How to Shift Your Inner Vibration for Massive Success with Colin Sprake

with Colin Sprake · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Colin Sprake says success is not determined by the events in your life but by how you perceive them.

- [ ] Pick one hard event from your past and write down the story you tell yourself about it.
- [ ] Ask whether that story is serving you or holding you back, and write a new one if it isn't.
- [ ] Offer help to one person who is earlier on the path than you are.
- [ ] Set aside five minutes each morning and evening for a handwritten daily practice.
- [ ] Write your plans and notes by hand instead of typing them on a screen.
- [ ] If a business relationship is hard from the start, decide now whether to keep going instead of waiting for it to get easier.
- [ ] Before hiring a marketing or SEO company, ask what it spends on its own ads and check where it ranks on Google.
- [ ] Choose mentors who have already done what you want to do.
- [ ] Notice where you don't trust your team, and ask where you don't trust yourself.

Listen, read the transcript and get the links: addspacetoyourlife.com/podcast/shift-your-inner-vibration-colin-sprake/
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