



The Maven's Little Attitude Tamers & Gratitude Claimers©

May I learn to extinguish distractions and replace them with focused action. May I accept that for my goals to matter I must act as if they matter in every area of my living; May I learn to recognize avoidance in the guise of endless planning and expose procrastination as a disguise of fear. May I instead take a mindful stroll through the garden of my own abilities and give confident voice to my own potential.

Opportunity is rarely the red carpeted, self-operating main entrance lined with cheering supporters. No sweetie, it is often located in the dirty alley everyone avoids and disguised as a side door labeled 'requires effort to open'.

Breathe life into your wish, dream or goal - give it a backbone with determination and strength with daily action. Grant your journey the assurance of arrival with belief and never - ever- stop telling yourself - "I CAN!" Because sweetie, most assuredly there is a way.

Trying to follow the exact path of another person's seemingly fast and easy climb to the mountaintop of their success is a sure way to stay discouraged. That person isn't a better climber than you and they struggle with the same ill fitting climbing gear as you do. No, sweetie, they just learned how to custom fit the gear and use it to find their own footholds and so can YOU!

The rough road of adversity seems without end when straining to see the end. Keep your eyes on the mile in front you sweetie, pay attention to the signs all around you, use rest stops to appreciate the scenery and never be afraid to ask directions of those who've traveled the same road. Bon Voyage

It doesn't matter what "pitch" you pick to gain financial/ emotional freedom, what matters is the belief & work required to attain that freedom. Every plan comes with a high price called "working it". BUT the cost keeps getting lower with each action taken. Keep working that plan sweetie; get out of that high price bracket of procrastination and into the pay back plan of persistence.

Fear is the most limiting emotion possible and so we try to smother it in any number of ways, don't we. But fear has 9 lives! Take the pillow off the face of your fear sweetie, look it right in the eye and gently ask, ' Fear, specifically what about this situation is true, what is the absolute worst that can happen? What can the part of me that is strong and capable do to remove these 'False Expectations Appearing Real'?

You are king of your attitude castle complete with a moat and drawbridge. Negative intruders can swim in circles all around you, but they can't get in unless you choose to let down the bridge. Be king of your own castles today sweetie

Determination is the sand that polishes the diamond of success.

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Sweetie, the real goal is to work, live and love where your worth and abilities are recognized and celebrated rather than only tolerated or ignored.

Success isn't prepackaged with easy to follow instructions. No sweeties, your own version is built in the workshop of everyday life with whatever tools you have on hand – So quit waiting for that perfect tool, quit using someone else's instructions, that's right use any tool you have right now sweetie and start bangin' ☺

What one thing will you do today to make sure your tomorrows are shaped primarily by your own hands?

Just one action done daily is all it takes to activate your hidden brain's powerful ability to multiply the effects of consistent action

'Tomorrow' and 'next time' are sweet talkers that dupe you into taking the road of least persistence. 'Git er dun' and 'right now' are the mouthy buddies that ride your bumper of resistance all the way to the finish line. Get mouthy sweeties and 'Git er dun'

Michael Jordan missed 9000 "money" shots, yet kept striving to succeed. He also got paid millions for his 'losses' Just think then how much better YOU are than Jordon, you keep taking shots at your goals even though you don't get paid for the misses, & the crowds sure 'ain't' calling your name. Keep shooting sweeties, I'm cheering loudly for you!

A 'stop doing' list instead of a 'to do' list is the off ramp taken by those who are tired of driving in circles on the road of everyone else's busyness

'Whatever' is just another car in the bumper to bumper traffic of defeated resignation. Well sweetie, hit the off ramp of defeated self-talk with a rebel yell of "WOWEVER"! That's right make it a WOWEVER day! I dare you ☺

The wider the gap between your expectations and your reality the greater is your chance of being unhappy. Most people simply lower their expectations rather than tackle the effort needed to change their reality. But then you aren't "most people" are you sweetie? Didn't think so :-)

Some days it's easy to jump right on your 'get-up-n-go' and take off like the wind but other days it's all you can to do hang onto its tail with your arse bumping in the dust! It doesn't matter how you tackle your goal sweetie, it just matters that you do.

