

A Shift a Day for Your Best Year Yet, 365 ways to improve your life, career, and relationships – Dean Del Soto

Own Your Everyday - Jordan Lee Dooley

I want to share the idea of manifestation today. We all think about this in some way every New Years as we write our resolutions, but somehow along the year we lose that belief that we can set our goals, put our dreams out there, and manifest them into being. That strong belief that we can MAKE it happen should not be reserved just for New Year's Day.

This realization hit me the other day because I have 3 regular sources of my inspiration so far this year – one is a daily calendar prompt, one is a daily 'shift' from the book 'A Shift a Day for your Best Year Yet' and one is from my current January read, Own Your Everyday.

Well, a couple of weeks ago, I did a podcast with Monte and Jason about being busy vs. productive, and then got into the rush of the new year where I was BUSY - and then 4 days into the year my calendar said "Don't be busy, be productive" What a reminder!

Then, we talked about social media, our online presence and how we present ourselves to the world, so this was on my mind – and bam, the 'shift' that day from my daily book says, "Your success is impacted by your personal brand. As a brand, would you buy yourself or keep on shopping?"

And the 3<sup>rd</sup> realization? Well, last year we asked everyone to send us their ONE Word. The word they would focus on for the year. I started thinking about these ONE words, and mine for 2020 had been JOY, and honestly I felt a little discouraged that I had failed to embrace my ONE word in 2020 and that I hadn't created or felt as much joy as I wanted to – So what did my chapter read from 'Own Your Everyday' say that night? It said, "Whatever the word or label is, trying to live up to what we believe that ought to look like creates a lot of pressure." And "Try some things that bring you joy, even if they don't correlate with your obligations." I was shocked – how did the world know that those were the words I needed to hear? And the last example, I went walking that night, and kid you not, there were these giant light up letters, probably just leftover Christmas decorations – a big glowing JOY right there in front of me on the street.

So I said in my brain, if you look for beauty you will find it, and I REALLY looked that night, and let me tell you I took so many pictures – so many beautiful things I had never seen before that were somehow now right in front of me – because I was looking for them, embracing them.

Are these all just examples of coincidence? Maybe. But on the chance that these are proof that manifestation can work, that you can create what you truly envision in your heart, what you're truly committed to embracing – well, that's worth believing.

I asked you guys to tell me your own stories about your ONE word and what it meant for you in 2020 and what you've chosen as your ONE word for THIS year. I just want to share a few of these because hopefully these will inspire you as much as they did me. I'll keep everyone's privacy because I'm truly grateful for the way these individuals opened their hearts to me, but I

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do encourage you all to share with each other in the endeavor of embracing YOUR ONE word this year.

So one that was shared was START – this individual had hit a wall in his current career and was just embracing real estate as a new path in 2020, but he did, he just STARTED – and because he took that first step and put one foot in front of the other, he saw great success in the last quarter of the year with over 7 closings, already has multiple closings and a pipeline set for this month and year – and all because he did the hardest part, START. He said, your belief system can be life or death – and he's proving that truth. His word shared for 2021 is BALANCE. Taking that success and hard work and balancing it with family and life is the next step.

One agent shared about an experience with her 2020 word, TRUST – a story about her very first clients ever – clients from out of state with a dream of finding the perfect home here, but facing the difficulties of a fast-moving market, missing out, not finding the ONE. She told them that when one door closes another one opens – that was her sharing HER trust in the process with her clients. She kept forging ahead and eventually after a lot of trials and tribulations, she found THE house for them – all because *she* trusted the process, and *they* trusted her and her professional opinion. Her very first clients.

Another beautiful example was from an agent that flies quietly in her success, but her word was COURAGE and *that* piece of her is loud and ever apparent. She shared that courage was her word in 2020 as she went through some major life changes in family, marriage, and housing but she stayed courageous and through it all she came out in a better lighter place – a homeowner, a successful business woman. Her word now for 2021 is RESILIENCE, which if you knew this person is perfect and she shared the reason she chose this – something she read saying "Resilience is feeling your exhaustion and choosing to move forward anyway. Resilience is watching your lovingly-made plans fall to dust in your hands, grieving what's lost, and making (yet another) plan. It's being willing to lay down your expectations for what you thought your life would be, what this year would be, what this holiday season would be, and being willing to imagine another way. "

Some of the other words shared with me were DETERMINATION, ZEAL, FAITH, and SHINE – and each one means something personal to the person who chose it. Notice how when given the option none of us choose negative ONE words, none of us hope for negativity? We need to embrace that same thought process in our self talk, in our mantras each day, in what we choose to read and watch and participate in.

I promise you that if you embrace the idea of manifesting your reality, what you hope for will come to you – and maybe not always in the time that we hope – but it will come to you. I would LOVE for you all to choose your ONE word for 2021 and share it with me. I am here to cheer you

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on – and I want to support what YOU want to manifest for your year, so that’s all – have a  
beautiful week you guys.

Chrissy Amundson