was such a terrible number. And then here's the story about the lighters? I mean, it genuinely caused me a lot of true suffering, so, but here's just a lighter version of that stuff. So when I



was cycling in New Zealand in the 1980s, I stopped at the bridge and I did the bungee jump there.

And so what I didn't know is that your weight, they weigh you and it's kind of, it has something to do with like what kind of rope they give you, or how far they make the rope or something, your weight. Right. Cause it's a stretchy thing. So they weigh you and then they write your weight in these giant red letters on the back of your freaking hand.

I have never been so mortified in my life. And so for like 20 or 30 minutes, between the time that I was weighed, which was horrible, it was like a public kind of thing. Anyway, from the time I'm weighed, until the time I go jump off the freaking bridge, there's like one set. I weighed 175 at the time. And there is my weight and giant red letters written on the back of my hand.

It was like, at least I could have put it in my Palm. And so I'm walking around like this with my, with my hand. And he was like totally more of that fine. And then, you know, all these other, I swear to God, there were no other women my size. So it was just like everybody else, like 115, a hundred. So I could see them as they weren't coming to 130, even like 145.

And then there was like, Vigo me with my 175. And then I had to jump off the. Like they had two different platforms. I don't know. I also don't know the reasons for the physics or whatever, but heavier people jump from one platform and wider people jump from the other. So of course I was on the heavier side, so it was like me and all these like big old men on the healthcare side.

You know, I, it makes me laugh now, but it was truly pretty traumatic at the time. And the only thing that saved me is like, when you've jumped bungee, you know, that you just like, it's this incredible adrenaline rush. And then you get this. Huge kind of joy when you don't die from it, that kind of balanced all the horribleness of having my weight to this day.

I can, I can picture it in my mind. There's like 175 written on my hand, but my point about that is like over time, I've worked on a new thought about my weight. And that my new thought is my weight is just a fact about me. It's just data about me. It's like my eye color or my height. And then when it's appropriate now, like this, I feel like I share my weight and it's because in our culture, I think that there's, this really messed up perception about what a healthy weight is.

So I feel like I'm at a totally healthy weight now, but I have, I also have this other part of my brain that says I should weigh like 120 or 130. And that's ridiculous. So if I weighed that at my height, which is like five, five, and my frame. I'd be a total skeleton. So anyway, I just, I always like to normalize what an average decently healthy weight could be.

And right now, for me, that's between 156 and 60. That's what I mean. I mean, that's what I weigh these days. So I'm just, I'm just sharing you. I'm sharing you with that in case it's helpful for you. That's kind of a sidebar and I'll, I'll go back to the tracking. So. That first tracker that I used was a grid style that I used for my physical self, but you can use trackers for anything and you can use all kinds of different ones.

So I use trackers to track four to five other things every day for my business and my personal life. So for the business, I use them to track sales and income, the number of subscribers I get referrals. You could use it to track new clients. If you're trying to get new clients, you can track outreach calls or emails that you make for personal use.

You can track stuff like doing your miracle minutes or meditation or equal airtime or journaling or writing or drawing or painting anything creative. So literally anything you want. So I think I've shared with a few, this would you before, but this idea of what you focus on expands or what you focus on grows.

So one great thing you can do with trackers is to focus on the things that you want more of in your life. So this is a way to not just see where you're falling short and course correct, but it's also to focus on your wins. And then I'll. So I'll talk for a minute about the process of actually doing the tracker, which is very simple.

So if you're tracking a 30 day goal, for example, or something for something like miracle minutes or anything, that is your 30 day goal, you want the simplest way to do it. You can just print out this template. I put it in the lesson on the website for. You just fill in your goal at the top, your start date and your end date, then you color in one heart for every day that you take one step to your goal.

For example, you could color in a heart for every day that you do your miracle. Or if you want, you can just draw one up for yourself using any shapes that you like, like flowers, leaves, waves, balls, squares, triangles, clouds, and shape

anything you want. And then this is one that I made for, with circles that I color in.

And just one more note, if you want to track something that doesn't have a certain. Date or number. So it's not like a month, you're just going to track stuff kind of going forward and you don't know how many you're going to have. Just make an empty sheet, put your goal at the top and the start data at the top.

And then you just draw in one thing each time you accomplish it and just color it. So you draw and color it at the same time. And that works really well. It's really it gets kind of motivating and exciting as it starts to. So I'll give you these examples templates, but you should. I definitely suggest you try making the tracker on your own.

Cause it's fun to make it fun, to color it in and you get kind of addicted, coloring it in the shapes. And then for people who really like the phone apps, here's another way to track there. Tons of apps. But I was just giving one that my friend Rena uses this one called street. That she really likes.

