

Who is your power team?

What resources do you need?

No man is an island, (except for Hugh Grant in 'About a Boy) and you'll find it easier to move forward with the knowledge and skills of other people who are excelling in your area, those who encourage and inspire you and hold you to a higher standard.

Sometimes those we love the most or spend the most time with aren't always the people who can help us with our goals. You may need to invest in '**GROWTH friends**'. Find your people who are going to light you up.

You may also not know 'where to start' on somethings. Let's test out the 'Just Do It', 'Just Google it' option. Even if you don't get the exact answer you desire you will be inspired and you will end up closer to your goal. But if you don't seek, you won't find. I am always surprised at how many people don't 'just ask' and carry around a problem like there is no solution.

Many of us are accustomed to giving out support and yet are not open to receive it. Today is about exploring who and what you need to succeed and then going forward fearlessly to get it. Speak to people, Google information, send emails, connect with those who are walking at your running pace.

Ask friends for introductions to people who might be able to help

- ➔ Use social media to find the perfect person to speak to!
- ➔ Just ask someone something- even if it's to say 'I don't know who to ask or where to start'.

Once you get that out of your head and say the words you'll be amazing how things begin to appear that can help you. You'll be surprised at what turns up!

You know that amazing feeling when you are able to help someone else get what they want? Let someone else be that person for you. Then ask how you can assist them for their generosity.

Use your meditation time to ask questions about where you should seek information to support your goal. Keep notes in your journal. Once you **ASK** yourself then **ALLOW** yourself to notice what you feel compelled to do to take action- you'll get symbols, intuitions, you'll think of someone you need to contact... just be aware.

Who is going to help you achieve what you want? List all of them

What skills or resources do you need to get you where you want to be? Books? Tools? People? Events?

What brave action will you take to move you forward? List at least 3 things you'll commit to doing:

Become aware of any feelings that come up as you consider what you are committing to. Is there a resistance? Are you saying something because you think you **SHOULD** or because you truly believe it? Your best results will be gained from wholeheartedly believing in your decision, even if you don't fully understand 'how' you'll achieve it.

Until tomorrow.....