

The 5-Day BEST LIFE Challenge

3 BIGGEST MISTAKES PEOPLE MAKE

1. PRETENDING

- You need to be in the moment and connect with your inner self as well as every aspect of your mind and body while absorbed in your visualization. By just going through the motions and pretending that you are engaged, you are telling your mind that it really doesn't matter.

2. NOT FOLLOWING THROUGH DAILY

- In order to change your mind tracks, you need to create new ones in order to achieve your goal. Visualizations can help you achieve it in the fulfilled way.

- When you don't make a concentrated effort to work on, think of, or visualize your goals everyday, you reduce the chances of them coming to fruition. What your mind is solving is what is going to be happening. Make it your dream goal!

- It takes 28 days to create a habit. Make It A Habit in order for it to become a part of your daily routine in an easy fun way.

3. NOT STEPPING FORWARD

- It's YOUR LIFE! Be a part of it! Live it like you are the star and have the courage to step forward and pick the goal, research how to get it done, plan it out, and work on it to get it done. Achieve it and CELEBRATE! But you can only do that if you STEP FORWARD!