Complacency and motivation can't win a sack race together.

Thoughts are the most inexpensive and inexhaustible source of motivation or the most costly

Some days you just have to rope it, ride it and hope you don't get bucked off. But if you do, don't let the day get the upper hand, or you'll be left sitting in the dust complaining about your sore arse. Brush off, throw a rope around the dang day and use spurs if you have to. Carpe Diem!!

Today I promise to be gentle my thoughts and direct them toward the greater good for myself and others.

Procrastination is a kissing cousin to sabotage. Quit kissin' your relatives sweetie!

Those who say it can't be done shouldn't interrupt those of us that are doing it.

Life can be viewed through the narrow lens of fear or through the wide angle lens belief. Fear narrows vision blocking the view of opportunity. Belief widens the view to see the opportunities that are right beside fear. Think I'll choose the wide angle view

Tear into the day like a Christmas present. Who cares if you have no idea how to make it work – it's a present!

Flipping through my closet of attitudes thinking, "Hmmm which attitude do I get to wear today?" Ah, there is my favorite- attitude of gratitude outfit.

Procrastination is a traitor named Rust who attempts to dull our blades of success. I say, drown the traitor in a vat of DW40!

The pinnacle of self mastery is the ability to keep focused, feel energy, curiosity, drive and joy, even when your life is more uncertain than certain....even when others doubt your goals and dreams.

The hardest part of obtaining your goal isn't the beginning, nor is it the last home stretch. The most difficult part is the middle stretch when the excitement and novelty of a new dream is long gone; emotional, physical, financial resources are stretched and doubts abound. You can choose to turn back to what is familiar – after all you've really been trying and life has to go on now doesn't it? Or, you can choose to continue climbing the unknown paths or you can choose to stand still. Choose to be strong.

Life isn't so much like a box of chocolates as an all day sucker. Yes you can crunch fast to the sweet spot in the middle, but then what? Can you even remember the taste, the flavors? Why do you crave more? Or you can take your time, tasting the nuances of flavors so much that by the time you reach the sweet spot you really appreciate every taste that got you there, fully satisfied

Treat yourself exactly as you do the person that you love most? Mistakes, flubs, discouragement, appearance-what do you say to this person that you love? Look in a mirror and say to yourself exactly what you would say to a person you love.

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There's gonna be days when it seems everyone steps on your dream, when people can't seem to understand what you mean, when nothing seems to fall into place, remember this { its just a day, just an hour, just a moment, not your life.

Doubt is so absorbed with looking inward that it often misses the outstretched hand of belief - quit staring at yourself so much sweetie !

Escape is always easier than change & succeeding requires lots of bumpy changes; a smooth ride it "aint"- more like hitting lots of potholes with no suspension – It is very tempting to find a rest stop and park it. But rest can easily become rust, so take it out of park sweetie, back it up and hit the gas....whoo-rahhh

The road to a goal is always under construction and filled with detours – and that matters why?

I would've, I should've, I could've' can be tethers of regret that hold you down or they can be the fuel for life changing flights of faith into 'I can, I will, I am' ... yank 'em up and take flight sweetie...why ever not?

Thoughts create intentions and even unspoken intentions have a profound effect in that every last thought appears to augment or diminish someone else's light.... I'll be minding my thoughts today

It's the stamp that gets the letter delivered...secures success through its ability to stick to one thing till it gets there

Achievement Mantra: May I learn to extinguish distractions; May I accept the hard existential fact that if I intend for my goal to matter I must act as if it matters in every area of my living; May I retrain my brain to halt its pursuit of fluff & worry & to instead give voice to its own potential; May I opt for big thinking & big doing in lieu of ordinary pursuits. Namaste