And you can track anything with that. It's not just physical, it's like anything you want to do. Do you guys have any apps you just want to share quickly in the chat? If you have any apps that you like for tracking. So personally I really like to have, I'm mostly don't use apps because I like to have the physical paper that I can write or draw it on.

And I find that easier, especially for my grade tracking for my physical stuff. So I just print it out. I put it on my bookshelf in the middle of the house with a pencil next to it. Lose it says, Molly, your says David uses streaks in transformative. Okay. Check that out. No, but I can share my paper that I made for my 30 day.

Go. Cool. If you do that, I could put it in the group. Liz, I can put it on the lesson. And anybody else has one like that. So I just have that in the bookshelf. And so, and as I do, oh, there you go. There's loses with clouds. Nice stitches. Excellent. Thank you. And so, you know, literally the, oh, okay. I did my, my stomach.

I did my whatever, and I just, I drank some water and I just go by and, and market. And then I get like a little celebration every time that I mark it off. So that's what I also find one there's one phone app that I find particularly useful

for tracking and that's the Headspace meditation app. So this one app has had such an incredibly positive effect on my, my own practice of meditation.

And Molly says I use a physical desk calendar to track as well. So for, for me, for meditation for decades, I wanted to have a consistent meditation practice. But until I found Headspace, I had never been able to do it. I've been to numerous retreats. Well, not that many, but I've been to retreat and I kept just doing it personally from time to time, I'd get like a audio or something or, you know, I just could never keep it going.

So then my friend, Meg, I think here's today, but I haven't seen her. Told me about Headspace. And she said she liked it. And so I tried that and I really liked their meditation training, but what hooked me with that? They had this little tracker, so they call it your current run streak or in your run street goals.

And it tracks how many days in a row you've meditated. They also give you little awards when you hit certain goals. So really quickly, I got totally attached to these little awards. And so you got one for one day, then three days and 10 days. So I was able to just because I didn't want to break my streak.

I was able to put together like a string of days, weeks, months, and then literally years of consistent practice. And it's really kind of funny. Like they don't have any more awards after the 365 1 here that it's in the slide. And I literally stopped doing it about a month. I mean, I broke my streak probably about a month after that I kept going, cause I was like, oh, that's crazy.

Cause I was in the habit already, but it's like that street, that little award and street thing was really powerful. But now I've been meditating every day for, I don't know, two and a half. Probably going on three years, which is, seems kind of superficial, but that it came literally from this tracking and there's and these little awards things.

But I take that as just like a huge win and just, it just accept that for me, the tracking was a super effective way to develop a positive habit. Yosh mentioned transformative. So I think that was the only one that Meg mentioned. Lizzie. You're asking what with the other tracker. So that was the only one that I saw.

So at this point I've been meditating every day for a few years. Except for a few long trips. I think I didn't meditate and I've increased the time slowly from three minutes to 20 minutes a day, which is just massive. Oh, you meant that street

formative for David. Okay. Awesome. Might try that. So just for me, it works really, really well.

Streaks. Yes, streaks. So I'll just share one more thing before I move on to our next topic. And that's one of the reasons that the. And some other trackers work for me is that I do something every day for them. So it's actually much easier for me to have a daily habit, no matter how small than to have like a three day a week or a other iterations.

That daily thing is massive. And that's the main reason for that. If I don't have to decide every day, if I'm going to do the thing or not. I know for sure that I'm going to do at least one of the exercises on my list. I know I'm going to meditate. I know I'm going to do my miracle minutes. Like there is zero mental energy that goes into that decision and that makes it much, much easier.

If you, once you have to decide if you're going to do it or not, it's like much more difficult to do it. And this leads to the last thing I want to look at today, and that is the idea of celebrating your wins. So this seems like such a simple and natural and kind of obvious things to celebrate your wins.

But so few of us actually do it. So it's much more common for us to just kind of gloss over the things that go well or things that are good about us or things that are in our environment. Oh, this slide is on celebrating your wins. It's not on. Oh, thank you for letting me know. What was the last slide you saw?

Was it the no goal thing?

We can, we can see the three pictures of the app with the orange and the green and the purple. Oh, okay. Okay. I'm going to stop sharing and go back. Cause that's what happened last time.

Thank you for letting me know. I don't know what happens. It's the weirdest. I don't know what on earth happened. Thank you. Thank you. Come on. Okay. We're getting there.

That's it.

Sorry guys hold me for a second. Oh, okay. It's loading

almost there. Okay. It should be like a rainbow colored thing. Got that. Okay. And I'll just back up so you can see the last ones, but it was that was the one you

were on. I think. And then it was just the Headspace app. And these were the little awards that I was talking about. You're not changing now.

