

## Personal Time & Planning

In today's article, I'm going to explain to you a sensational way for you to almost guarantee your success.

Here it is.

In short, it's taking at least 30 minutes every day to do something great for yourself. Treat yourself fantastic.

Here's what I'm talking about. During those 30 minutes of time when you do something nice for yourself you could:

1. Write out your affirmations repeatedly to program yourself for total success
2. Do a little self-hypnosis on yourself
3. Visualize your perfect day in your mind's eye (this trains your subconscious mind to gravitate toward what this 'perfect images')
4. Check your current activities against your written goals
5. Set and review your goals
6. Meditate
7. Figure out ways to improve your life and/or habit(s) to change

I've found many people just get caught up in the day-to-day hustle and bustle of life that they forget to step back and evaluate what they truly want and whether they are on the right track or not.

Incidentally, this is one reason why many small businesses stay small or fail. The plumber is so busy plumbing (is that a verb?), the cookie maker baking cookies, and the financial planner planning that they don't step back and take time to work ON their businesses.

We have to work ON both improving our lives and improving our businesses. To do that, we must step back...during this personal time...and figure out ways to make them better. It's really that simple.

Of course, since it's simple to do, it's simple not to do too. Just make sure you're one of the people doing it.

The best time to take your 30 minutes of personal time is first thing in the morning. Your mind is uncluttered at that time. If you try it later in the day, your mind may be festering with issues, crises, undone work, all your responsibilities, etc. So do it first thing in the morning. Plus, it's a great way to start your day off on the right foot.

There you have it. Take 30 minutes for yourself. I guarantee your life will be better for it.