

Sherri's Top 10 tips to reach your goals (written quite directly!)

1. You either want the goal or not. Forget "I should". Quit pretending.
2. Stick to your choices and decisions. Squash your inner negotiator voice.
3. Control your monkey mind. Constant chatter in our mind uses precious energy and is a negative source of entertainment.
4. Know how you are motivated- towards what you want, or away from what you don't. Plan your strategy around that.
5. Have a clear, compelling vision, using all senses, written down.
6. Make your goal involve steps along the way. Create a daily action plan.
7. Create a 'reasons why' you want your goal list. The longer the list the more motivated you will naturally be.
8. Be inspired. Let that feeling propel you.
9. Give yourself some slack when you need to.
10. Like yourself enough to know you deserve to be happy/reach goals/create a life that works for you.

Ok, just one more- resolve your biggest obstacle that could get in your way, so you don't have to worry about it if it arrives.