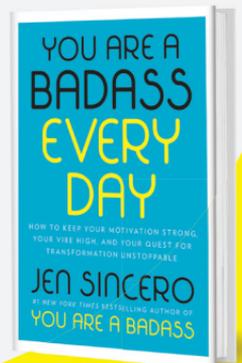


2019
Transformation
Guide

Kickstart Your
New Year with #1
Bestselling Author
Jen Sincero



Dear Badass,

Changing your life isn't necessarily hard, but it does require that you get outside your comfort zone and do stuff that's scary, unfamiliar, and "holy crap I can't believe I'm actually doing this!" My hope is that you give yourself permission to be, do, and have whatever you desire during this one and only precious life of yours.

You can dooooo eeeeeeeet!

A handwritten signature in black ink that reads "Jen Sincero". The signature is written in a cursive, flowing style.

JenSincero.com





Waiting until you know exactly what you're doing or until all of the circumstances are just right or until you have a large pile of extra cash lying around is the best way to wake up at ninety-seven years old, fishing your teeth out of a cup by the bed, wondering what the hell happened to the life you were so excited to live. Procrastination is just fear in the form of brakes, and fear is not the boss of you.

Start. Right. Now.

And here's a tip: start small. Chunk your to-dos down into manageable bits of time or break your tasks up into friendly little baby steps instead of trying to get the entire thing done in one intimidating leap. Especially if what's dogging you is something you've been successfully putting off for a while. For example, if you're struggling to commit to a meditation practice, sit in silence for seven

little minutes a day, then after a while up it to eight minutes and then nine and then you're on your way. If you're writing a book, sit at your desk with your phone turned off, the internet disabled, armed guards at your door, and do not get up until you've written one brilliant paragraph. The next time you show up for work write two brilliant paragraphs, then up it to three, and then four, and then you're on your way.

Motivation, commitment, focus—these are all muscles that, like any muscle, require strengthening. If you push yourself too hard right out of the gate, you'll hurt yourself and walk in wide circles around that gym instead of going inside whenever you're in the neighborhood. If you build slowly and steadily and chunk it down, not only do you save yourself some pain, but you'll start noticing changes almost immediately. And there ain't nothing that makes you show up, and keep showing up, like getting results.

I release regret, shame, and
guilt. I embrace the absurd
magnificence of the cosmic
joke called life.

.....



If you're not getting the results you desire, figure out what you can do differently instead of pushing harder.

Can you shift your focus from one task to another? I know someone whose business was stalled after years of steady growth. He was working his rear end off, but nothing changed until he realized that because his business was cranking, he had so much more on his plate that he no longer had the space to focus on sales, which he loved and was great at. So he delegated almost everything that didn't have to do with sales, got back to selling, and his business started kicking butt again.

Can you come at your roadblock from a completely different direction, perhaps even act as if you're someone else? For example, if you're out there in the dating world and have gone out with a stream of duds, try dating someone who's not your "type."

Can you change your attitude? Dig deep and see if you can excavate any hidden doubt, fear, worry, crankiness due to impatience, etc. Then turn that frown upside down.

Can you take bigger risks? Can you reach out and ask someone to help you see something you might be missing? Can you do something so unexpected you surprise even yourself?

When you succumb to fear,
you are under the illusion
that you can predict the
future.

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Write down the **biggest goal**
you have for yourself in 2019.

Now write down **one real risk** you can take
to help make that goal a reality, and give
yourself a deadline for taking the leap.
Circle that date in big thick marker and pin
this page up somewhere you can't ignore.

Remember: the sooner you change your
life for the better, the sooner you get to
live with those awesome changes.

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