

# BREAKTHROUGH TO GREATNESS

*“Be not content with less than greatness...” ~ A Course In Miracles*

## 1. **Become a Truth Teller**

Decide where you need and sincerely want a Breakthrough in your life right now, and start telling yourself the whole truth about this area. Go deep; hold nothing back.

## 2. **Own your life 100%**

Decide that you are taking back *all* responsibility for absolutely every aspect of your life, beginning with your chosen Breakthrough area.

## 3. **Decide to do whatever it takes and do it!**

Decide that you will drop all excuses and fully commit to doing whatever it takes to have your Breakthrough. Then follow through and actually DO IT.

## 4. **Ask for and receive all the help you need**

Decide that you are worthy to ask for and to receive whatever help you need in this Breakthrough. Ask and you will receive.

## 5. **Practice compassionate, disciplined self-care.**

Decide that you can have this Breakthrough without blame, shame, guilt, or regret. Be patient, compassionately firm, and lovingly disciplined with yourself as you take this journey.