

## **Have you given up....given in.....to you?**

Today, Australians remember those who fought for our country on the 90th Anniversary of Armistice Day. This day was set aside to reflect and remember the sacrifices of men and women who died or otherwise suffered in Australia's cause in wars and war-like conflicts..... lest we not forget!

And it is really important during the war many of us are battling with the current economic crisis and the feeding frenzy of media projecting the doom and gloom to remember the "digger spirit" we do not quit...we do not roll over....we fight...we get up, get over it and get on with it. We brush ourselves off and fight back. The true blue Aussie spirit we are respected for. They did not sit on their excuses.

Sitting at the recent reunion for Aquaclub, the most successful swimming club in Western Australia that I had the privilege to be a member of; I listened to my coaches who supported, cheered me on, kicked me up the butt, inspired, motivated & educated me... and the memories came flooding back of one of Head Coach Mr (Kevin) Duff's quote of all quotes.....  
**"When the going get's tough...the tough get going!"**

## **How is your digger fighting spirit? Have you won the inner war? Or are you sitting on your excuses?**

So it is no surprise the same question is being asked as I present: "Get Tough: How to swim against the tide...with pride!" just as it happened at Fusion Jewellers in Busselton, WA last week **"Shelley, be honest...is it possible to achieve your goals, in these turbulent times... is it possible?"**

What do you believe? Is it possible to achieve your goals is what 's consuming people's minds .... sink or swim....Are you getting mentally tough or wallowing in the negative feeding frenzy of the piranhas of the doom and gloom?

- Is it possible to achieve your goals in this feeding frenzy of negativity of doom and gloom?
- Is it possible to attract wealth in such an unsettled environment?

## **How you create, attract & achieve your goals is and always will take the same steps:**

1. Create **value**; the motivational force to keep you fighting against the tide and ride the wave out all the way to the finish line....
2. Take massive **action**,
3. Practice attitude of **gratitude**,
4. Support your **community** and
5. Master the most powerful force of all – **belief!** 100% unwavering positive belief unleashes real wealth - well-being, happiness, and an overwhelming sense of abundance no matter what is happening. When you can experience that, deep within your core, you will understand the true power of your inner Champion and the belief will flow outwardly.

*7 time World Champion creating Champion Mindsets® with Taylor-Made Solutions!*

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Lightning might strike unexpectedly, mysteriously, and maybe it won't. What is a constant is the real power of belief. We each have power over one thing and one thing only - the meanings we concoct about everything that happens to us and around us. That creates the reality we live and project into the world everyday.

All I know is that if you don't BELIEVE you can, you can't. If you don't DO, you won't.

As I grow older, I become more and more convinced that what is POSSIBLE for our lives is a function of setting truly SMART GOALS—goals that are Specific... Measurable... Accountable... Realistic and Tangible. Simply put, you have greater BELIEVABILITY in your dreams.

When you set SMART Goals, you give yourself PERMISSION to succeed. You have direction. You have PURPOSE. You have a PLAN. You are willing to take ACTION... rather than "shelter yourself under a permission that it cannot be done." You BELIEVE you can.

Yes, this makes a huge difference in your end RESULTS. It drives your self-confidence to new heights. It moves you ever closer to the success you desire.

You get into the mind-set of DOING rather than FEARING. Big difference! Now let's shift your mind-set What ONE thing can you **DO** to take massive ACTION TODAY?

- Are these goals part of the big VISION for your life? Look at your goals closely. Are they in direct alignment with your MISSION and a direct reflection of your core personal VALUES?

No? What ONE thing can you **DO** to improve your sense of purpose and MISSION TODAY? \_\_\_\_\_

- Do these goals truly INSPIRE you? Do you have the positive and optimistic ATTITUDE necessary to remain in the hunt—day-in-day-out?

No? What ONE thing can you **DO** to improve your ATTITUDE TODAY?  
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- How many of these goals have CONCRETE milestones and PLANS for their attainment—or are your plans out of touch and out of date? If you don't have realistic plans for each of these 3 goals, then improving your PLANS is the SMARTEST thing you can do.

What ONE thing can you **DO** to improve your PLANS TODAY?  
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- How **IMPORTANT** are these goals to you? Are you spending your time on less rewarding activities, or are you giving your goals due respect? Have you remained **FOCUSED** on your top **PRIORITIES**—or has there been some drifting and wavering?

No? What **ONE** thing can you **DO** to improve your **FOCUS TODAY**?

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- Are these goals **BIG** enough to involve others in their pursuit? Have you created the team-building **SYNERGY** necessary to achieve your goals?

No? What **ONE** thing can you **DO** to improve your **SYNERGY TODAY**?

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- How **COMPLEX** are your top 3 goals? Is your level of **ORGANISATION** torpedoing your chances of achieving them?

Yes? What **ONE** thing can you **DO** to improve your systems and **ORGANISATION TODAY**? \_\_\_\_\_

- Really, how much **TIME** is necessary to attain these 3 goals? Is your ability to manage the clock, and **OPTIMIZE** your time, holding you back from achieving your goals?

Yes? What **ONE** thing can you **DO** to improve your use of **TIME TODAY**?

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- Are these goals the same as **LAST** year? Do your goals lack movement and **ACTION**? If so, stop talking the talk—and start walking the walk.

This is not only **SMART**... but **ESSENTIAL** if you want to actually **MOVE** your dreams and goals off the page, and into your life. (Big flash: Goals don't move by themselves. You weren't thinking they did. Right?)

What **ONE** thing can you **DO** to take bold **ACTION**, **TODAY**?

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No question, another year is about to blow by. You are either moving in the direction of your dreams and goals, or you're not. There's no getting around this.

Are you wanting to shift your perspective a bit, and change your point of view... so you can better **SEE** what's standing between you and moving forward, getting tough and succeeding... **Contact Shelley Taylor-Smith** at: [enquiries@championmindset.com.au](mailto:enquiries@championmindset.com.au) More info at: the **[Get Tough Program](#)** that will see you get up, get over it and get on with succeeding!