



TRANSFORM YOURSELF FOR SUCCESS!

LIVE LIFE ON A NEW LEVEL

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ONE

STEP INTO YOUR GREATNESS

YOU ARE AWESOME

PLAN IT. SEE IT. ANTICIPATE IT.

It is time to live life on a new level. Remember, we ALL have our own gifts and talents.

We ALL have a purpose to fulfil. No more stepping in the shadows.

Do not let FEAR stop you from being the AWESOME person you were created to be.

Today is the day for YOU to step into your GREATNESS.

Here are FOUR tools to help you step into your greatness.

- Be **AUTHENTIC**- Just BE YOU
- Be **BOLD & FEARLESS**- Just DO IT
- Speak **POSITIVE**- It CHANGES atmospheres
- Be **CONFIDENT**- Be assured in your own WORTH

I dare you to step into your **GREATNESS**
and live life on a new level.



TWO

GOLDEN RULES TO ACHIEVING YOUR GOALS

ACHIEVE YOUR GOALS

PLAN IT. SEE IT. ANTICIPATE IT.

Have you found yourself saying, 'Oh I wish I could do that' or 'I would love to do that'. Well... I have. Do not live in regret.

Have a **CAN DO** attitude.

Why not start setting your goals TODAY.

There is plenty of time to set your goal and start taking action. If you start today, you'll be glad you did.

Here are my FIVE quick tips to setting your goals.

- Write down your goals.
- Write down when you want to achieve your goal by.
- Write down HOW you going to achieve it.
- Find an accountability partner.
- ACTION ACTION ACTION.

Make your goals a reality.



THREE

**STRIVE FOR
PROGRESS
NOT PERFECTION**

SMALL STEPS BIG RESULTS

PLAN IT. SEE IT. ANTICIPATE IT.

Have you ever felt that you are not making progress? You put all your efforts into something and you say to yourself, 'why did I even bother?'

No one even notices. You feel no one cares.

I have ONE tip for you...

DO NOT GIVE UP. Keep moving **FORWARD.**

Small steps every day. Even when you do not feel like doing anything.

Find the inner strength to **PUSH** through. Be that person who will **NOT** quit.

But be the type of person that will **PERSEVERE.**

Sometimes there can be so many things that can go against us. You feel like you can't breakthrough.

Speak positive words to yourself, '**COME ON, I CAN DO IT**'. When you feel like quitting, ask yourself **WHY** did you start? That should motivate you to continue. Knowing your **WHY** will keep you focused.

It will guide you step by step. Keep making small progress every day.

[Six Steps to Success online course](#) will help you set and achieve your goal.

keeping making small steps every day. As it will end up with BIG results.



FOUR

TRANSFORMATIONAL MINDSET

BREAKING BAD HABITS

PLAN IT. SEE IT. ANTICIPATE IT.

I don't know about you but I find some habits are hard to break? I want to share with you some tips that I have found useful to break bad habits. Have you ever got yourself into a situation, then thought how do I get out of this habit?

Yes, we sometimes fall into bad habits, however, it is about replacing them with good habits.

Research by James Clear suggests that bad habits interrupt your life and prevent you from accomplishing your goals. They jeopardise your health both mentally and physically. And they waste your time and energy.

What habits have you fallen into?

Think about how you will replace it with a good habit.

Here are some tips that may help you:

- Define the concrete behaviour you want to change or develop
- Identify t& deal with the triggers
- Develop a substitute plan
- Get support
- Reward yourself
- Be persistent and patient
- Consider getting professional help

Are you ready to take to break that habit?

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The Spark Of Greatness – Soul And Mind
December 9, 2017 by [Max Panzer](#)



You must remain focused on your journey to
greatness.

Les Brown

TAKE ACTION TODAY!
**ACHIEVE YOUR GOAL &
MAKE IT HAPPEN.**

[SIGN UP](#)

