

Back to Basics Training

Day Two

Day 2: Signals and Signs

Now that we all have written down our goals, let's talk about the signals and signs that help us move toward those goals.

Signs are all around us. Everyday, Everywhere we go. Let me give you an example. When you are at the grocery store and you think about what you have to do next, don't you ever hear an "inner voice" telling you what's next? I know I do.

Because I have made it a goal of talking to at least 2 new women everyday, even when I am not directly thinking about it or acting upon, my subconscious reminds me that I have to get those names. This is what I am talking about when I mention signs and signals. Example: I am in the check out line at my local Super Kmart watching the mother in front of me with her 5 little ones and struggling to get all of them to behave while she pays for her groceries. Even though I am not DIRECTLY thinking about getting her name, a little light in my head pops on and says "You know what? I bet she needs me." So I approach her....and let her know that I want to give her the gift of pampering.

Okay....so your assignment for today:

Assignment #2:

Go about your daily activities as if nothing is different. Forget about what you wrote down yesterday and focus on what needs to be done today. I promise you that sometime today that little voice inside of you is going to creep up and say "Hey Suzy, remember you wanted to sell \$400 this week to new customers, I bet this lady needs you!"

When you hear that inner voice, act upon it...then write down what you experienced. Writing it down will help you move closer to your goals.

Until next time.....

Love and Belief,

Tracy