

The Source 30.1.12® Quick Start Guide

Anytime you experience one of *The Source Challenge Areas*®



Toxic Food: Food that tears down or damages the body



Toxic People: People that attempt to tear down or damage you



Stress: Activity that distracts and/or overwhelms us



Negative Self-Talk: Shame; guilt; feelings of not measuring up



Procrastination: Unprepared or paralyzed



Fear: “What if?” and “If only”; fear of success & fear of failure.

Adjust your energy and actions to *The Source Life Areas*®



Goals/Organization: Fast forward one year from now. What one desire do you have that you would like to see realized by this time next year?



Movement: What is one step that you can take right now (or with-in the next 12 hours) to move towards that desire?; How/where will you chose to fit at least 15 minutes of body “movement” into your day?



Balance & Fulfillment: What music motivates or uplifts you? Play it.



Relationships: Who is someone in your life that loves you and wants you to succeed? Tell them the one year intention and the current steps you intend to take toward that goal. Then ask them if you can check-in with them to tell them how you did.



Rest/Relaxation: Take a deep breath



Nutrition/Water: What is one food you can eat within the next 2 hours that will nourish your body?



Spirituality/Faith: Ask for guidance and eyes to see the direction to step in.



Passion/Purpose: What is one principle you believe is worth fighting for?



Gratitude/Attitude: List 1-3 things you are grateful for right now; Ask yourself, “What could I do to be positive and proactive today?”



Curiosity/Learning: Ask, “What *Life Area(s)* did I live today?”; “What *Challenge Area(s)* did I face?”; “What *Life Area(s)* did I use (or could have used) to overcome the *Challenge Area(s)*?”



Service/Giving Back: “Whom can I support or ask support from today?”



Adventure: Watch for an opportunity to get out of your comfort zone. Try a new experience.