

The

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I Am Unstoppable!

Newsletter

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**Greetings loyal readers, and Welcome!
new readers!**

**Continuing with last week's theme, this week we're
tackling the other side, specifically habits and
attitude...Enjoy!**

How to Be More Proactive In Life



PROACTIVE
VS.
REACTIVE

A proactive person makes things happen. If you want to make things happen instead of waiting around for them to happen to you, there are ways to ensure that you become more

proactive. **You'll need to engage in planning, understand what you want, and know the steps it takes to go over it without giving up.**

Know How to Plan Properly

Planning involves more than just making a list of your goals. It's about making a list of goals spelled out in detail so that you know exactly how to get there in a step by step way. Your goals need to be specific so that you can accurately measure your progress.

Take Baby Steps

Proactive people **don't try to do everything at once. Instead, they know how to break down goals into multiple steps that make the goal easier to achieve. When you break something down and add one step a **day, you'll be surprised at how much you can do in a month.****

Be Accountable

Proactive people don't necessarily need an outside source to make them accountable, but they know if they engage a coach or a mentor, it makes it easier to create and stick to goals.

Consistency is Key

Once you have created the plan, just simply follow it every single day. The more you follow a plan consistency, the more likely you are to achieve the results that need.

Be Solution Oriented

Being proactive means that you deal with solutions more than problems. When you are solution-oriented, **you don't look at a roadblock and say that you're done instead you find ways around the barrier.**

Know Your Values and Take a Stand

It's easier to make decisions when they're based on some form of criteria. Knowing what your values are, to your core, can help you easily choose between goals and help ensure the steps you take to meet the goal match your morals.

Accept That Mistakes Are Part of The Journey

A person who gets things done and actively pursues life doesn't allow mistakes to get in their way either. Instead, they readjust and go around the problem or find a way to eliminate the problem. You're going to learn a lot more from the mistakes you make than from the successes you achieve.

Track, Monitor and Review Your Progress Regularly

Being proactive requires that you provide proof to yourself that what you're doing is working. If you have created goals that you can measure and have a way to track those goals, you'll be a lot more successful.

Planning, tracking, and holding yourself accountable works better if you know your values and where you're headed. When you know what you want and who you are, it's a lot easier to go after it proactively.

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Effective Ways to Become Persistent

Most of your life, you've been taught lessons about the value of persistence. You learned it from the story of the Tortoise and the Hare. In the story, the turtle moves slowly but persistently toward the finish line while the rabbit, though fast, doesn't. The moral of the story is that being persistent is a lot more valuable than being fast.

- **Know What You Want** – The only way to succeed in life is to know what you want out of it. Whatever goal you want to work on knowing what the end looks like. Then you can map your way to success and create the steps you need to make it.

- **Set Clear SMART Goals** – When you know what you want, translate it into goals that are specific, measurable, attainable, realistic, and timely. By doing this, you know if you are succeeding by looking at the metrics.
- **Find Out What Motivates You** – Once you have set the goals you need to find out what motivates you to stick to something. For some people it's knowing "why" but for others, it's just knowing the steps they need to take each day to get there.
- **Determine the Steps to Success** – Now that you know what the end looks like, go back to your calendar from the date you want to be done with this to today. Add the steps to your schedule.
- **Follow the Steps** – Now that you know what you need to do each day to reach success, do it. Think of only thing else but getting those limited things done each day. Hopefully, you did not make each day too hard. Remember, being realistic is critical.
- **Be Disciplined to Do the Steps to Build a Habit** – So that you can build a habit, just follow the steps each day. If you've made it easy for yourself, it won't be that hard. For example, if you want to lose 10 lbs. don't try to lose them all in a month. Instead, focus on eating less so you can lose 1 pound at a time.

Success

"First, decide exactly what it is you want. Most people never do that. Second, determine the price you're going to have to pay to get it, and then resolve to pay that price."

H. L. Hunt

- **It's Okay to Be the Turtle** – Remember the story of the tortoise. You don't have to do things the fastest to be the best. You don't have to finish first to be a winner. You're more likely to succeed if you just remain persistent even if you're slow.
- **Stay Positive** – Part of persistence is the ability to remain positive if you have a small set back. For example, if a branch gets in your way, find a way to go around it. If you get sick, don't give up, get well, then carry on.

Most people stop before they reach their goals. Whether the goal is a college degree, weight loss, or starting a business, persistent people are the **ones who succeed**. You can have tons of talent, but if you're not willing to go after what you want with full determination it **won't happen**. Be one of the few who succeed.



nope.

The Most Effective Way to Break a Bad Habit

A habit is something you do without thinking about it. Many people think of habits as things like smoking, which is a bad habit. However, habits can be bad or good. The most effective way to break a bad habit is to crowd it out with good habits.

For example, if you want to eat fewer empty calories and more nutritious food so you can be healthier instead of focusing on eating less focus on filling your plate with more healthy food that you can eat.

Find a Good Substitute for The Bad Habit

This can work for some things but not others. For example, if you have the terrible habit of eating a donut and drive-thru coffee every morning which is bad on your health and your wallet replace that habit with making your

breakfast at home instead. To quit smoking cigarettes, you can try eating celery sticks, but your best bet is to go for a walk and breathe clean air to fight your urge.

Eliminate Your Bad Habit Triggers

Take some time to note what triggers you to do the bad habit. For example, if you bite your nails when you are waiting in line due to stress, find ways to avoid waiting in a line or wear gloves to block the action, or paint your nails with bright to help you become conscious of your actions.



