



**FIVE SUPER HABITS THAT
ENERGIZE YOUR RESULTS**

You were born to thrive!

www.key2unlock.com



MICHELE PHILLIPS
THE LIGHT LADY

*Hello Powerful One,
It thrills me to serve you on your path to greatness.*

Love, joy, and success are meant for you. In your possession are my top five super habits that can transform ordinary days into an extraordinary life. Too often, we find ourselves trapped in monotonous routines, confined to our desks, not taking action toward our dreams, and eating boring salads. The culmination of mediocrity ultimately leads to a lackluster existence.

If you are reading these words, it means you are ready to elevate your standards, make confident decisions that serve you, and emerge as the protagonist in the most incredible story ever told, the story of your own life.

You can have what you want in your life. Satisfaction is for YOU!

Rather than relinquishing your aspirations, I am here to assist you in attaining what you desire. **You are destined to live a well-rounded life encompassing mental, spiritual, physical, emotional, and financial prosperity. Everything is for you.** Each facet of your being holds significance. You are meant to awaken enthusiastically, eager to embark on each new day. Pressing the snooze button on your dreams is not part of your life's purpose.



If you have one or many areas in your life that are out of balance, you can get back on track by using these five habits. If you yearn to shift your energy from a state of stagnation to one of vitality, you have arrived at the right place. By incorporating these five super habits into your daily routine, you can begin to thrive in the realm of high energy and high satisfaction. When you set a daily standard to make each action a successful act, you make each day a success. This elevates your vibration daily, and you enter what I refer to as your Personal Energy Alignment Zone, PEA for short.

Welcome to the realm frequented by top athletes, leaders, and those who have mastered their craft. Mediocrity has no place here, neither for them nor you.

If you've ever experienced overwhelming days where time and energy seemed scarce, or you feel frustrated by reaching a plateau....I get it. I understand exactly how you feel.

Life moves at a rapid pace and it can be challenging to find the time and dedication needed to achieve the success you crave. I, too, have let countless days slip by without performing at the level of greatness within

my reach. I used to seek validation from external experts and relied on others to determine my worth. I didn't take control of my life's direction, daily satisfaction, and I certainly didn't own my true brilliance.

However, I discovered that by strengthening my relationship with myself, overcoming doubts, and fully embracing my unique abilities, talents, and skills, I could break free from my comfort zone and create a life that surprises and delights me. I learned that my PEA Zone, a realm of energized focus, is accessible repeatedly. Your PEA Zone awaits you too.

Learning these skills has been the cornerstone of a satisfying and fulfilling career spanning over two decades as a keynote speaker, author, and transformational coach.

You can do what you want to do. Everything is available to you.

Through this journey, I have discovered the power of balancing work and personal interests, allowing me to thrive in all aspects of life. Engaging in activities such as working out, reading, journaling, traveling, and even enjoying playdates has been instrumental in achieving professional and personal satisfaction. Each day brings a renewed sense of excitement and purpose.



**I TELL YOU MY STORY NOT TO IMPRESS YOU BUT TO
IMPRESS UPON YOU THAT IF I CAN DO IT, YOU CAN TOO.
-MICHELE PHILLIPS**

**To assist you in embarking on this transformative path, I
present my top five super habits for you to adopt.**

These habits do not require a formal degree, a specific IQ level, or even spending time in your target heart rate zone. Instead, they demand an open-mind and a consistent commitment to daily practice. Embracing these super habits will elevate your energy and propel you toward the

successful and fulfilling life you were meant to live. Get ready to be elevated.


(1) The Habit of Assuming Full Responsibility

You, my beautiful human, hold the key to your life outcomes and energy levels. I assure you that you possess far more power than you realize. If you aspire to create a better life, taking responsibility for your current circumstances is crucial. Everything you have or lack directly results from the choices you have made. Although some may find it difficult to accept this truth, because it is much easier to blame external factors for not attaining what you desire. People tend to point fingers at the government, their boss, their teacher, or my all-time favorite, their own mother, but as an adult, you now have the ability to shape your path.

