

# **Rev Up Your Personal Energy So Your Bodacious Goals in 2016 REALLY HAPPEN!**

Okay...tell me if this sounds familiar. You've gone to a seminar...or watched some great motivational videos and from this place of inspiration, you set some bodacious goals for 2016. You're on track and it feels good!

So here's your level of inspiration...and your level of personal energy. And from this resourceful state...you've set some high level goals, the accomplishment of which are going to make you feel awesome! So far everything is on track. And the year is off to a great start!

Then life happens. You're significant other decides you're not all that significant and takes off. A big deal you were counting on, falls through. Your daughter runs your laptop through the dishwasher. You get rear ended in traffic. Or maybe you just wake up in a bad mood. Has this kind of thing ever happened to you? Life challenges happen that can knock the wind right out of your sail.

But your goals haven't changed. So you still have the same high expectations. Now, there's a GAP between your bodacious goals...and your level of personal energy. We call this your your 'discouragement gap.' From this lower perspective, the VERY SAME GOALS you were pumped about achieving...now seem arduous or even impossible. In the discouragement gap we begin to feel overwhelmed by our own creation! This is a place of stress, frustration and negativity. When you're in the discouragement gap, positive momentum stops, the world seems like it's against you and things start to go south. Stay in this place long enough and we can get downright depressed! Not a fun place to hang out!

So what do you do? We have 3 options. Option 1: Stay in this awful place. Option 2: Lower our bodacious goals. Or Option 3: (what so few people know how to do) Consciously elevate our personal energy.

I'm going to assume you're not all that interested in options one and two. So how then, do you ramp up your personal energy? How do you eliminate the discouragement gap by rising in your personal power rather than giving up on your dreams?

Do you believe in preventative maintenance? I do. Once I was driving my ex-wife's car in such a hurry that I didn't have time to stop and add needed oil to the engine. I didn't

make it to my appointment because the engine blew up. (Note: she wasn't my ex wife at the time.)

So here are 10 ways to prevent that discouragement gap from happening in the first place that REALLY WORK!:

1. **Move your body.** We know that even with modest exercise, those mood enhancing endorphins kick into gear fast. Leo Widrich adds, "If you start exercising, your brain recognizes this as a moment of stress. As your heart pressure increases, the brain thinks you are either fighting the enemy or fleeing from it. To protect yourself and your brain from stress, you release a protein called **BDNF** (Brain-Derived Neurotrophic Factor). This BDNF has a protective and also reparative element to your memory neurons and acts as a reset switch. That's why we often feel so at ease and things are clear after exercising and eventually we feel happy."
2. **Turn discouragement into determination.** Get angry. Yep, that's what I said. Get angry. Contrary to popular opinion, anger itself isn't bad. There's destructive and constructive anger. Destructive anger does damage...so don't do that. Constructive anger gets you moving. It's the root emotion of fierce motivation. So get mad at being stuck or just giving us your B game. Use your anger to shift from discouragement to determination! Notice how much better this feels than feeling down!
3. **Stoke the furnace in your thinking and in your speaking.** As my brother, Bill Ferguson says, "Don't speak or think negatively unless that's the way you want it to be." Along with moving your body and generating constructive anger...speak words of encouragement...out loud. Affirm your successes. Affirm the way it's going to be, with passion. Affirm your greatness. And keep doing this over time.
4. **Create a short list of your 5 greatest challenges and your 5 greatest dreams.** Notice that those challenges and dreams are there whether you like it or not. Not liking them or blaming someone doesn't make them go away. Whether you like it or not...it is the way that it is...and you are the one who has to take action.
5. **Now build on your determination.** Stoke the furnace even more! Imagine you pushed a button and instantly had 10 times your personal energy. What would that feel like? Look like? Sound like? Now step into that! Be that!
6. **From this higher place of personal energy...identify the number 1 challenge on your list and WRITE your answer this question...“What's the most efficient/effective way for a REALLY STRONG PERSON LIKE ME to handle that?”** Do the same

for the next greatest challenge...then the next and the next...and do the same with your dreams. And keep it simple.

7. **Ask for support.** Now you've got a written gameplan. The next step is to find someone who is strong...someone you trust and respect...someone who supports you. Ask if you can give them weekly copies of your gameplan that states **SPECIFICALLY** what you are going to do and by when. People will give and keep promises made to friends that they won't even make to themselves. Let's use this to your advantage in a big way.
8. **Keep your word,** continually stoking the furnace with body movement, the fire of determination and empowering conversation. Go kick some butt! Take the action! Make it happen! Bring it on home!
9. **Celebrate like your wins like crazy.** Celebrate the big ones...and **especially** the little ones. You did 15 minutes of exercise first thing in the morning? Yessss! You reviewed your week's promises? Fantastic!!!! You paid your bills? Awesome!!!! You applied for that incredible job? Way to go!!!!
10. **Be outrageously grateful.** Prosperity isn't so much a function of having more as it's a function of appreciating what we have. When we consciously appreciate, we open the door for more!

That's it! AND, if you're REALLY serious about having 2016 being a banner year...call my assistant Kimberly and ask her to schedule your free 90 minute breakthrough session...just you and me. I promise you'll see solutions and possibilities...unique to you...that you've never seen before. Call 303-989-2605.

And in March I'm presenting the Heart Centered Leadership Program...a weekend where you'll learn 21 leadership tools designed to bring the very best out in the people who most matter to you.

With love and respect...See you soon!