



The M.A.G.I.C. Formula for Sanity, Success & Satisfaction

- 1. Mindset.** Get a positive mindset because belief is a huge part of your success or “failure” Ask the right questions of yourself; “why CAN I do this” instead of “I can’t do this...” Try to eliminate as much negativity coming into your brain. (news, negative people) Changing your posture can change your state; it’s hard to be depressed if you’re standing up, smiling with your head held high. Remember if you think you can do something, you can! If you think you can’t...you’re right too!
- 2. Actions.** Clearly define your actions, exactly what are you going to be doing and WHEN are you going to be doing it. Create a “50-Ways” list of actions that will bring you closer to your goal. Set yourself up for success by setting actions that are “do-able” so you don’t have an excuse for not taking action.
- 3. G.A.M.E. Plan.** Goal: clearly defined with a deadline. Action: a list of actions that will help you achieve what you want. Motivation: things that will help inspire you and drive you closer to your goals. Evaluation: Check weekly if the actions you’re taking are working or not. If they’re not...change them!
- 4. Inspiration** Seek out experts, ask people who’ve done what you want to do how THEY did it. Helping someone else get what they want is a great way to help yourself; you learn too! Set your day up right by starting it in a positive way; exercise, meditation, devotion, inspiration reading.
- 5. Cohorts** Get yourself an accountability partner to make sure you’re both on track and following thru. Become more active in your association; attend more meetings, volunteer, join the board. Find a Facebook group or Mastermind group of like-minded people to help answer questions, inspire you and give you the chance to HELP some else!