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Are you independent?

Have you ever questioned how independent you are in your life? Are you a strong, confident independent person? There are some of you that can confidently say, "Yes!" However, there are some of you that may be struggling with becoming the person you want to be in life. *What hinders you? Your relationship? Your job? Finances?*

What is stopping you from becoming the person you envision to be?

You often hear things like: "You become what you believe." or "Your mind controls your destiny."

Do you wonder if these phrases are really true? I am here to tell you that they are true. The bottom line is that what you believe about yourself will manifest into your life circumstances. I personally experienced this myself.

Here are 5 steps to get you back on track to becoming the independent person you want to be in life:

- 1. Set long term goals-** Where do you see yourself in 1 year and 5 years? What would you like to be doing? What are your dreams? What makes you smile? Write it down on paper.
- 2. Set short term goals-** It's nice to have long term goals and a vision of where you see yourself. However, in order to reach these goals you need steps that will lead you there. Under each long term goal, make a list of steps or short term goals that will help you reach them!
- 3. Read your goals daily-** You need to start believing in what you wrote. You need to train your brain into believing that this will be your reality someday. You will be amazed at the results.
- 4. Surround yourself with positive people-** Negative people will be a hindrance on you and your goals. It's important that you surround yourself with people that uplift you and encourage you. Stay away from those people that don't believe in your dreams or in you!
- 5. Read inspirational books, true stories, etc.-** Read about people that have overcome obstacles or books that are filled with positive quotes. This will keep you inspired when you are working on each goal.

Remember, it's not extraordinary people that do extraordinary things. It's the ordinary people that do. ***What gets you through anything is perseverance and believing that you can do it.***

"You are the director of your life. Make it matter."

Dr. Nina