

PERSONAL DEVELOPMENT VIDEO

Video Review

Personal and Spiritual Development is all about us growing toward our best selves. As we grow we change the state, the energy we live in. It is this change that allows us to take new actions, create new habits and to build the life we imagine in our dreams.

The key in personal development is always keeping the beginners mind. In this mindset you are open to learn new things. When you are open to growth you are then coachable. Each day you need to set the day in the Green Zone with positive information that is geared toward self-improvement. The believes of lack, not being enough, that we are not smart or worthy all play into the quality of our lives. Change these believes and you change every aspect of your life.

Action Steps:

1. Set a timer for 7 Minutes
2. Write down all the beliefs you have about growth? About success? About dreams? (Do not think, just write)
3. Weed out the bad beliefs, and focus on the good beliefs.
4. Create a bucket list. WHAT DO YOU WANT? How are you going to get it? When will start? What can you do right now?

Affirmation: **DAY BY DAY I AM GETTING BETTER AND BETTER**

It is important to use your journal as you go through the day. Write down positive thoughts, negative thoughts and things you would like to improve on. Again, use the affirmations to anchor your purpose daily. Remember, you are worthy of growth.

STAY INSPIRED!

*“One’s level of personal development at any given time, determines
the level of their success”*

-Bill Cortright

