

HOW TO USE THE CALENDAR TO GROW – WHAT I LEARNED LAST YEAR



Introduction

Hello Friend :-)

Thank you for downloading my free booklet – How to Use the Calendar to Grow – What I Learned Last Year.

Hope to inspire you to be more determined, patient and persistent on the road to success, and never ever to give up! :-)

Sending you lots of joy and success for the New Year and always! Be a HERO :-)

All the very best,

Dimi

***Special Thank You to the lovely Galina Mikhailova
for the beautiful cover drawing**



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“You don’t have to be great to start. But you have to start to be great!” - Zig Ziglar

Everything started from my morning ritual. I’m deeply convinced of its empowering role. That’s why before everything else, I want to talk about my Hour of Power. I was inspired about it by Stefan from Project Life Mastery. His videos really fired me up. They have been the initial spark that led to my first action step - I started my morning ritual in January 2016. A morning ritual is something which you do first thing in the morning. After you wake up, before you do everything else, before you check your email, Facebook, and this is very important - before you react to the world, you start the day by taking care of yourself. It’s called the Hour of Power. But you can spend five, ten, fifteen minutes or more depending on how much time you have.

How much time can you spare to take care of yourself?

First thing in the morning, care about yourself. If you are important for yourself, you will find time, even if it is five minutes. Sometimes, when I’m in a rush and don’t have enough time, I just do my morning prayers. The most important thing is the decision to start.

The Hour of Power - This golden hour gives me so much.

The morning ritual has to include activities for your mind, body and soul. What happens to the mind reflects the body and soul, and vice versa. Therefore, it is vital that you take care of all of them. Man is unity of body and soul. My typical morning ritual starts with a prayer, then doing physical exercises on the background of inspirational podcasts. Particularly for me, I love listening to Brendon Burchard, Stefan from Project Life Mastery, Chalene Johnson, Marie Forleo and Bob Heilig. Then I play the piano for 1 hour. After that I do stretching exercises for around five minutes and set the alarm clock of my mobile phone for thirty-minutes reading. I usually read aloud inspirational books like Motivation Manifesto by Brendon Burchard. Then I prepare myself for the day by writing my goals and setting three goals that will move me closer to my dream life. In that connection, morning pages help me a lot.

What are morning pages?

For the first time, I learned about them from The Artist's Way by Julia Cameron.

You write in the morning in your journal, everything which is in your mind - your feelings, thoughts - everything which you want. She suggested writing a minimum of three pages, which is a great exercise to stimulate your creativity. But I prefer not to limit myself to the number of pages. I write as much as I feel.

I discovered the power of Morning Pages somewhere in July and implemented them immediately in my morning ritual. The effect was amazing. Morning Pages helped me to come to peace with myself, to stay emotionally engaged with my goals and dreams and that's essential in order to be self-disciplined.

Morning Pages help me to clarify my goals in general and specifically the goals for the day. When I finish Morning Pages, I usually come up with a list of things that I have to do for the day and particularly, the things I have to do when I turn on the computer. That's crucial to me, because social media is a great source of distraction.

When I have a list of things that I have to do when I turn on the computer that helps me to be more focused and not get distracted. I have so many things to do, important things which will move my life forward, which will move me closer to my dreams. I don't have time for distractions.

It is critical also to take breaks. When you work on the computer, it comes time when you get tired and what I used to do was to check my FB stream and that was a great distraction. Because you come with the intention just to check it and you end up wasting hours.

What am I doing now? I replaced that bad habit which was really like "thistle" in my heart with an empowering one – a real break – drinking water, stretching or taking a walk. Movement - that is. Move from that computer and chair, even for two minutes. Like I always say movement is life and life is movement. I have to admit that was a big challenge to me. It took me a lot of time and efforts, and I'm still fighting with it (That will be the topic of my new book). What's important, I've already felt the taste of the victory. Now, I can firmly say that I feel more productive and satisfied, because I lead life full of meaningful tasks every day. Because I'm getting closer to my dreams each and every day. I have much more freedom - free time only because I'm more organized. And Morning Pages are one of the tools that help me to stay on track and keep going in the direction of my dreams.

