

5 Steps to Kick Start Your Success Instantly

A New Empowered You
Live Bold, Brilliant & Rich!



Karen Fagan

Your Empowerment Expert

YOUR 5-STEP GUIDE TO KICK START YOUR SUCCESS:
A NEW EMPOWERED YOU

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About Karen Fagan

Karen Fagan is an international empowerment coach, motivational speaker and writer. Her mission is to empower women, teach them to live on purpose and achieve amazing results in their life. Karen believes when a woman claims her voice not only does she transform her life, she makes better decisions for herself, her family and her business.

Karen Fagan, International, offers dynamic coaching programs and products. Karen will teach you to claim your personal power to transform your life. She will motivate and inspire you with her unique mix of wisdom, fun, warm-hearted humor and laser-focus. She is best known for her authentic “tell it like it is” style that propels clients forward and gives them a direct path to achieve results beyond what they’ve imagined. Her colleagues know her for her inspiration and leadership.

Karen is a Master Certified Life Coach. She has studied and trained with the best in the industry such as New York Times bestselling author Dr. Martha Beck, PhD. She believes in contributing to global change and donates a percentage of her program profits to women and girls philanthropy.

She lives in Portland, Maine with her amazing 15-year-old daughter and fiancée. She is a fitness, yoga and dance enthusiast who is connected to her creative energy and innate sense of fun.

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You are the creator of your own life: stop leaving the details up to chance. Right now, today, you can decide to take action and become involved in determining your destiny. Claim the life you know you can have and the life you know you deserve!

This 5 Step Guide will help you accomplish just that. Follow these simple instructions and you will immediately experience changes and growth that you never knew were possible. The process is so EASY! It's just about taking specific, deliberate steps to play an active role in designing the life you want. You CAN have it all. It's just a matter of deciding what you want, expecting those results and then receiving them. It's really that simple.

Step One: Your Daily Hour of Power

Do you frequently find yourself at the end of the day bemoaning the fact that it's already over and you still haven't accomplished what you set out to do that morning? Are your days eaten up by procrastination and lack of focus? How many times have you complained that, "There just aren't enough hours in the day"?

Don't worry; it's not just you. We've all been there: trying to keep up with the flow of the day as it unfolds around us rather than making a decisive plan and directing the flow to achieve our goals. Struggling to follow along with a routine that's unfocused and unintentional leaves you feeling exhausted and unmotivated. You expend precious energy playing catch-up and trying to get in sync with your day rather than setting your focus on your intentions and setting a deliberate plan. When you take your day, claim it as yours and set specific goals and hour-by-hour schedules, you become the leader. You raise the bar to set higher standards and you'll find that you are more productive, more motivated and more confident about moving into the bigger vision for your life. Making an hour-by-hour schedule and being deliberate and intentional with your time helps keep you on track throughout the day.

The key to planning a successful life is planning a successful day, day after day. The key to planning a successful day is giving

oneself an entire Hour of Power in each one. The Hour of Power is time set aside JUST FOR YOU. It is your time to step into your bigger vision of your life, let your creative energy flow and align your thoughts with the results you desire most. How you choose to spend your Hour of Power is ultimately your decision, there is no right or wrong way to spend this time. However, in order to be as effective as possible you should incorporate the following tasks:

- **Set Your Goals and Outline Your Day's Hourly Schedule**

In its simplest form, setting goals and outlining your day's schedule involves listing the things you want to accomplish that day, ranking them in order of importance, and scheduling your time accordingly. You won't believe how dramatically your life will change if you just take the time to do this one step. I highly recommend switching your language: instead of listing your "To-do's", write your list of "I Want To's," then be accountable to do them.

Just as important it is to being intentional, the same is true for the language you use. A lot of people's energy plummets with the "To-do list." Starting your list with, "I want to" creates a new sense of empowerment. It reminds you that you really do want to take care of the task at hand that will allow you to grow your business and transform your life. At the end of the day this is what increases your confidence and state of feeling great. Start your list with, "I want to get [FILL IN THE BLANK] done because I will feel so good having this completed and behind me". Doing this action and using this language propels you forward towards

accomplishing your goals. The key is to prioritize and get the things that HAVE to be done first. I agree that there are those items that we are not so crazy about doing but you can improve the experience of doing them by lighting a candle, playing some music, making a delish cup of coffee, or allowing yourself a nice reward when you have finished. Add something that makes you feel good, as it's completely your task list. This is also a great time to determine what items would be best to let go of or outsource. That's right! You can let go and outsource; it's a woman's choice.