If you want to energize your results, cultivating the habit of taking responsibility for everything is the first and foremost step in this journey. While you cannot control the events that unfold in your life, you have control over how you respond to them.

Take a moment to reflect and list some of the things that frustrate you, or that you dislike about your current situation in the box below.

Now, revisit the list and cross out anything that is beyond your control. The weather, traffic, other people—these are examples of things you cannot change. What remains on the list? The realization that you are the only factor you fully control is powerful. Consider what actions you are taking to address the items in your control. If there are aspects within your control that you dislike or wish to change, it is your responsibility to take a step toward achieving what you want. You don't have to figure it all out at once, but acknowledging that you are in control is a crucial first step. If unsure of your next move, seek a mentor, hire a coach, or explore educational resources such as books, Ted Talks, and articles. Remember, there is always a solution, and you have the means to find it.



IF YOU REALLY WANT TO DO SOMETHING, YOU WILL FIND A WAY. IF YOU DON'T, YOU WILL FIND AN EXCUSE
-JIM ROHN

(2) The Habit of Daily Inspiration, Motivation, & Education

If you aspire to enhance your daily life and achieve more tremendous success, nourishing your mind with a balanced diet of inspiration and education is crucial. This is non-negotiable. Begin each day by immersing yourself in reading material that teaches you how to conquer challenges and elevate yourself in the specific areas you wish to improve. Your mind craves motivation and inspiration daily, just as your body craves food. The most common areas people seek to improve are their relationships, health, or finances. Rest assured, many resources are available, including books, videos, coaches, and teachers, focusing on these topics.

To attain what you desire, you must adopt the mindset of the student and learn from those who have already achieved what you aspire to. It truly is that simple. As Tony Robbins states, “Success leaves clues.”

Take a moment to make a list of the specific areas in your life that you want to improve. Reflect on your relationships, health, finances, and any other aspects that come to mind.

Once you have your list, utilize online resources to research books related to your chosen topics. Below, please write down three book titles that align with your areas of interest. Commit to reading at least ten pages from one of these books every day. Pay attention to how your reading makes you feel because your emotions work like magnets; when you feel good, you signal the Universe to bring you more of these good feelings. This habit is the best way I know to start each day off feeling connected and supported.

Other alternatives include listening to books on Audible or subscribing to podcasts. There is no shortcut here but to commit yourself to never-ending growth. Do this and expect results, and you will make progress.

(3) The Habit of Reducing or Eliminating Negative Influences

Take a moment to evaluate the influences in your life using the questions below. These self-check questions will help you identify how your focus shapes your energy and whether you amplify negative influences.

1. **How often do you tune into the news each day?**
Consider how frequently you tune into the news. Are you constantly bombarding yourself with updates that may bring about fear or anxiety? Reflect on whether this excessive exposure is negatively impacting your well-being, and then reduce your consumption.
2. **Are your conversations centered around fear or topics you can't control?** Take note of the content of your conversations. Do you find yourself discussing fear-inducing subjects or dwelling on things beyond your control? Recognize that what you talk about becomes your primary focus, and it influences your mindset and emotions. Be aware of how much attention you give to fear and what I call “the doom and gloom report”. Is what you are talking about worth amplifying?
3. **What kind of entertainment do you engage with?** Examine the entertainment you consume, such as TV shows, movies, or online content. Consider whether these sources tend to fuel fear, disconnection, or a general sense of mistrust of others. Make a list of what you've recently watched or engaged with, and take note of the emotions they elicit in you. This exercise will help you recognize whether these forms of entertainment align with your well-being goals. Once you know the answer, adjust what you consume.
4. **What daily practices do you engage in to enhance your well-being?** Take stock of the activities you incorporate into your daily routine to support your mental, physical, emotional, and spiritual well-being. Consider practices such as exercises, meditation, reading uplifting literature, connecting with loved ones, engaging in hobbies, or pursuing personal growth. What were the activities you loved as a child? Can you incorporate them into your schedule now? By actively nurturing these aspects of your life, you can counterbalance negative influences and foster a more positive mindset.

