How to Reclaim Your Power with MSG with Sallie Wagner

with Sallie Wagner · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Sallie Wagner is a lawyer, Florida real estate broker and life coach who went from a physics major to a theology degree, a career in corporate law and then coaching.

- [ ] Notice whether you're facing a big change or a slow case of life creep, and name it.
- [ ] Pick one thought you keep repeating and decide what you want to think instead.
- [ ] Look at a recent setback and write down what it could teach you.
- [ ] Create one growth opportunity for yourself this week instead of waiting for life to force it.
- [ ] Say "yay me" out loud for something you did today, and take a moment for gratitude.
- [ ] Each time you walk into a room, do five little things: put something away or take it where it belongs.
- [ ] Write your MSG: the mindset you need, a skill that supports it, and the first action you'll take.
- [ ] Take one small step toward a goal every day so you see a success every day.
- [ ] Remind yourself it's never too late to do what brings you joy.

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