

# Staying On Track

Here are a few ideas to help you stay on track towards achieving your goals:

## Vision Board

A vision board is a collection of images and words that remind you of your big vision. Since the day-to-day implementation probably isn't as inspiring as how you hope to feel later, a vision board keeps you focused on those big vision.

## Feel it!

All the good actions in the world won't get you to your goal if you don't know how it feels to be there. So the most important practice is becoming the person you see in your vision. Spend 5-10 minutes a day visualizing who you most want to be and feeling into how that person feels, thinks, acts, and holds him/herself. Start your day by bringing a smile to your lips then visualizing before getting out of bed. Throughout your day, make decisions from the perspective of who you want to be.

## let it Go!

In addition to learning new ways of being, to achieve something big, you also have to be willing to let go of the habits, beliefs, and thoughts that are sho'oponopony. Forgiveness - specifically the ho'oponopono practice is a powerful way to free yourself from negative emotion.

You can pair that with Emotional Freedom Technique (EFT), aka "tapping", to learn how to move beyond negative thoughts and beliefs. Check out [MarieHoulden.com](http://MarieHoulden.com) or Brad Yates on YouTube.

## Simplify

We only have so much willpower and focus each day. Learn to use it wisely by limiting the number of decisions you need to make. Plan your day the night before, limit your wardrobe, declutter your house. Make it easy to stay focused and moving forward.

## Make Milestones

It can be overwhelming to think about all the changes you want to make. Choose a few milestones that let you know you're on your way to achieving your goal that can become your short-term focus. Then when you get there - celebrate!

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## Celebrate

Speaking of celebrating, give yourself a high-five every now and then! When you reach steps along the way or have a good day, treat yourself to something nourishing and supportive - something you would gift yourself if you were who you are in your vision.

## Daily Support

### REMINDERS:

Your phone is your best friend in goals! Set calendar reminders with uplifting messages about who you know you are. Things like "Money loves you" and "I am vibrantly alive at 155!" Sending yourself love notes is a great way to remember you have a bigger vision when the days feel routine.

### ACCOUNTABILITY BUDDY:

Enlist the support of a friend whose actions and goals align with yours. Call, text, and meet up to stay on track, and provide support - *\*not excuses\** - when you start second-guessing and feeling overwhelmed.

You can also find support online using apps and through forums.

### TRICKS:

Change your online passwords to reflect your goals, like "50Thousand!" or "160lbsfeelsgreat!" Keep the goal positive and focused on what you want.

You can also change your most frequent phone contacts. For example, Mom can become Money Loves Me.