

Action Guide

Don't Give Up On You!

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Remember:

"You contain within yourself a unique combination of talents and abilities which, properly identified and applied, will enable you to achieve virtually any goal you can set for yourself. *Brian Tracy*

Reflections:

Ponder the words of Jim Rohn, "The best motivation is self-motivation. The guy says, 'I wish someone would come by and turn me on.' What if they don't show up? You've got to have a better plan for your life."

Please realize that action is the key to making positive changes in your life. Without action, knowledge is lost. Inaction will not result in fulfillment, taking ACTION will!

Application:

Create your own "Sell YOU on YOU" 30 Second Commercial



Today we see too many people who are no longer sold on themselves. Are you one of them? I guess at times we all are. At times we all need to be resold on us. If you're in need of a selling job on yourself, create a "Sell YOU on YOU 30 second commercial." Here's how:

Step 1: Identify your strengths. What are you good at? List your best qualities. What do people like about you? List them now. This is not the time to be shy, let it flow.

Step 2: Now write these assets in your own words in commercial form. Be direct. Build yourself up! (use the back of your action guide to complete your commercial) See commercial examples.

3. Read your commercial out loud at least twice a day. Once as you begin your day and once before you retire at night. Do so with enthusiasm, passion and boldness.
4. Read your commercial before every task, project or phone call for additional motivation and increased self-confidence.
5. For the totally committed. Record your commercial on a CD to play back while driving.

You can do it, I believe in YOU!



30 Second Commercials

Example #1:

“Listen folks. Is it time to get an answer man? Time to start being glad you met someone new? Well meet Daniel. As a strong-minded individual, Daniel will be able to offer those solutions you’re looking for.

You’ll be able to have a fun time doing so, because Daniel is fast on his feet, and can always find the alternative. The 2009 model is easy to talk to and one of the best.

He’s the kind of guy that enjoys watching you succeed. Do yourself a favor and get to know Daniel now!”

Example #2:

Meet Melisa. A woman with direction. Melisa thinks big, is enthusiastic and full of energy. Her ideas are original and inspiring.

Melisa has it all together, from her professional wardrobe to her can-do attitude with a smile.

Melisa realizes the importance of commitment and discipline. She believes in the ability to accomplish great things. Her goals are specific; she cares about others and helps others whenever possible. When faced with challenges or a difficult situation she meets them head on with a positive attitude. Yes Melisa is one of the best, and getting better.