

ASTEP-BY-STEP E-GUIDE

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STEP ONE:

GET CLEAR ON YOUR VISION

STOP PLAYING SMALL-GET REAL ABOUT WHAT YOU WANT.

WRITE DOWN YOUR GOALS, SPEAK THEM INTO EXISTENCE, AND MOVE WITH PURPOSE EVERY DAY.

SEE YOURSELF AS THE PERSON YOU'RE BECOMING AND LET YOUR ACTIONS MATCH THAT VISION.

PRACTICE SELF-CARE:
PRIORITIZE YOUR MENTAL AND
PHYSICAL HEALTH.

STEP TWO:

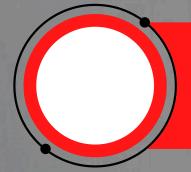
BUILD A ROUTINE THAT MATCHES YOUR AMBITION

MOTIVATION FADES, BUT DISCIPLINE IS WHAT GETS RESULTS.

START YOUR DAY WITH INTENTION, CUT OUT THE EXCUSES, AND LOCK IN ON WHAT MATTERS.

REMOVE DISTRACTIONS
THAT DON'T ALIGN WITH
WHERE YOU'RE GOING.

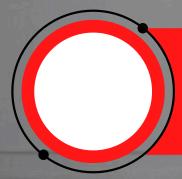




PROTECT YOUR CIRCLE

YOUR ENVIRONMENT IS EVERYTHING. SURROUND YOURSELF WITH PEOPLE WHO PUSH YOU TO BE BETTER.





IF THEY DRAIN YOUR ENERGY OR KEEP YOU STUCK, IT'S TIME TO LET THEM GO.

BUILD RELATIONSHIPS WITH PEOPLE WHO INSPIRE, CHALLENGE, AND SUPPORT YOU.



STAY CONSISTENT: COMMIT TO MAKING DAILY PROGRESS, NO MATTER HOW SMALL.



STOP LETTING FEAR RUN YOUR LIFE

FEAR IS A LIAR-IT KEEPS YOU FROM STEPPING INTO YOUR GREATNESS.

GROWTH STARTS OUTSIDE YOUR COMFORT ZONE, SO STOP PLAYING IT SAFE.

USE FAILURE AS FUEL. EVERY SETBACK IS A SETUP FOR YOUR NEXT LEVEL.

MOST OF WHAT YOU FEAR NEVER ACTUALLY HAPPENS, SO DON'T LET IMAGINARY OUTCOMES CONTROL YOUR REALITY.

THAT MOMENT OF FEAR IS FLEETING, BUT THE IMPACT OF HOLDING BACK CAN LAST A LIFETIME.

PROTECT YOUR PEACE



PROTECT Your Life



PROTECT Your Soul

STEP FIVE:



STAY CONSISTENT, EVEN WHEN IT'S HARD

DREAMS DON'T COME EASY—
YOU GOTTA SHOW UP EVEN
WHEN YOU DON'T FEEL LIKE IT.

CELEBRATE EVERY STEP FORWARD, NO MATTER HOW SMALL.

REMEMBER: THE PROCESS IS WHAT BUILDS THE PROMISE. STAY COMMITTED.

KEEP YOUR PURPOSE FRONT AND CENTER TO PUSH THROUGH TOUGH TIMES.

BREAK YOUR GOALS INTO STEPS AND CELEBRATE PROGRESS TO STAY MOTIVATED.

2025 is YOUR year, but only if you're willing to work for it.



Follow Trent Shelton for more inspiration to build your life on purpose.

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