

# Make It Happen

## 4. Sustain the Momentum

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# Ways to Interact

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#makeithappen

# What is Make It Happen?

Helps answer the question:

"How can I actually make this thing happen that I've been wanting for so long?"

# You are well on your way!

You have:

1. A clear picture
2. A detailed plan
3. Willingness & tools to embrace what comes up

# How do I sustain it?



# Victim vs. Creative Consciousness\*

Notice:

- Any sense of obligation or sacrifice
- Complaining
- Feeling frustrated, constricted, or oppressed

Redirect attention to choice.

Ask: “What’s my job?”

*\*Creating the Work You Love by Rick Jarow*

# Balance & Daily Routines



Stephen Covey's  
Habit #3:  
Put first things first

# Automate Your Success\*

- Read daily affirmations & manifesto
- Hang visual reminders
- Schedule a weekly check-in (David Allen)
- Schedule all important things in your calendar

\**Fearless* by Steve Chandler



# Homework

- Identify your big rocks & schedule time for them
- Create a daily reminder
- Put your weekly check-in on your calendar

# Resources

- A Complaint-Free World by Will Bowen
- Creating the Work You Love by Rick Jarow
- The 7 Habits of Highly Effective People by Stephen Covey
- Fearless by Steve Chandler
- Getting Things Done by David Allen

If you would like any additional support, please don't hesitate to call or email: 503-913-6368

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