

## 7 Tips for Pushing Through to the Next Level

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1. Give yourself praise and reassurance that you can do whatever you desire. Notice your self-limiting talk, otherwise known as your [Gremlin](#), beating you up and telling you that you can't do it. Consciously create internal dialogue that supports you in your magnificence.
2. If you find yourself feeling stuck, get outside for a short time, breathe in the fresh air, feel the ground beneath your feet. Allowing yourself to be present in the moment is a sure fire way to find new inspiration.
3. Ask for support. Trying to do it all alone will not prove anything. It will only make you tired. Make a list of people who can support you in moving to the next level and then *ask* them for help. I promise you, you will be surprised at their response.
4. Eat whole food. I know that you already know this, but this is a reminder. The fuel you put in your body is directly responsible for how you feel. How are you going to be a powerhouse when you keep putting dirty fuel into your body?
5. Spend some time each day with yourself. Spend enough time that you can be present to your bigger Vision. Create your “to do” list with that Vision in mind.
6. Prioritize. Instead of beating yourself up for not completing everything on your “to do” list, choose 7 priorities each day and focus on those. Regardless of what your [Gremlin](#) may say, work on your top 7 priorities and everything else you complete is a bonus.
7. Ask the expert. Whatever you're doing, there is someone else who has done something like it before you. Start networking to find the resource person that can help you get to the next level. Consider what it would be worth to have the experts' knowledge. Be willing to invest in yourself.

Some friends call me the Ultimate Networker. Chances are, if you get clear on what you need next, I can connect you with a resource that will be useful to you. I really enjoy making appropriate connections. Please feel free to ask me for what you need next. I can say with confidence that 90% of the time, I will have a resource for you. [Contact Sharla](#) with your request.

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