Write out your plans by hand to reinforce them in your mind. Decide what you want to accomplish and commit yourself to doing it. This is time for YOU, not the time you give yourself to others. Got me? List actions that will propel you toward your ultimate life and business goals. Give yourself 10–15 minutes to think about what specific tasks you want to conquer that day. How can you take action to move closer to your vision of the life you want? A journey of a thousand miles begins with a single step; what is the single step you're going to take today?

- **Visualize the Successful Achievement of Your Dreams**

Here you use all of your imaginative inner senses to bring your desired future into your present subconscious reality. Take a few moments to visualize yourself living in the bigger version of your life, playing a bigger game. Feel what it's like to be there; engage all of your senses! What does it feel like? What are you wearing/seeing? What are

people saying to you? (“You’re beyond amazing! I love you! Thank you for helping me improve my life!”) What does it taste like to be in the success you have dreamt of? Good, right? Access this feeling state on a daily basis and immerse yourself completely. Create a new feeling state in your life now! You don’t have to wait for success to feel good. You have instant access to feeling it now. Believing without a doubt that you can accomplish your goals is the first step toward actually accomplishing them. By visualizing success, you step into who you really are now and this aligns your vibrations to attract what you most want and increases your energy level so that you’re ready to receive it. You don’t have to wait to create your success to be happy; you can access it now.

- **Fuel Your Motivation**

Motivation isn’t something that is just going to happen to us. It is an energy source we create. To fuel your motivation your thoughts must be energy sustaining. In order to shift out of old paradigms, and reprogram your subconscious to align with what you most want, your thoughts must improve to reflect what is really true.

Example: I had a client who thought something was going to get in the way of her success; this thought was not serving her. When she would think this thought she’d feel panic. From being in a state of panic, her motivation level stopped and she became distracted. Having this thought stopped her from taking real action and didn’t fuel her

motivation to achieve the success she wanted. When she would think this thought, the action she took would be to distract herself. The result? **She stopped herself from her success because of her thinking.** Whatever you think, you feel and therefore vibrate out to the universe. Whatever you focus on, good or bad, you get more of it; it's a universal law. If you are holding on to low-level thinking you are going to vibrate from this point and attract at this level and therefore have low-level results. You must understand your thinking and change your thoughts to ones you can believe so that you feel motivated to take action. I encourage you to work with your mentor on this or hire a coach to dissolve your limiting beliefs. Your motivation will skyrocket when you remove the thoughts that don't serve you and become completely aligned in your mind.

Connect to the sources that motivate you to increase your level of desire. Perhaps this is doing some creative artwork, journaling, taking a hike by the ocean or on your favorite trail. Connect to "your people" (your peeps, tribe, community). Surround yourself with those who inspire you and bring forth the best in you. This creates motivation from within. Take a few minutes to connect with a daily source of motivation. Maybe it's a quote, or a particular word that has meaning to you, that will get you moving. One word I use is **BOLD**. The word bold motivates, excites and moves me forward. To me this word is colorful and a

word of strength that propels me to a high level of motivation.

During your Hour of Power, the specific activities you participate in are up to you; pick whatever gets your juices flowing and makes you excited about living your vision. If you've spent much of your life thinking negatively and being fed unhelpful ideas by those around you, it's vital that you consciously reverse the process. Sate yourself on a regular basis with the thoughts that create better energetic feelings that help you move yourself onward and upward.

Nobody can create your Hour of Power except for you. It is up to you to decide which components you want to include and how you want to schedule your time. If you need, break your Hour of Power into two manageable sessions of 30 minutes each. Are you more productive and focused at night? Take your Hour of Power after you get home in the evenings and use it to plan actions and prepare for the next day. Or, take a half hour in the morning and one at night. One part can be for motivating your mind, the other for motivating yourself through moving your body. Nothing fuels your motivation better than the combined act of movement in your mind and body. How you claim the hour for yourself is your choice: the most important thing is to claim it. Now.

