

“DDD”: Decisions Determine Destiny

1. Success Requires Decisions: *You will not be successful (wealthy, fulfilled, free) unless you can make decisions.*

Decision-making is an ESSENTIAL life and business skill that you can develop, like learning to play a sport. By their very nature, you will never have perfect, risk-free clarity with important decisions. At some point you must “leap, and the net will appear”.

What process do you need to go through in order to make a decision and be at peace with it? Some things that can help: meditation, advice, encouragement, physical activity, a deadline, incentives, reflection on how you made supportive decisions in the past, do something with a buddy.

Results and clarity come AFTER a decision is made, not before. A "Maybe state of mind" is not a decision, and will just create anxiety and uncertainty. "Yes" and "No" are decisions that allow you to move forward one way or the other.

2. The Best Investment Is In Yourself

What's a better investment of time and money than real estate, stocks and bonds, or even your own business? YOURSELF. Your business is a reflection of you, and as you personally grow, your business will grow.

How much of your time and energy are you investing in helping other people get what they want? Your spouse, employer, children, charities? What are you doing for yourself, to increase both your own wealth and fulfillment and to expand your capacity to support others?

3. Growth Will Be Uncomfortable: *Allow yourself to move forward in ways that are a stretch and challenging...but don't break you.*

Stretching forward WILL create fear, uncertainty and doubt. Will you let it stop you, or will you overcome it? You're much more valuable, inspiring and powerful than you realize, and as you practice taking small and large leaps of faith with support, you'll learn how to "step into your power" to feel and be the inspiring person THAT YOU ALREADY ARE.

This will not be an easy process, because you are changing and growing!! But it's TOTALLY WORTH IT.

However, you must know thyself: a leap for one person could break another. The only way to know what "breaks" you (although truly, you are unbreakable) is from past experience. You may surprise yourself too at how big a leap you can take when you have a truly supportive team around you.

As WonderPhil (Phil Gascoyne) says laughingly, "Disclaimer, this may hurt". This is why enjoyment

and support are so valuable, because they can help you stretch BIG without breaking.

4. You Deserve Everything, But Are Owed Nothing

You deserve to be wealthy, fulfilled, happy and free - but you're not entitled to it. No one's going to give it to you. You are the only person in the world who can make it happen for yourself.

When you FIRST take 100% responsibility for yourself, and commit to creating the life, money and fulfillment you want, THEN it begins to flow to you.

5. Make Decisions From Where You Want To Be: *What would your future self of 1-3 years advise you to do?*

This is an exercise I use in making decisions that feel big, scary, and potentially life-changing :)

How often do you get stuck in the present moment by fear, uncertainty and doubt? How has that supported or not supported you from getting what you want?

One way to get out of your head is to make decisions from the future. Where do you want to be one to three years from now? What advice would your future self give you now on how to get there?

6. Fear Of...Failure / Responsibility / Unworth / Commitment...

If you want to take action but hesitate, be honest with yourself about your fears, doubts & uncertainty and their benefits. Fear is useful and keeps you alive and safe. What are the other benefits of being afraid and staying comfortable? Would you honestly rather stay comfortable with your current situation than to get outside your comfort zone?

7. Lastly: Be At Peace With Commitment

Once you decide “yes” or “no”, accept the decision and commit to it 100%. There's no value in second-guessing yourself. Move forward knowing that you cannot get it (or anything) wrong, that everything you try is an opportunity to learn and grow.

“If you can dream it, then you can achieve it. You will get all you want in life if you help enough other people get what they want.” – Zig Ziglar