

# *Five Crucial Steps*

*For A Powerful Personal Transformation*

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# Step One

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## Document The Outcome

In order to get what you desire and want, you must know exactly what the final outcome will be. You will not get down that journey if you don't understand precisely what you want.

Write the vision and make it plan, but sitting down and defining where you are, where you want to go, and your current situation. Decide what they will look like once you have transformed them.

Visualize it and make it CONCRETE!



# Step Two

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## *Learn To Begin By Taking Baby Steps*

Know that starting is the beginning of the the transformation process. You will change gradually and most BIG changes are mad by taking small steps every day over the course of the journey.

Understand that personal transformation is not a quick process and takes time. You will sometimes take two steps forward and then two steps back. Other times you will make huge leaps and bounds in just a short amount of time.

Just don't GIVE UP!



# Step Three

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## *Use Others As Your Research Subjects & Learn From Them*

The transformation process will always involve learning new things, but you can create your own shortcuts.

Instead of starting from a blank canvas, learn from the journeys and mistakes of others, who have traveled those roads before you. It can truly cut your learning phase in half!

Do your research and read and re-read the stories, tips, tricks of others who have created their own personal and business transformations. Try to avoid those mistakes, and adopt the habits that helped them achieve their goals.

Where you want to go is POSSIBLE!



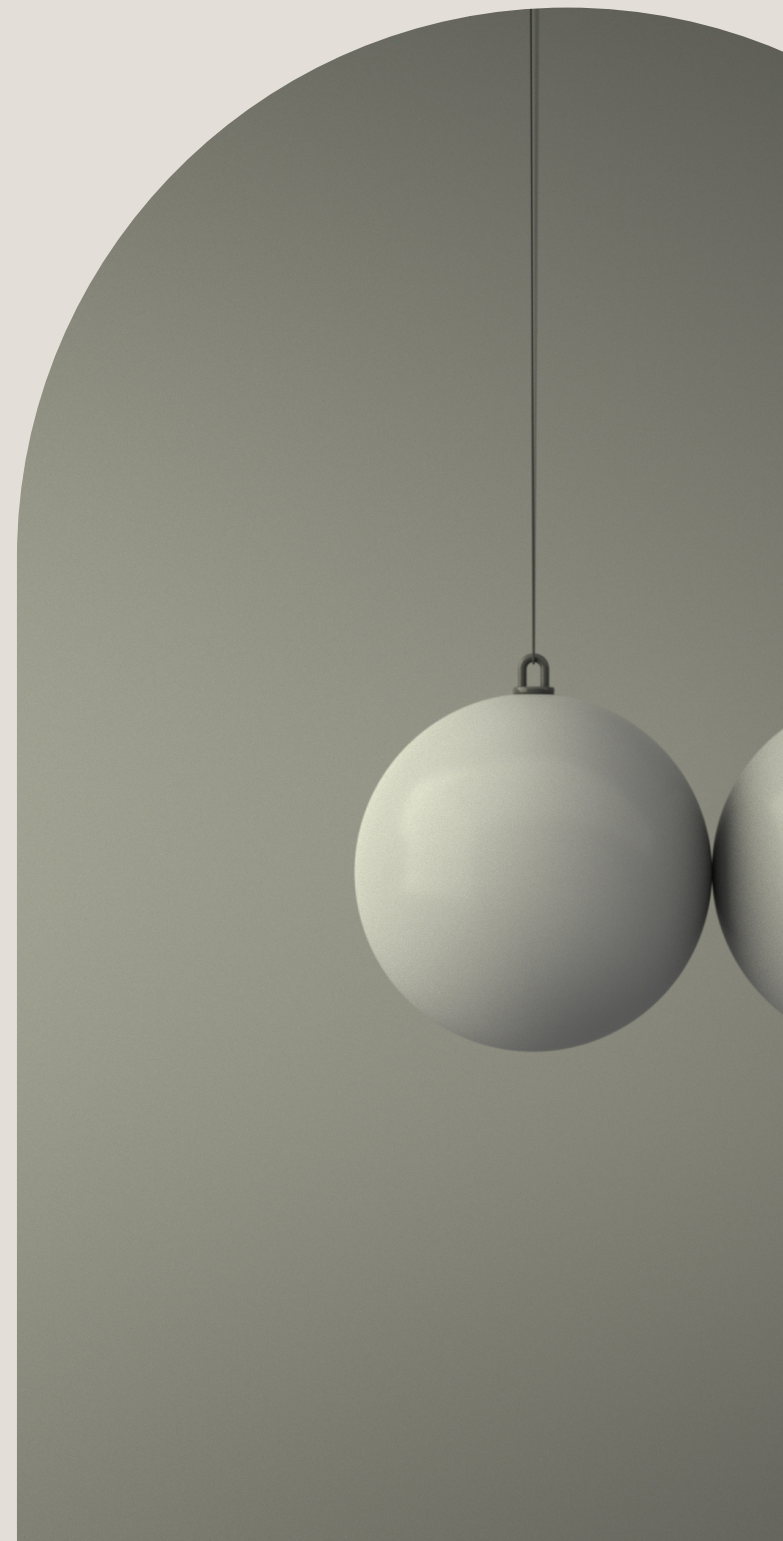
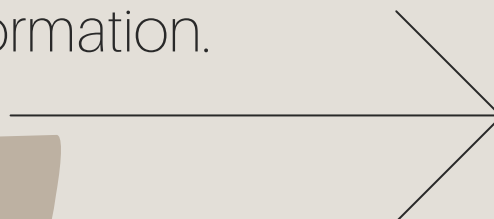
# Step Four

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## *Be Your Outcome*

Have you heard of that cliché that says "Fake It Til You Make It?" There is so much validity to it and you must act as if an outcome has already occurred. When you do, it is much more likely that it will happen.

Each day make sure you are believing in yourself and identify yourself as already making the changes you aspire to make. In doing this, your actions will be those of already making the successful transformation.



# Step Five

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## *Be Willing To Be Uncomfortable*

Really understand that change can and will be uncomfortable. Realize that fact, accept it, and embrace it.

Stop clinging to stability and staying comfort - you will never grow. Your personal transformation requires you to step into the unknown and into new environments, meet new people, and do things that you have never done.

Fear and excitement are nearly identical! So when you start to feel fear, you must re-frame it and tell yourself that you are just excited. Embrace those feelings and press through them.

Don't give up!



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