Be sure to not just set aside an hour and then drift through it without any plan. Sub-divide your Hour of Power into manageable sections and have an outline in mind of what you'll

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do in each before you even begin. Indeed, your very first Hour of Power may be devoted to planning out all the others to follow.

Step Two: Make Your Decision

I don't care what you decide, just DECIDE. No more, "I'll try." No more, "I might." No more, "Possibly", "Perchance", or "Weather permitting". Decide.

Deciding is about making a choice. It's a matter of being stuck versus taking action. Think about what's holding you back from committing to a path of action. So often we give ourselves wiggle room with non-committal phrases and ideas. *"I'll try to get some writing done this weekend."* *"I should be able to take care of this project before our next meeting."* *"I'll see if I can finish the spreadsheet by the end of the day."* Giving oneself open-ended goals with no definitive deadline or commitment to action is a sign of fear and an open invitation to procrastination and delays.

The first step in becoming more decisive and productive is to completely remove the word "try" from your vocabulary. Trying never happens. Deciding does. When you say that you'll *try* to do something, you're allowing room for failure. If you're not successful in your endeavor, you have a built in excuse. This mentality dis-empowers you and keeps you from achieving your goals.

In every decision to be made there is opportunity present. Let's say you're not making decisions because you're afraid you're not good enough for the task at hand. This is a self-defeating thought that only serves to inhibit any progress you might make. You've heard the old adage, "Whether you say you can or you can't, you're right." If you don't believe in yourself and your ability to accomplish your goals, you'll find that, sure enough, you won't be able to accomplish them. However, if you approach every task, no matter how small or big, with a CAN DO attitude and a positive outlook, your success rate will skyrocket!

Take inventory of your limiting beliefs and dissolve them. Set concrete goals and action plans and follow through. If you need, start small. Change, "I think I'll write a blog post," to, "I'm going to write a blog post today at 10:00 AM." Then, at 10 AM, start writing and the post will be done! There's nothing like the feeling you get from making a "To-do" to an "I want" and then making it a "Done". The more you accomplish, the more confidence you gain.

Decisions are at the heart of success. At times there are critical moments when they can be difficult, perplexing, and nerve racking. Face these head on! Otherwise you may just find yourself in Stuckville: The Land of Depleted Energy and Frustration. When setting life goals for oneself, it's easy to land in Stuckville. We spend valuable time worrying and wondering and wavering. Rather than deciding, we start to list the "What ifs." The tendency is to think of them in the negative sense: What if I fail? What if this is the wrong path? What if I'm wrong?

Well, WHAT IF you succeed? What if you are RIGHT? What if you're choosing the absolute correct, perfect, ideal path for your life? You'll never know until you really go for it! Now, grab that train ticket and move out of Stuckville once and for all. No passport necessary.

Change your language and change your attitude. Replace, "I'll try" with, "I will." When making decisions, really commit to them. Ask yourself, "What is the worst-case scenario?" The best scenario is being successful and finally realizing you can accomplish what you set out to do; but you'll never get there if you don't take action. Options are abundant to everyone! When making decision seek yours out. As Eleanor Roosevelt said, "You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face."

Find the answers to these questions: What would make you feel better right now, and what is the most empowering action you can take to accomplish that?

Then, go out and do it!

Step Three: Lower Your Tolerance

Pain is inevitable; suffering is optional. – Buddhist Proverb

What are the things you tolerate in your daily life? Do you allow your inbox to be filled of tons of message that you haven't checked or responded to? Do you procrastinate on small tasks like cleaning up your office environment or having the oil changed in your car? How long can you be okay with tolerating things that don't contribute to your happiness or success? Do you tolerate chasing your tail trying to fulfill your business and life dreams? Are you done tolerating being stuck?