Morning Pages are a wonderful way to relieve the stress, too. Writing does help! Try it and you'll be amazed by the results!

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verything started from my morning ritual and continued with the audio I was listening to.

The inspirational words were by my role model Brendon Burchard. I was listening to that audio each day. Suddenly while I was listening, I really felt the words coming to me and at some moments the words really hit me. That was the moment, the key moment, I decided to change and take control of my life. I created my personal vision board for the first time ever. I decided what kind of a person I wanted to become by the end of the year, what skills I wanted to develop. Based on that, I set monthly and weekly challenges.

For instance, I decided that by the end of the year I want to be more organized and more self-confident. I want to develop my piano skills and to improve the level of my Russian. I chose January to be my month of being more organized. February – my month of being more self-confident. May – month of Russian language. November – Month of Piano and etc. I set myself monthly challenges - every month a new challenge to move me closer to my personal vision and my dreams.

You can't manage something you don't measure. So at the end of the day, I wrote in my journal – My accomplishments and also what didn't go well. At the end of the month, I did thorough review. I'm attaching the pdf files of my monthly and weekly reviews. Check them out! (These files are available to my students)

Based on my monthly challenge, I set myself weekly challenges, too – e.g. in May – my month of Russian language – to read one book in Russian per one week. I'm happy to say that I coped with that challenge successfully. It was very useful experience for my language skills, indeed. I started speaking more fluent in Russian. The words came easier to me.

Choosing my own curriculum, overcoming the challenges I set myself, gave me an enormous boost of self-confidence. I wouldn't say it was easy, though. Nothing worthwhile is easy. It requires determination, patience and persistence. Many times, I missed my journaling or doing my monthly or weekly reviews. Many times, I failed. I had good and bad days like everyone else. But what self-confident people do after they fail? They rise and try this time harder. That's what I did, too.

Actually, the word "failure" doesn't exist. Everything is in the mind of the person, how he/she perceives the situation. There are no failures, no disappointments, just lessons. And it really depends on us if we learn from them or keep repeating the same mistakes. It is our choice. That's why weekly and monthly reviews are so helpful.

Because they help you to see where you have come to, to celebrate your accomplishments along the way, to enjoy the journey to success. At the same time to be aware of your stumbling blocks and to take measures to turn them into stepping stones.

Something which helped me to stick to my monthly challenges was in the first place my “why” – why am I doing this? In my case, because all of that development helps me to grow and to become a better person in my mission of sending faith, hope and love.

Something else, which helped me tremendously was to set reminders. My personal vision board is on my desktop, on my wall, my calendar. I look at it every day. It is a great reminder to start taking actions to reach my dreams. As a matter of fact, I created a new personal vision board, because all of the dreams from my first one came true. Woo-hoo!

I'd love to set reminders on my wall in the form of sticky notes, too.

My sticky notes are just on the wall next to my computer and since I'm spending a lot of time in front of the computer, I see and read them all the time. I also like to read them first thing in the morning. On my wall, you can find, for instance, the three words that define me – determined, patient and persistent. I've added also vibrant, energetic – the way I want to be. I regularly change my sticky notes as I move on a different stage of my personal development. At some point, I had my 9 Declarations of Personal Power on my wall.

So what can I say at the end of 2016? This year has been a huge leap for me in my personal development. I feel boost of energy and self-confidence. I feel stronger and wiser as a result of my monthly and weekly challenges. I feel closer to my dreams like never before. For the first time I've started using the calendar in a meaningful way, to choose my own curriculum and challenges and it felt liberating. I've discovered the power of writing and journaling. The power of doing weekly and monthly reviews. I've discovered the power of change – the positive change and growth. The power of freedom. Suddenly I've discovered how much free time I have when I'm more organized. Through organization, you can find real freedom. I'm forever grateful to my role model Brendon Burchard for all the inspiration and charge of joyous energy.

I hope I have managed to send you at least a little bit of inspiration on your way, as well.

For successful New Year! Happy New 2017! Let faith, hope and love always shine and warm your heart!



Here I'm sharing my accomplishments and lessons from the last year:
<http://englishwordoftheday2010.blogspot.com/2017/01/celebration-of-2016-lessons.html>

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