

5 LIFE-GIVING WORDS TO

# CATAPULT YOUR IMPACT

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**These 5 daily disciplines have enabled me to grow exponentially over the last decade. Embrace them as part of your daily routine and they will do the same for you.**

**1**

**FORECAST** ~ PREDICT OR ESTIMATE (A FUTURE EVENT OR TREND)

Before starting my day, I forecast. This means I sit down with my schedule for about 5 minutes and go over all that I have on my list for the day—work schedule, kid’s schedule, volunteer schedule, husband’s needs—anything that will impact my day. I mentally map how I want the day to unfold. I predict the outcome of certain meetings and encounters throughout my day. I am then able to put my arms around the day, quantify and own it, mitigating the anxiety that can arise from a very busy schedule. My assumption is always positive, that the day will go well and that I will be met with favor throughout. By expecting a great day, my lens is focused to see it as one.

Try forecasting and let me know if it helps you as much as it does me.

**2**

**DREAM** ~A CHERISHED ASPIRATION, AMBITION, OR IDEAL

Do you have a lifelong dream? One that you have contemplated for years? Lots of the people I talk to, don’t. I believe that dreaming is a lost art. I am convinced when we stop dreaming, we stop growing. Dreams push and inspire us. Dreams keep us from having just an average life. What is it that you are dreaming about? If you don’t have a dream, take some time to find one to pursue!



**3****INVEST** ~TO USE, GIVE, OR DEVOTE (TIME, TALENT, ETC.), AS FOR A PURPOSE OR TO ACHIEVE SOMETHING

Invest in yourself. In order to move forward in life, we need to invest in personal growth. We need to continually fill ourselves up so that we can overflow to fill up others. When we invest in ourselves, we can invest in others without getting burned out or emotionally bankrupted. Investing is crucial to a healthy, balanced and fulfilled life. If we invest in ourselves and in others as if we were a precious commodity, we will get the absolute best return on our investment.

**4****FAIL** ~UNSUCCESSFUL IN ACHIEVING ONE'S GOAL

This is one of my most valuable words! Why? I know when I fail at something, there is a great life lesson to be learned. With that great life lesson, I will grow more into who I was created to be, IF I choose to see failure as a positive opportunity. I think "failing" only has a negative connotation because we have allowed it. The more comfortable you are with failing, the less fear you'll have in embracing risk and opportunity! Choose to see "failure" as a valued occasion to learn more about yourself.

**5****REFLECT** ~TO THINK DEEPLY OR CAREFULLY ABOUT

Taking time to reflect is one of the keys to soaring through life. When you reflect on your day, you can mentally review the things that went great and the things that didn't go so great—and proactively decide how to handle the same situation the next time it arises. I challenge you to take 10-20 minutes at the end of each day to reflect. Be intentional about the time you have to reflect. Think about using a journal to record your reflection time and to challenge yourself even more.