By reflecting on these questions, you can become more aware of the negative influences in your life and take steps to eliminate them. Remember that cultivating a healthy and positive environment is crucial for your overall well-being and happiness.

(4) The Habit of Practicing the Optimistic Spin®

The optimistic spin® is a powerful tool for processing events, and it is one of my favorite techniques. While the world itself may not directly make you happy, your thoughts about the world have the potential to bring you happiness. Imagine if, starting right now, you made a conscious decision to be optimistic and happy no matter what circumstances life throws your way. How would your world change?

When your happiness is based on external factors, or having a reason to be happy, it becomes out of your control, and it can easily be taken away from you. However, when you can be happy without a specific reason, your happiness becomes a deliberate choice that you have complete control over. This habit is pure gold.

Take a moment to reflect on how you explain the circumstances of your life over the next 24 hours. Do you take responsibility for your results, or do you tend to blame others and outside forces?

When things don't go your way, do you believe it's because you can never catch a break or simply because you are having a bad day? Is your perception of bad luck **temporary** or **permanent**? Do you find yourself saying things like, "Look what *you* made me do?" or "He made me so mad"? It is important to recognize that no one has the power to make you do anything.

How you explain the events and circumstances in your life speaks volumes about your mindset. An optimist seeks positive explanations for events, viewing negative occurrences as **temporary** and **isolated**. On the other hand, pessimist tends to see adverse events as **permanent** and **long-lasting**. Do you see the difference?

The next time something happens to you, pay close attention to how you explain it and remember that the event is beyond your control. However, you have a choice in how you interpret and explain it. You can choose to apply the optimistic spin® to almost any event.

Consider an example: I invited you to lunch, but you didn't attend. Countless explanations could be given for this situation.

How would a pessimist explain it compared to an optimist?

Here are some questions to help you decipher whether your explanation is helping or hurting you.

What happened? Did you stand me up, or was there a miscommunication?

What is your explanation of what happened? Is it empowering or disempowering? Does it help or hurt? Assuming you don't respect me would likely hurt, but giving you the benefit of the doubt and considering that maybe you got a flat tire would empower me.

Once you realize your explanation isn't serving you, ask, **What is another way to look at it?**

What is the optimistic spin® to explain this situation?

If you can't come up with one, enlist the help of an optimist.

Whether you realize it or not, you live in a world of make-believe and interpretation. Whatever explanations you come up with, you believe.

The more optimistic you become in explaining your challenges and the events of your life, the more confident you will be about your future. With increased confidence, you'll be more inclined to take risks, set higher goals, and invest greater effort into achieving what you desire.