It's still just, they're not rainbow. Well, it's still on the rainbow. What is going on?

And now

rainbow, rainbow. Okay, hold on. Now we got the brain look, brain look. Okay. Hold up a second. Hold up a second.

That's very weird. That's very weird. Okay. Hold up, hold up.

Okay, I'm going to try it again. I wish I knew what the issue was

because I can quit doing that.

There's fine. Okay.

Now you see the little 365 thing. Okay. Advance.

Okay. So so I was just talking about how celebrating your wins seems really natural and normal, but we don't actually do it. So it's more common for us to gloss over the things that go well or. The things, not just for us, but also in the environment. So on the other hand for the fails and the negative things, we replay them, we focus on them.

We obsess about them. We really dig into them. So there's actually a name for the way we do this and it's called negativity bias. So some of you may know Rick Hanson. And if you don't, he's a psychologist who teaches a lot about mental wellbeing. I also put a link for his book in. Long or book in the in the lesson.

So he said our brains are like Velcro for negative experiences and Teflon for good experiences. That's really helpful if you, when we were back in like the cave woman days, that was really great, but now it causes a lot of suffering because we're not in these kinds of situations where we need too much fight or flight fight.

So he said we have to learn to take in the positive experiences and it's important to consciously and deliberately help our brains to register positive experiences. I

find this so interesting. Okay. Did it advance? Okay. So for me, this makes a whole lot of sense, and it's so common that when we do something successfully, we hardly take a breath to celebrate her.

And then we immediately jumped to the next project. So we need to practice celebrating. So just to be clear, it's totally useful to see and celebrate the good things everywhere in your life. But I want to focus on celebrating our own wins and that's because as women, we seem to be trained not to do this.

And there's a kind of, if you see a woman celebrating herself, there's kind of a distaste for it. I would say like it's selfish or unpleasant. So. I think that's true for men too, but I think it's especially true for women. So it takes a little bit of extra effort and mindfulness to actually celebrate your wins and a little bit of courage.

So I want to suggest that every time you make progress on anything at all, that you give yourself credit for it. And then when you accomplish anything bigger, you're really going to celebrate. So in general, you want to celebrate all your wins, large or small. Like I did my miracle minutes. I took a baby step to my goal.

I said something nice to my friend. I had a successful, difficult conversation. I signed a new client. I paid off my student loan, any of those. And actually I encourage you to find as many reasons as you can all the time at any time of day to pat yourself on the back. So that's a good look and sell that I made.

I look good today. Damn, I'm a good organizer. I was really able to comfort my friend. Don't worry about getting a big head or overpricing yourself. I really want to say this. Don't worry about that because most of us spent so much time and energy being ourselves. That it's virtually impossible to go too far the other way.

So the homework around this is going to be every morning, every evening, before you sleep, please think of three things that you did well that you're happy about. So all those examples I just used, all of that would be good, anything large or small, and this is something like miracle minutes that you could do every day of your life for the rest of your life.

And it would just be lovely. And it's the most wonderful way to go to. You know, just like having thinking of the good things and if you start going, oh, but I screwed that other thing up. Just let that one go and just really focus on the good thing. If you would please share something in the chat, some wins that

you've had like big or small recently, and while you're doing that, I'll say I did today.

I did my morning practice. I'm eating pretty healthy. I feel proud about creating this core. I think I look pretty good today. What you got, which you got

what's your wind.

Yeah, I want to show me some way. Come on.

Anything it doesn't, it doesn't have to be today. It could be the last, any last, any amount of time.

Oh, I miss them. Okay. So I think women are mostly told it to go to school and men are taught to more just celebrate yes. More social media presence. Oh, is that, is that something that you want to do more of Catherine? I'm guessing. So Liz says I was feeling really bad today. Like suddenly depressed and just feeling bad, but I made myself go for a walk and I, that helped a little bit.

That's a huge win. Oh my God. Yes. I hung a message board in my kitchen. Yes, I'm doing my daily walks. Yes. I thought about feeling stuck without self judging. That's huge. Yay. Stayed positive about a family member who normally makes me Cray. Cray. That's huge. My taxes are done. My God. I keep them. I kept them.

I keep them minutes on my calendar. I keep the minutes on my calendar. I keep them in. Oh, you're tracking your minutes on your calendar. Awesome. I hugged my angry, upset, granddaughter. Beautiful. I blessed everyone on the way to work. That is so sweet that I feel are driving me crazy. Yes. I got back on track with my daily action toward my 30 day goal.

After missing yesterday. All of that. Love it. Thank you for sharing all that. So beautiful. Okay. Did we advance, did it go to when I reached my goal? Good. Okay. Oh, and then Molly says I've done clothes books and a halfway through the paper on my decluttering. That's massive. And then Lynn says I rested when I needed to, instead of trying to push myself onward, I love every single one of these.