Once these little burdens accumulate, you give them power to completely overwhelm you. An abundance of tolerations and distractions keeps you from taking action toward your true goals. The sense of having so much to do frequently leads to stagnation because it's hard to decide where to start. I am here to tell you, stop fooling yourself by saying "I'll do it tomorrow." When you say this, tomorrow never happens! You have today. It's the perfect gift for getting things done. Today is present and alive right now. No longer tolerate putting things off until tomorrow. Make it happen NOW! Take action RIGHT NOW. If you are interested in getting things done today, but are struggling to make it happen, collaborate with a coach. Let them be the catalyst to your progress and success!

When you put off a task that could easily, or even not so easily, be accomplished, it only prolongs the inevitable and then it starts to feel like an awful chore. Something that could be taken care of in less than fifteen minutes - like checking and responding to your emails - turns into an all-day process because although you're not actively checking emails all day, your thoughts return to them over and over. You sit down to write that proposal or organize your tax receipts and your thoughts drift back to the full inbox. When we don't take care of tasks head on, we subject ourselves to self-sabotage. Wouldn't it be so much better if you had just opened the email and responded in the first place? You know it would.

I want you to pause and think about the things you're tolerating in your life. Write them down. Decide now to eliminate one toleration. You'll feel relief instantly and you'll free up your thoughts and energy to focus on the bigger tasks in your day. When you remove tolerations, you open up to possibilities of doing more of the things you love. Instead of being hindered by, "I'd love to, but I have so much to do," add Toleration Elimination to your daily schedule during your Hour of Power. Decide to check off at least one or two items per day. You'll be amazed at how empowering the sense of accomplishment can be.

To go a little deeper into your tolerations, I want to talk about tolerations that concern your financial health. What are the situations you are tolerating in this area of your life? Answering this question is important in achieving financial freedom in your life.

Are you living paycheck to paycheck? Are you okay with maintaining the minimum balance in your accounts? Do you find yourself pressing enter on the ATM and hoping that money will come out without being sure that you have enough funds to cover the withdrawal? This is no way to live! Being disempowered and living at a bare minimum when it comes to money only leads to disaster ... and overdraft fees. If you want to move forward in your business and life you must lead your money.

If you relate to any source of frustration around your financial wellbeing I would like you to decide right now what are you no longer going to tolerate in regard to your money. If you're willing to accept living at the bare minimum, that is where you'll live. If you decide that financial instability is unacceptable and you're unwilling to tolerate anything less than, say a balance of \$100.00 in your checking account, you'll soon see your financial health improve quickly. Once you maintain your new financial baseline for a while, raise it. It's truly amazing the upward change this brings. Once you decide to change your level of tolerations and decide that having a balance of less than \$100 (or the number you choose) is unacceptable, you'll see that you're no longer looking at a minus sign on your statements. You will notice you have the money to invest in yourself in way that brings you a great return. You will have the money to hire help: whether it's a nanny to watch the kids so you can put more creative time into your business, or an outsource service to get a project completed. You can even hire a mentor or enroll in a

class. Creating abundance is just that: creation. You must eliminate the tolerations that block the creation of prosperity.

The only reason people have depleted bank accounts is because they have tolerated it. Imagine tolerating a higher number in your bank account. Can you connect to how this would feel? Think in terms of where you are today, and where you are going in your life and business. Now, think BIGGER. Then go out and make it happen.

Step Four: Replace Excuses, Procrastination & Avoidance with Doing, Being & Becoming

Making excuses and procrastinating instead of just doing what needs to be done is so much harder than actually doing it. Why? When you start making excuses you actually start to believe them. Your justification of why you can't accomplish a particular goal becomes your truth. When you procrastinate and avoid tasks and goals, you end up talking yourself right out of your dreams. Making an excuse for why you can't do something ensures you that you won't do it.

If you want your business or life to change, you have to stop the cycle of excuses. You set yourself up for failure when you start off a task by coming up with a reason for why it didn't work out. You've doomed yourself before you even began. Think of how you encourage your friends: "You can do it!" "I believe in you!" "You're a rock star!" Now take those exact sentiments and encourage yourself: "I can do it!" "I believe in ME!" "I'm a rock star!" You must give yourself what you naturally give to others; this is what you deserve. Only the best will do for you.