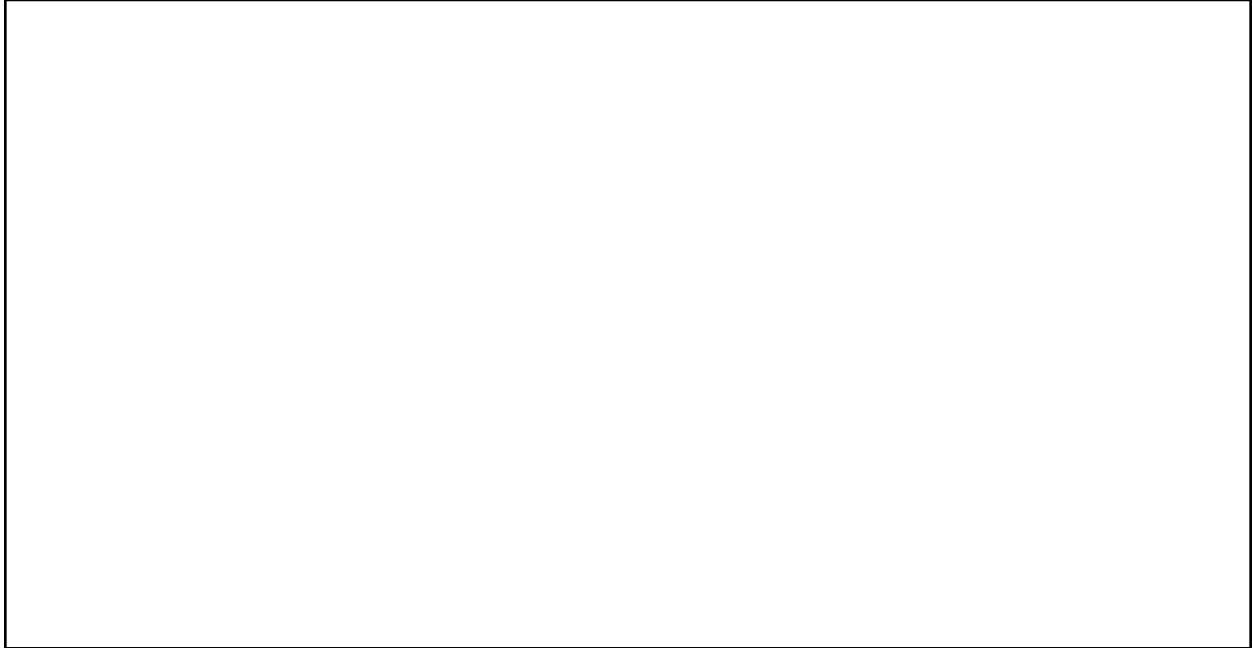
Now it is your turn to practice the optimistic spin®. Use the following boxes to work through an event you experienced and consider how you can apply the optimistic spin®.



What happened?

What is your explanation of what happened? Does your explanation help or hurt you?

What is another way for you to explain the story using the optimistic spin®?



