

## **Powerful Routines Produce Powerful Results – Excellent way to start or finish your day**

My personal coaching and training clients know I call this doing your PIMP.. Yes, it is ok to laugh, I know, lighten up!

**P** - Powerful  
**I** – Important  
**M** – Morning  
**P** - Practice

Design your personal PIMP toolkit. There are many “right ways of achieving the same right result”. You decide which will work best for you. I do suggest however that get journal. you will put these actions in your calendar as well as calenderize them in your calendar. (Reach out to me if you want to know more about [“Calenderizing”](#))

### **Gratitude**

“If you are not grateful all that you already have, what makes you think you would be happier with more”? Write at least 5 things that you already have that you are grateful for. This is a sure way to lift your vibration. FAST.

**Meditate** - Absolutely essential for many people’s mental well-being and clarity. It is not a competition, meditate for 3 minutes or 3 hours, it is up to you to learn how to quiet your monkey mind and BE PRESENT.

**Breathing Exercises** - I tie this onto the last part of my meditation to get deep, rejuvenating oxygen flow to my lungs and to my brain. Be grounded to the floor with both feet if possible.

**Set an Intention** - “Where you place your attention, becomes your intention” your message to the Universe.

“Today, I will ask bigger and better questions that allow me to deeply understand those i encounter”

“Today, I am fired up and energetic, people love to be around me and do business with me”

“Today I am having fun and making money, while being of service to my clients/customers”

**Affirmations** - Choose words that inspire you and accurately state your deepest heartfelt desire and purpose. Affirmations are not wishes, they are “I HAVES” vibrating at the you know it’s yours you can start an affirmation with ... “I am so happy and grateful that I AM , I HAVE”  
Examples: My 3 favorites are from Bob Proctor, Napoleon Hill and Tony Robbins, respectively:

- I am so happy and grateful now that money is coming to me in increasing amounts on a continuous basis through multiple sources.

- By the first day of January, 19.., I will have in my possession \$100,000, which will come to me in various amounts from time to time during the interim." In return for this money I will give the most efficient service of which I am capable, rendering the fullest possible quantity, and the best possible quality of service in the capacity of salesman of \_\_\_\_\_ (describe the service or merchandise you will sell).

-My faith is so strong that I can now see this money before my eyes. I can touch it with my hands. It is now awaiting transfer to me at the time, and in the proportion, that I deliver the service I intend to render in return for it.

- I am here to help people have better lives, connections and experiences, I am truly successful as I make a great living doing it

- Money flows to me from expected and unexpected sources

- God's wealth is circulating in my life. His wealth flows to me in avalanches of abundance. Every need, desire and goal I have, is met instantaneously by infinite intelligence; for I am one with God, and God is everything.

*Authors note: GOD is whatever you feel is, the power greater than you.*

*G=Grand*

*O=Overall*

*D=Designer*

*Whatever resonates with you personally and gives you a charge and faith.*

### **Spend time Visualizing**

Creative visualization is a necessary part of your affirmation routine. Your mind does not think in verbal propositions. It thinks in images. When you think about a tree, do you see **TREE** spelled out? Or do you see a tall plant, green and blowing in the wind? That's creative visualization. Is it real? Visualizing is simply using a natural function of your mind to your own advantage. Thinking in bright, clear moving pictures of what you want to achieve will help to move your subconscious mind into action much quicker. Modern researchers contend that the human nervous system can't tell the difference.

### **Journal - Ink it don't just think it**

Decide to journal, write your thoughts, your dreams, your goals, your learning points (easy lessons and the harder to swallow ones) and make time to review it at minimum every 3 months (every quarter) I would love you to review monthly. But are you really that disciplined? Decide on your review date and put it on your calendar with an alert. You want extraordinary results? Have extraordinary beliefs and practice extraordinary actions.

You are designing a Life you love right now, you got this....

*Samantha Buckley Hugessen*