One of my clients' favorite excuses is, "I don't have enough time." It's as if they think they're getting less than the 24 hours a day the rest of us get. The fact is: we all get the exact same amount of time; it's just a matter of what we do with it.

Managing your time isn't about how much you can get done but how you prioritize what you have to work with. I've found that the reason most people complain that they don't have enough time is because they're making an excuse for themselves based on their fear. Don't fall into this trap! Instead, look to the best resource to get it done: YOU.

Every time you tell yourself you don't have enough time to exercise, you don't have enough time to plan your day, you don't have enough time to dream big, you bring those results into your life. And when you tell yourself you don't have enough time or you can't accomplish your goals, that's your fear talking. Fear has the capability to stop us dead in our tracks. Fear of failure or fear of success, the result is the same. Stagnation and maintaining the status quo are comfortable because that's what you know. Fear is fueled by the unknown and mysterious possibilities that lie just beyond taking action. Although they yearn for something more, something bigger, people so often stay in their same old patterns just because that's where they're comfortable. They prefer to remain in a familiar place instead of stepping out of their comfort zone into the realm of possibility. People like to be comfortable; staying in what you know is comfortable even if it brings the same results.

The suggestion I give my clients and the answer that works 100% of the time is this: Start to get comfortable with being uncomfortable! Push your boundaries, step out of your comfort zone, break away from the box. I promise you

nothing bad is going to happen and all you will get is the “good stuff”. Let’s face it: staying in your comfort zone isn’t working.

When you find yourself thinking things like: “What do I have to offer that’s original? It’s all been done.” “No one is really going to buy my products.” “I might make a mistake.” “Who am I to try something like this?” stop yourself and replace these thoughts with: “I have a unique perspective that is valuable and worthy!” “There are 6 billion people in the world I am excited to connect with and there are people I can help.” “My people support my venture and me!” “I have so much to learn from this process and what better way than through mistakes?” “Who am I to not try?”

Upgrading your thought processes brings a level of clarity into your life and empowers you with the ability to make decisions, act on them and succeed. Don’t believe me? Try it out! The only thing you have to lose is fear. And really, who needs fear anyway?

Step Five: Move into Personal Power & Unique Brilliance

At the center of your being you have the answer; you know who you are and you know what you want. – Lao Tzu

The very best way to live in and create your success is to own your Unique Brilliance – that thing that really makes you shine. So often we don't pursue the things we're good at – the things we love. We feel that if it's not hard, it's not valuable. Think about it. We're told that if there's no pain there's no gain and the most honorable method of accomplishing goals is through blood, sweat and tears. But, the reality is, it doesn't have to be that hard.

If you're one of the people who believes that the things that come easily to us are nothing really special; that the only value is in work that's difficult and unpleasant, I am here to tell you that you've got it all wrong. Usually when you feel like you're working against the current, it's a big indication that your Unique Brilliance is being hidden. Where exactly is the problem in embracing the things you love; pursuing the things you're amazing at, earning money through your natural talents? It is so true that we are all given a talent. You know what yours is. It's

that thing that makes you smile, makes you come alive and makes you want more of it.

When you live outside your Unique Brilliance, you're living a life of disempowerment and disconnect. The decision to live within your Unique Brilliance is up to you. You can DECIDE to surge forward and claim the life you know is yours and live the existence you were meant to live. It is your choice.

If for any reason you are living outside your Unique Brilliance, it is a result of your choosing. Only you own your Unique Brilliance; only you can access it. It's your source of creative energy and your inner light that is meant to shine for the world to see. If you live in the shadows and refuse to embrace your Unique Brilliance, you deny yourself, and the world, the benefit of your talent. What people want most is for you to show up in your life and business, bringing more of you to it. Your peeps are waiting for you; it's time for you to deliver.

Imagine if Oprah Winfrey listened to those who told her that only men had talk shows or if Margaret Thatcher believed that politics was no place for a lady. What if Ellen Degeneres didn't bring her humor to life because of her sexual orientation, or if Elizabeth Gilbert didn't move forward with her brilliance despite being in a poor financial and emotional place? Elizabeth Gilbert's moving forward and accessing her brilliance is exactly what brought forth the financial advancement from her publisher.

