



Just for Today

Defeating the Daily Grind

March is knocking on the door and by now the excitement of a whole new year may have turned into same old, same old.

Tool # 2

when the going gets tough, the tough get going

We're great at beating ourselves up when we think we haven't done enough, done it right or just plain haven't done "it". No wonder we grind to a discouraged halt before we achieve our goals!

A great way to overcome self-defeat is to keep a gratitude journal. By increasing your awareness of the *good things that you cause to happen every day*, you will begin to see how you are creating your own reality.

Just for Today: every night write down the things that you did today that made a positive difference to your business and your life. What did you accomplish today that YOU made happen?

Angela