



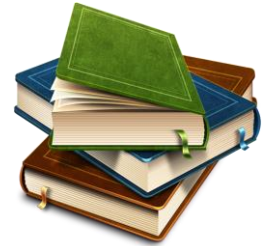
## 10 Ways to Keep the Masterpiece

You have done a lot of work progressing through this program. You've discovered if you're the Canvas, Paint, Easel or Brush and that you are a Masterpiece. You now know why you were created and have a vision to help you flourish in your creativity. By creating your authentic palette, you have a clear understanding of the best environment for you to wake up empowered and ready to conquer the world. Of course, you want to sustain the hard work that you've put in. One way to do that is by maintaining your Masterpiece. Here are 10 things you can do to make sure that you continue to enjoy the beauty of your creation.

1. **Have positive self-talk.** It takes 2 positive thoughts to replace one negative one. Keep the negative thoughts at a minimum. In the video, I had you do an exercise where you wrote down all of the negative thoughts that you had about yourself. The struggle is when you have to produce 2 positives thoughts for each of your negative answers. Be intentional on speaking positively about yourself and your abilities.
2. **Select your Fab 5.** Surround yourself with people who are supportive and creating a life worth living of their very own. You are the sum of the 5 people who you hang around the most. Consider that for a moment. Who do you hang around the most and what does their lives look like. Is it a Masterpiece? How are they showing up in the world? It may be the exact way you are showing up in the world. Surround yourself with people who are doing great things. People who can influence and push you to live your best life.
3. **Be Accountable!** Having a coach makes you 64% more likely to achieve your goals. You need someone in your corner that can rejoice with you and build you up when you stumble or need to adjust. I have personally had a coach for the past 5 years and it has totally improved every area of my life and business.
4. **Be nice and help others!** Don't be so focused on creating the life you want that you become mean. One reason you were created was to be a blessing to others. Remember, how you treat others will be returned back to you. Let the Golden Rule be your guide... Do unto others as you would have them do unto you!
5. **Set and write down your goals!** I am saying set goals and write them down for a reason. When you write down your goals, you increase your chance of accomplishing them by 80%! Yes, 80%! It's not enough just to think about your goals or talk about them. You MUST write them down! Writing them down attaches them to your sub conscious mind.

6. **Get comfortable being uncomfortable.** In order to live creatively, you have to stretch yourself. You have to CONSISTANTLY be learning and growing. That means that you are trying things that you'd never imagined and experiencing things you said you never would. When was the last time you tried something for the first time?

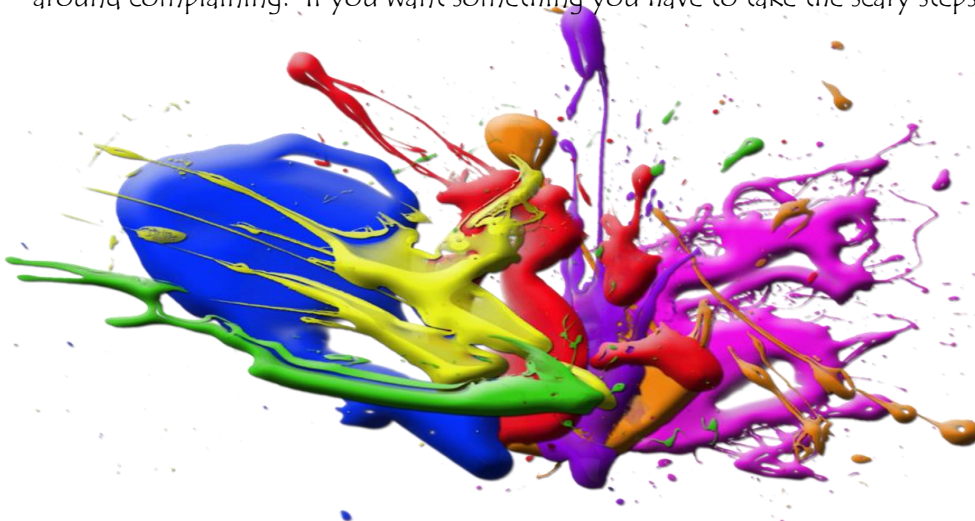
7. **Read a book a month (or a week).** Successful people are lifelong learners. One of the ways they learn is by reading and acquiring knowledge. Maybe you're like me and prefer audiobooks. The delivery method is not important. What's important is that you're continually giving your brain new concepts to consider. I'd start with "You Are a Badass" by Jen Sincero.



8. **Take care of yourself mentally, physically and spiritually.** You have to be prepared to create and sustain the Masterpiece in You. Preparation is eating right, being mindful, and submitting to prayer and guidance. As we get older, being physically fit becomes a critical component of our success. Excess weight, smoking and drinking doesn't ensure that we are able to operate at our best. We have to be mindful as to how we treat the body we are housed in. A good goal is to do at least 30 minutes of cardio each day. When you begin to give yourself the love, compassion and forgiveness that you give others, your life changes from the inside out! PS, you also need to make sure you're getting enough sleep.

9. **Never be the smartest person in the room.** This is something you have to be very intentional about because most people like being seen as smart and witty one by others. The issue is that you already know what you know. You don't however know what others in the room with you know. Ask questions, be a student and put yourself in spaces filled with leaders and game changers.

10. **Realize that NO ONE is coming to save you.** If you want a different life, YOU have to create it. Sitting back and waiting for someone to make a way for you is NEVER going to happen. People want to help people who are already helping themselves, not those sitting around complaining. If you want something you have to take the scary steps to get it.





I created this e-Course for those who know that they were created to live a different life than the life they are currently living. People who can no longer just exist but they want to live in their purpose and do what they were created to do. I believe that there comes a time in your life, when you realize that nothing around you feels right anymore. You know change is needed but what's the next step? How do you do it, how do you create a life that you can flourish in? **Creating the Masterpiece** in you is a tool developed to keep you engaged in the process of deciding what is best for you and propels you to take the steps to stroke your way to the Masterpiece that resided in you.

Here are some ways to stay connected with me and other resources you may find useful.

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