



The Practical Steps to Being Your Unique Brand of Being Well!

(Influenced by **Wallace D. Wattles**)

1. Be one person.
 - a. Choose to function in your greatest self, which evolves each day.
2. Be intentional with your thoughts and actions.
 - a. Affirm for yourself the are leading you to your goal.
3. Allow yourself to be comfortable in the uncomfortable.
 - a. Volving to your greatest self comes the cost of change. A pruning on every layer of your life.
4. Focusing on the how! Not the why not!
 - a. As people, we can have a tendency to gravitate to the negative.
5. Trusting the truth of your experiences.
 - a. Choose to be strong enough to override false programing.
6. Know that you are enough! Acceptance it!
 - a. You are unique unlike any other. Your nuances are what facilitates your light to shine.
7. Giving yourself permission to be selfish.
 - a. Do not feel guilty about being a key factor in your own equation of life.
8. Acknowledgement of your growth / applaud yourself.
9. Visualize your goal!
 - a. See your end game.
10. Function in the mindset that you have attained your goal.
 - a. A doctor wears a white coat and is identified as a doctor before becoming one.
11. Be Present.
 - a. Trust the truth of your experience.
12. Know your resources and maximize them.
 - a. Know that resources extend beyond money or tangible assets.
13. Now, is the most powerful moment.
 - a. You have everything you need for change stop waiting.