(5) The Habit of Ownership

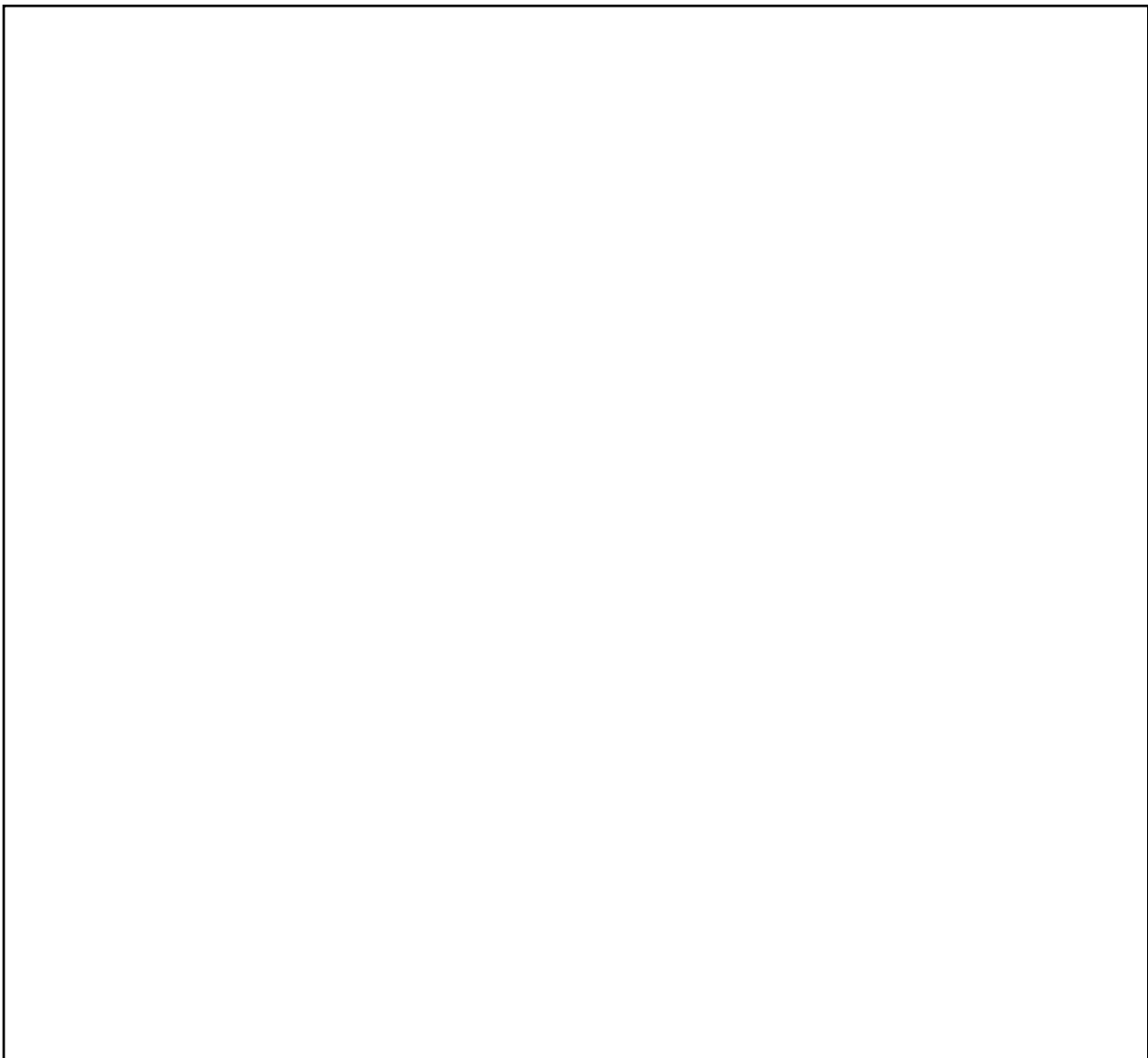
One of the most challenging but rewarding hurdles I had to overcome was the habit of doubting my own natural talents and skills. I felt like this was a constant internal battle, with my wise self assuring me that I was powerful beyond measure, only to be swiftly countered by negative self-talk that invalidated everything. The negative voice constantly whispered that I lacked knowledge, that my talents were ordinary, or that I needed to take one more class or obtain one more certification. This nagging voice kept me down for a long time until I learned I could override it.

All it took was a conscious decision to own my power, skills, and talents. The word “decision” comes from the Latin word “decidere” which literally means to cut off. Once I learned to sever myself off from doubts, I was able to move forward and wholeheartedly take ownership of my unique gifts.

*We can profoundly share and contribute our gifts to the world through ownership, ultimately, what we were born for. While this transformation may not occur overnight, it is indeed possible. We will witness dramatic results by choosing to believe in ourselves and promptly addressing any seed of doubt with a resolute decision to shift from victimhood to victory. No one can do this for us; it is solely our responsibility. It isn't up to someone outside of us to bless us, give us a degree, or validate us. They don't decide. You do. (tense)**

Defensiveness & doubt stand as formidable obstacles on the path to creating what we want. However, by blasting through doubts and boldly taking action we fortify our inner strength.

Take a moment to inventory what you love, respect, and admire about yourself in the box below. Continue on the next page because this box is too small to capture how fabulous you are. Re-read as needed.



When you practice these five habits for thirty to sixty days you will start to shift your energy and this will improve your results.

I'd love to hear how it goes. Write to me a michele@key2unlock.com, or connect with me on social media.

Have fun and **MAKE** every day a great day!
Life is amazing.
Everything is going your way.

I want to help you to create a thrilling life.

To schedule a call with me and to start living your epic life
make an appointment here.

<https://calendly.com/michele-66/getting-to-know-you>



Disclaimer:

This material is for training purposes and is not a guarantee to make you lose weight, get rich, find your soulmate and make all your dreams come true, but it is a good place to start.