



ANGEL'S FRIENDLY COACHING

Habits



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Keeping you in a positive mindset!





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POSITIVE THINKING

Our mind dictates your reality. What you think is what you will experience. Science has proven our ability to rewire our own brains, through changing our thought patterns and engaging in practices like meditation [it's called neuroplasticity.] So, that's a thing. Why would you not take advantage of the fact that you can literally program yourself for success? Positive thinking is imperative. Nobody is going to be positive 100 percent of the time, we're human, but making an effort to shift your perspective consistently is going to impact your life in ways you can't imagine. Believe you can and you will. It's true. Pep talk yourself.

PRACTICE WHAT YOU PREACH

Nobody trusts someone who doesn't walk their talk. And you can tell when someone is off of their authenticity game. Execute. Don't just talk about it. Be it. Every. Single. Day. Make plans, and crush them. If you don't get through your whole to do list, it's no worries -- what matters is that you show up for those ideas and plans every day. Take it seriously, a little pressure on yourself is healthy, but also know that it's a daily practice of showing up big.

GREET THE DAY

Get up with the people, or before. Rising at noon because you don't have to be at an office is actually not impressive. You don't have to start working early if it doesn't suit you, but humans are built to rise when the sun wakes up -- so make an effort to be more human, and not only will your days feel much easier [because you have more time in them.] but you'll have time to yourself before the insanity of building your empire begins. This morning time is key. It's a great time to exercise or move your body, power up with healthy eats, and get your mind right. How you prepare for each day adds up. If you were running for president, would you jump right into election day, without any campaigning, with sweatpants on, having slept in until 1 p.m.? Nope. Get up, get after it.

EMBRACE COLLABORATION

Success is never exclusively self-made. That's actually a big, annoying lie. While we can be responsible for the dreams that led us to great success, hence the title of this article, we never get where we're going alone. We really need each other, we need mentors, we need community. Going it alone will dig you deep into a big hole. Additionally, you need a team. Being a solo-preneur is great as long as it suits you in the beginning, but trying to do everything by yourself when you grow to the point that it's really stressing you out is no way to run a business. A leader does not solely lead his/her own life, but also leads others on the path to greatness.





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CONSISTENCY IS KEY

This is important not just in your personal life, but also as far as business goes. Consistency is how you build following and presence, but it's also how you create results. It's easy to get distracted, but you can teach yourself to starve your distractions and feed your focus. This is one of the key ways I've leaned up my time to make my success even more inevitable. Focus on what's important -- not comparing yourself to others or worrying too much about the future. Focus on what you can do today, right now, for yourself and where you're going.

INTEGRITY ALWAYS

Your word is your value. If you want to be seen as a leader, act like one in all ways. That isn't limited to what you've built. The physical manifestations of success and material wealth, pale in comparison to the growth in character you experience when you understand what it means to build something of value. If you create something that will impact the lives of others, inevitably, it will impact your life in incredible ways as well. Stay in integrity. Speak with intention. Act with regality.

GRATITUDE AND MINDFULNESS

Gratitude is game-changing. If you've set even one foot into the world of personal development, you'll know this. But kicking your negative thoughts to the curb is a non-negotiable. When you're grateful for what you've already got, and don't take your life for granted, you'll be way happier. This makes all of the steps prior to this so much easier. Start each day listing three things you're thankful for. Give love to yourself, your family, your friends, your team -- life is short. Appreciate it now, not later.

Mindfulness is your ability to listen to the Leader Within [or your inner voice] which is a lot quieter than your ego. You can train yourself to hear your truth and act on it through a meditation practice or other mindful activities like slowing down to breathe a few times during the day, mindful exercise or writing/talking with someone.

These are some of the ways that I keep myself in check. In truth, eighty percent of being a leader is learning to lead yourself. Keep your mindset on point, stay in integrity, and appreciate what you have. Practice some of these habits, and create your own. If you stay consistent with them, I promise your life will change. I am here to work with you on ALL of them...





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So the key is to wake up early and start the day ahead of everyone else by responding to others, exercising and finding some personal time, early risers also tend to be happier and are more proactive. Meditation!! I am here to help you with Guided Meditation.. Keep you on track, it takes 21 days for you make it a habit, it takes 90 days to make it a lifestyle. Let's do the 21/90 Taking care of your body and mind by relaxing, exercising, healthy eating and getting enough sleep are all ways to improve your chances of success. You have to get out there and NETWORK. Successful people realize the importance of networking. In fact, research has found that networking can lead to people performing better at work and increases the chance of landing a job. Networking helps our successful people be more innovative. Stay busy!! Work on YOU and your money. You have 24 hours a day, plan your days and nights wisely. Don't watch TV, read!! Know when to say "no." Successful people realize that by saying "no" to negativity, extra work and activities that waste time, they can focus on increasing their productivity. If they say "yes" to everyone or everything, they'll be too distracted and will not accomplish tasks that have to be done. Successful people are known for writing their to-do-lists the night before so that they are able to set priorities for the following day. They number their lists as well to identify which tasks are the most important.

Successful people have gotten where they are because they were able to manage their finances well. This means that they invest their money wisely, look for new opportunities and set aside emergency funds. They are more generous and willing to donate to those who need help. There is an old saying that luck and preparation always meet opportunity. The most successful people set themselves up for success by preparing all the time. Successful people expect luck will find them, and it usually does. Set goals and visualize. writing down their goals, plans, or visions for success on a regular basis. Successful people do this the night before, or first thing in the morning so that they are prepared to tackle the challenges that await them.

Successful people have a strong will to succeed and achieve in life. They look forward to growth and have a deeply rooted desire to do much more than the average person. These people take action to make positive changes and move outside their comfort zone. Even when their attempts fail, they can quickly see opportunities that surround them, adjust when things go wrong and move in a new direction. Unsuccessful people, on the other hand, feel defeated, throw their hands up in the air and give up way too soon.

Successful people face challenges with confidence and trust their skills and knowledge. Even when they don't have the right skills or knowledge to begin with, they move forward with enthusiasm and commitment to succeed despite the odds. Successful people have a strong sense of self, which allows them to make stronger commitments. They are comfortable speaking their minds. Successful people stand up, speak out and enjoy sharing ideas and opinions.