There's absolutely perfect things. And then Jenny says, I took some flowers to a friend who's feeling down sweet. And Kevin says, I meant what I'm in. If I'm accomplishing my goal of being more present on social media. Yes. Yes, and



that's not easy. Good. So Another thing I want you to do, and this is not homework.

I just would love for you to do it is to plan celebrations for when you hit your goal. So, you know, you can build this into your goal setting. So when I reached my goal, you could add this sentence. When I reach my goal, I will celebrate by for example, treating myself to a day of RNR, sharing the news with my bestie.

Planning a special meal, taking a day trip, somewhere fun or beautiful hosting a potluck with friends. That's probably more a non COVID time thing, but you know, writing a gratitude letter to someone who helped me having a bubble bath, getting a massage buying, or cutting myself some flowers. So for now as the last part of this official lesson, I want to leave you with this.

Oh, and Molly says, give myself an at-home spot. That's a super luxurious in the time of COVID. Absolutely. Ooh, that sounds so inviting. So Teddy Roosevelt said this quotation, but it was made really famous by Bernay brown. I mean, maybe it was super famous before, but I only heard about it through Bernay brown and he said this and I love it so much.

He said, it's not the critic who counts, not the man who points out how the strong man stumbles or where the doer of deeds could have done better. The credit belongs to the man who is actually in your Lena, whose face is marred by dust and sweat and blood who strives valiantly, who errs, who comes short again and again, because there is no effort without error and shortcoming, but who actually strives to do the.

Who knows great enthusiasms, the great devotions who spends himself in a worthy cause who at the best knows in the end, the triumph of high achievement and who at the worst, if he fails at least fails while daring greatly. And that's my wish for you guys that you dare greatly. You love yourself while you're doing it, and you give yourself a break all the time and celebrate every little beautiful, tiny.

When that happens along that. And then in a minute, I'll take any more questions that you have. You can type them in the chat now, but while you're doing that, I just want to tell you what's happening next. We were talking about this a little bit at the beginning of the call. So this week and part of next week, I have a schedule open for individual calls.

So fortunately we don't have to say goodbye today, which is great. Just a big heads up my absolute last day of calls. I'm like, I'm going to have a real hard deadline on this is Monday, March 1st. So you need a sign up at the very latest by this Sunday, which is February 28th for the. If you haven't if you haven't signed up for a call yet, you want to do it by Sunday for the last call days Monday to check the email or the Facebook group or the how it works.

Section on the site for the scheduling link, I've already sent one email. I'll send another, at some point, there's a reminder in the Facebook group and there's a link. And in the, how it works page on the website, if you want to schedule your call also I would love your feedback on the course, things that you found useful and things that I could improve.

And I'll email you with a survey for that asking for your experience with the course, and that's both, so I can know how it went for you and how to improve, and also to ask for testimonials, for me to use on my website. I would appreciate that so much giving your feedback because I'll be offering this course on an ongoing basis and I want to make it as effective and useful as it can be.

And then as I mentioned, last time, everyone in this course right now will have ongoing assets, the website, and this course, as long as I run it, I plan to add lessons and features for quite a while. Two things that I know already, that I'm going to do at some pretty soon I'll add transcripts. So that for these, for these lessons, so that you can easily find, you know, you could do a search and find something on the transcript.

And then I will also, probably not right away. But I will also break the lessons down so that they're more like 10 minutes. Oh, yeah. I'll probably retape them and make them into smaller little units. And if you have ideas for me, by the way, when you're doing the the feedback, that would be great.

So for now your assignment this week oh, thank you, Gloria. Thank you, Jenny. Oh, and go, you're going to print out the Teddy Roosevelt thing. Isn't it brilliant. I love it. So all of these are in the lesson, five websites. So continue your miracle minutes. Continue your action steps to your 30 day goal.

Continue to continue doing two miles a day, start tracking one thing, anything in any kind of app or paper, right. Start a practice of celebrating three wins of the day. Big or small before you go to sleep or any time start a practice up. So yeah,

three wins a day, bigger, small before you go to sleep or anytime that you do them.

So I'm going to stop sharing that. Oh, so you ask you ask where if I'm going to teach men, you know, I've, I feel like I want to allow men, but when there were in classes like this. It's just on the site and it weren't live calls, I would say that's okay. I, I think I'm not honestly, no, I think, I think it's going to be women only.

I can't figure out how to do that. And I, I think it'll be women only. Yeah. That's, that's the thing. So my lovely, whoops, I lost you. So do you have any more questions for me?