What do all of these people have in common? They embraced their Unique Brilliance. Do you believe they never doubted themselves or that Oprah never had a moment of uncertainty or fear? In fact, Oprah has had major challenges throughout her career, but she never stopped accessing her Unique Brilliance and living authentically.

It starts with being truthful with yourself. Inside of you, you have a hunch and a knowing of your truth. When you're quiet and honest with yourself, you know who you are and what you are meant to do. The only thing that gets in the way is fear. And, fear is an illusion, an intangible worry. It's not reality.

The difference between people who live in their success and people who are incapable of creating the success they want and are completely capable of is that people who achieve their life's passion feel their fear and move through it. They feel the anxiety creep in, and they make their leap anyway.

Fearless living is about taking action toward your dreams because your faith in yourself outweighs the feeling of fear. You have to develop an unshakable belief in yourself and your abilities, your potential and your Unique Brilliance. Align your intention with your mindset and take deliberate action. There is no better time than RIGHT NOW to live in your Unique Brilliance. You're here, RIGHT NOW reading these words, prompting you to take action. TAKE ACTION. The fact that you are here, reading a publication called, "YOUR 5-STEP GUIDE TO KICK START YOUR SUCCESS: A NEW EMPOWERED YOU" proves

that you believe empowerment is possible. You would never have conceived the brilliant plan you hold quietly in your mind unless somewhere in your heart you believed you could do it, be it, have it and accomplish it. Become empowered. Today. It's all up to you!

Some Final Thoughts

In my life I've always trusted my knowing. Knowing I'm capable, knowing I'm worthy, knowing I have something valuable and wonderful to offer the world, knowing I have made every effort to embrace my Unique Brilliance. Knowing knocks fear to the curb every time. I'm not saying that it's been easy. Fear has been just as terrifying for me as it is for anyone; but when I connect to my inner knowing and align it with the true vision of my life I find the strength to conquer it.

Are you ready to connect to your inner knowing? Are you ready to take the lessons you've learned in **"Your 5-Step Guide to Kick Start Your Success: A New Empowered You"** to embrace and embody YOUR Unique Brilliance?

Perhaps you still need a push. Maybe you're saying, "Karen, I really want to live my true, authentic life, and the steps in your Guide to Kick Start Your Success seem so simple. Can it really be that easy?" It can! The steps themselves are straightforward and uncomplicated; having the courage and strength to let go of old fears and take action is sometimes a little more difficult.

If you need encouragement, I am here. Years ago I made the leap to live my Unique Brilliance and I haven't looked back. Living

in my Unique Brilliance has made all the difference. I'm really good at it and I can teach it to YOU!

If you're like a lot of women entrepreneurs you keep yourself a secret. Rather than owning your brilliance and unique talents to grow a profitable business you stay stuck, unsure and dissatisfied. How do you expect to accomplish all that you have imagined when you sit in the shadows of your life? You know that change needs to happen quickly to meet your personal and business goals, but you need a push in the right direction.

I understand you. We have all been stuck at one time or another. I want to reassure you that you can create the life and business you want. When you start to imagine a bigger version of your life, you become excited and feel great! However, along with the vision of success, fears are often triggered. You fear that you're not ready, that you're not capable, that you're not worthy, that you're not original and you start to believe you don't know how.

I can help! Visit me at <http://www.KarenFagan.com>. As your empowerment expert, I'll conduct private coaching sessions and customize a laser-focused program JUST FOR YOU, where we'll work 1-on-1, on the phone or in a group setting. I will provide you with bold solutions that empower you in your business and personal life. You will step into your personal power and LIVE YOUR UNIQUE BRILLIANCE. You will finally become all that you were meant to be with all the personal and financial freedom you desire!

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For the most effective results I ask clients for a commitment to the coaching process. Your coaching is customized specifically for you and your needs based on your desired outcome. Contact me at karen@karenfagan.com to schedule your 15-minute consultation. I'll answer any questions you may have about my coaching services and our process. In our call, we will set a plan in motion to get you living your best life right away!