


ACTION

**YOUR ROAD MAP TO
SUCCESS**

by Bernadette Smith

Whole Life Success Series

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About the Author



Bernadette Smith is a Christian, conservative, happily married mother of two children. She is a 9-year practicing attorney and counselor at law in Houston, Texas with emphasis on Business and Real Estate Law.

Bernadette is also a life and business coach and co-owner of Amazing Life Creations. She incorporates performance and spirit-led coaching styles in her practice.

From her experience as a teenage mother, her passion for personal development emerged more than eighteen years ago while mentoring at-risk teens and concerned parents. She earned her B.B.A. from the University of Oklahoma and her Juris Doctorate from Thurgood Marshall School of Law.

As a coach, Bernadette works with individuals, professionals, entrepreneurs and business owners.

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*Action is the foundational key to all success.
-- Tony Robbins*

Introduction

Are you interested in:

- ✓ Increasing your income?
- ✓ Boosting your sales?
- ✓ Achieving your goals?
- ✓ Discovering inner peace?
- ✓ Doing what you really love?
- ✓ Spending more time with your family?

Life is what you make it. You have probably read it and heard it dozens of times.

For a moment, just imagine how much more you could achieve in your life and how much better you will feel when you are living the life you want.

Finding your life purpose can help you to move with greater focus and clarity every day of your life.

The mystery is not what you need to do, but exactly *how* you do it. You already know what it takes -- **action**.

Now let me show you how through my Whole Life Success Program™ .

This action tool kit will:

1. Explain why taking action is important;
2. Help you to tap into your hidden potential;
3. Introduce you to new tools and information;
4. Help and encourage you to become a better you;
and
5. Inspire you to *act* and accomplish your dreams.

Why is Action Important?

Taking action is very important. Action is what moves you closer to your dreams. If you have dreams and goals in life and you realize that you are not moving towards them, then maybe you are: (1) not taking any action, (2) taking the wrong action, or (3) not taking enough action.

Action first starts in your mind. Your thoughts and actions are directly linked. You will act according to the way you think. Thus having positive thoughts will lead to positive actions and having negative thoughts will lead to inaction or negative actions.

THINGS YOU'LL NEED

There are several things that you will need before you start the Whole Life Success Program™. You will need: (1) belief, (2) commitment, and (3) action.

A. Belief

Positive beliefs have played a major role in my mindset and success today. You need to believe in the positive to implement the whole life principles.

1. Belief

You need to believe in yourself and in the good attributes you possess.

For example, I became pregnant at the age of 14. My home life was a very strict and tough environment that allowed no room for this type of situation. My family refused to support me. Actually, I experienced just the opposite. Some people in my family told me that I would never amount to anything. However, my belief was that I was called to be something more than a nobody. I believed that I was called to be an attorney. So an attorney I became.

2. Affirm Yourself

Affirm yourself on a daily basis especially when you begin having thoughts of doubt and fear. You must believe in the good things about yourself even if no one else does. There were many days I encouraged myself.

B. Purpose

You need to seek out your purpose and a plan of action.

Your purpose is usually:

1. That longing or burning desire you've carried in your heart for a while;
2. The thing that won't let you sleep at night; or
3. That something you would do for free just to have the opportunity to do it.

Discover whatever that is and move forward.

My purpose was revealed to me in a dream at age nine. I knew without a doubt of what I was supposed to be doing. However, I had no idea of how I would achieve my ultimate goal.

You may not know your purpose yet or know how to achieve your ultimate goal. That's okay for now. Just start with something that you are very passionate about.

C. Action

1. Commitment

You need to be prepared to wholeheartedly follow each life step included in the Whole Life Success Program™ in its entirety. You must be willing to go the distance.

In our society today, people quit all the time in one way or another. However, you must be willing to continue on a consistent basis until you reach your goal.

2. Initiate Action

You must put action behind the thing you desire. For example, if you desire to get a job, you must get up and look for one.

Many people get stuck on this step or procrastinate out of laziness, misguided spiritual teachings or fear to move from their comfort zone.

You must get up and do something that will take you to your desired destination. Even doing nothing will take you somewhere but more than likely it will not be the place you really want to go.

Believe you can achieve your vision. Be bold and then act!

3. Be flexible

There may be times where you may have to adjust your plan of action because things don't always go the way we plan them. However, midcourse corrections should not deter you from reaching the end result. You may even have to place some plans on hold because life does happen.

My youngest daughter was seriously ill between December 2002 and October 2005. Life as we knew it became a stand still during that time period. Everything was placed on hold. However, after many months in the hospital and three major surgeries later, we resumed life. I resumed my plan of action to achieving goals that were in motion prior to this event.

Life happens, but it should not deter you from achieving your ultimate goal.

Jim Rohn, almost an endless well of wisdom, said it best:

What we ponder and what we think about sets the course of our life. Any day we wish; we can discipline ourselves to change it all. Any day we wish, we can open the book that will open our mind to new knowledge. Any day we wish, we can start a new activity. Any day we wish, we can start the process of life change. We can do it immediately, or next week, or next month, or next year.

We can also do nothing. We can pretend rather than perform. And if the idea of having to change ourselves makes us uncomfortable, we can remain as we are. We can choose rest over labor, entertainment over education, delusion over truth, and doubt over confidence. The choices are ours to make. But while we curse the effect, we continue to nourish the cause. As Shakespeare uniquely observed, "The fault is not in the stars, but in ourselves." We created our circumstances by our past choices. We have both the ability and the responsibility to make better choices beginning today.

Whole Life Success Program™ principles can be applied to every area of your life. You become what you think.

You are responsible for your own pathway to success.
See the vision then **ACT**.

Resources

Spiritual Tools

Daily Meditations for Women
www.meditationsforwomen.com

Peale Center for Positive Thinking
www.pcfpt.com

Prayer Center
www.ourprayer.org

Verse Page
www.Versepage.com

Personal Tools

Franklin Covey Mission Statement Builder
www.franklincovey.com/fc/library_and_resources/mission_statement_builder

Google Books
books.google.com

Mp3 Motivators
www.mp3motivators.com

Simple·ology 101
www.simpleology.com
Whole Life Success Series



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