

Don't Fake It Till You Make it.

You don't have to fake it. You are already becoming successful if you put your best foot forward each day. Once you make up in your mind that you will live successfully no matter what, there is no faking it. You start living successfully right there and then (if you stick to the plan). So, don't give up. Keep going. Keep following the process until you've lost the weight, achieved your fitness, health, business and financial goals (and other major goals) that allow you to achieve and live your dreams.

Motivation

By the time you get to this part of the book, you should be pretty pumped up and motivated to start or continue your new journey of successful living. We'll help motivate you, but you can also motivate yourself like nobody's business. Just look in the mirror, smile big and tell yourself you can do anything you put your mind to. Then, get started! You can succeed in every area of your life. It just takes a little effort each day.

Want to Start a Business?

What are you passionate about or what do you really like to do in life? Think of ways you can make a business out of it. Be creative! Having trouble thinking of things you like or ways to create a business. How about this? Go get good, or even become an expert, at something that's marketable (there are a ton of marketable skills, services, etc.) like programming, creative website design, image and video editing, cooking delicious healthy desserts, dinners, etc., etc., etc.

Then, market your skills to the public, locally, nationally, maybe internationally and market those same skills online. Don't know how

to market? Find out. There's tons of free marketing information online, plus companies that can help you market. Get started today. Baby steps. This doesn't happen overnight, but it won't happen at all unless you do something towards your goals each day!