

ALVIN BROWN is an Integrated Peak Performance consultant and your personal greatness coach.
mediocrity2greatness.com

GET THE DRAMA OUT OF YOUR LIFE!

BY ALVIN BROWN, BSC., DOMP, RMT, NLP

5 Key Steps

AS WE MOVE INTO 2016, many of us look back on the previous year to take stock of our progress towards our goal of achieving our highest self. I like to refer to it as “achieving our personal greatness.” Some of us look back with contentment and pride because we stayed focused on our main goal and ended on fire, but most of us realize the year just slipped away, leaving us feeling unfulfilled and a bit frustrated at missing the mark, yet again, despite starting the year with passion and conviction.

Here's my assessment of why we've become impotent when it comes to goal achievement. Have you stepped back and noticed that most of our unconscious messages have all been about “the drama”? Drama and negativity sell. You can't watch, read, or listen to anything without a huge emphasis on the drama of the story. We could all write a long list of reality shows focused on the drama. And that's why my coaching program focuses on removing the drama from your life—so that you can achieve your personal greatness.

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Here's the 5-step process:

- D - Decide** what you want most and why.
- R - Remove** your limiting beliefs and perceived roadblocks.
- A - Assess** the resources that will help you get it done.
- M - Map** your journey to success and personal greatness.
- A - take massive Action** toward your goal.

Use these five steps to remove the drama from your life and finally achieve the success you deserve. For more information or to start your personal greatness journey, go to journeytopersonalgreatness.com.

UNTIL NEXT TIME, BE RELENTLESS IN THE PURSUIT OF YOUR PERSONAL GREATNESS

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