Get a Buddy to Do It with You

Anything you want to stop doing, you'll likely find someone else who also wants to stop doing it. You can find people on Facebook Groups, local Meetups, and

even in your family or friend group to become your accountability partner.

Find a New Community

Sometimes it can be very beneficial to surround yourself with other people **who are doing what you're doing**. For example, if you have taken up hiking to help you stop smoking, join a hiking group in your local area.

Visualize Yourself Succeeding

Take time to see yourself actually doing it. Tell the universe that you are a non-smoker. Tell the universe that you have stopped procrastinating. Then

go further with that and take the time to describe or define precisely what success looks like so that you know when you get there.

You Are Not Your Habits

Some bad habits cause people to feel guilty. It's important to understand and accept that you are not defined by your bad habits. Even if you are currently known as a party-woman who likes her wine, when you stop drinking, you're still going to be yourself and fun, without the alcohol. You can always be the life of the party. You are not your habit.

Stop Negative Self-Talk

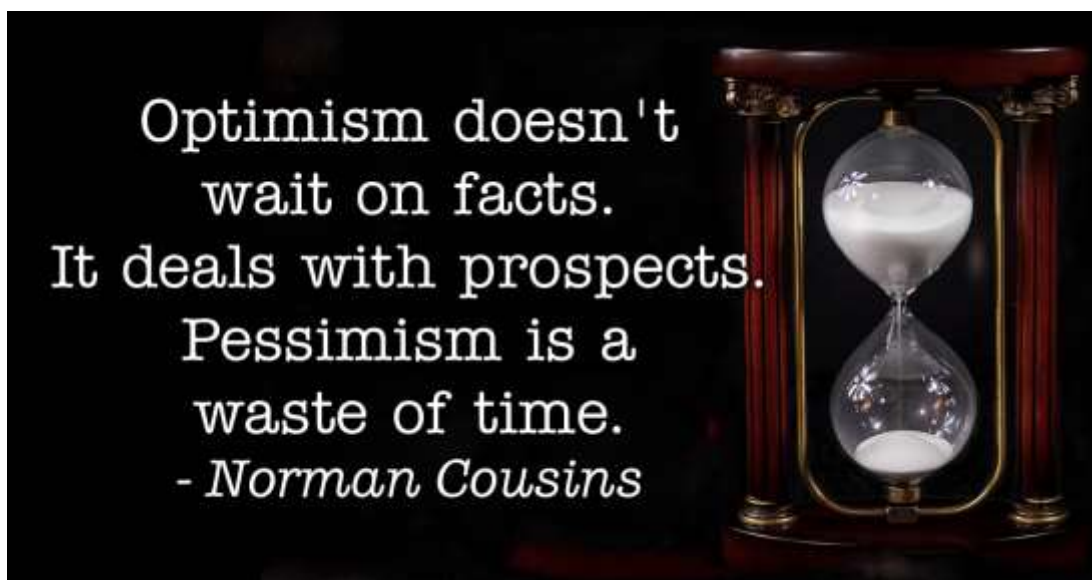
When you start saying things to yourself that are negative, turn those thoughts around to something more constructive and positive. If you slipped and did your habit again, don't beat yourself up. Instead, sit down and plan for a comeback.



Plan for Setbacks

No one is perfect, and once you've created a habit you may slip up and do that thing again. That doesn't mean you're going to go right back into the unconscious habit. If you plan a process for setbacks you can overcome, and you'll experience fewer of them over time.

Breaking a bad habit is all about replacing the bad habit with new good habits. You can do that by recognizing the triggers that cause you to do the habit and then working toward eliminating those triggers by changing how you react to them. Creating good habits that crowd out the bad habit can make all the difference in your success ending your bad habits.





Things You Must Do to Be Successful in Business

If you want to be successful in business, no matter what type, there are things that can help you become more successful in business. If you do these things, you will be sure to experience success.

- **Get Organized** – It's imperative that you set up best practices for your business using the right technology such as bookkeeping, sales funnels, and other automation that makes your business run smoothly.
- **Keep Good Records** – It's essential to keep good financial records for your business for more reasons than just the taxman. Keeping good records helps you know what is working, what is not working, and where you stand at any given moment.
- **Know Your Audience** – When you ask a successful businessperson who their audience is, they know exactly. They can give them a name, explain their three most pressing problems, and even name solutions for those problems.

- **Be Solution-Oriented** – A successful business owner focuses on solving problems, theirs, and their customers. When you have a way to solve problems for your customers, they will flock to you. When you solve your own problems, you will run more efficiently.
- **Know Your Competitors** – What the competition does is vital because you can judge whether they have gaps in their service to your audience and do just that much better for them by filling in the gaps.
- **Take Smart Risks** – Someone who is successful is not risk-averse, but they do ensure that the risks they take are smart. They study the situation to know what the drawbacks and benefits are of any choice before they jump in.
- **Know-How to Work Smart** – A CEO doesn't do all the work themselves they know when to delegate and when not to.

Delegating anything that you have trouble getting done is a good start. For example, someone posting



messages to your social media, or publishing blog posts, or setting up your email messages for your funnel – these are things some people put off.

- **Provide Excellent Service** – Every business lives and dies by how happy the customers are. Today, it's almost like most things are commodities so your customer can just go someplace else. But not if you have the best customer service if you have that you'll stand out.
- **Be Consistent** – In every single business that exists consistency wins the day. Consistency in coming up with audience-centered products and services, consistency in marketing, and doing what needs to be done to reach success is all you need.

The more consistent you can be, the smarter the risks you take, and the more organized and solution-oriented that are used, the more successful you can become in business. If you plan for success, it will happen.

Have a successful, productive week!

Don

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