

10 SECRETS for Getting Your Life Together ASAP



Hey there! It's Samantha from Lovely Refinement.

Thank you SO much for taking this first step towards creating a better life.

I know it's not always easy to find the motivation from within you to keep moving forward, especially if you deal with things like anxiety or depression. These things can hinder our progress and make it SO much harder to stick to things.

But, that's why I created these 10 secrets that you can use to start getting your life together. At some point, we all need to do these things.

And I break them down into simple actions you can start taking daily to create better habits and start taking action towards your goals.

Are you ready to get started? Alright awesome!

Let's jump in...

Secret #1 Identify What You Want

So first you really want to get crystal clear on what it is that you want. Are you wandering around this earth with little direction?

Now is the time to change this. What do you really truly want? If you aren't sure of this answer, start exploring.

Also, identify the things in your life that you DON'T want anymore. Things like negativity, dead end jobs, and our own mindsets hold us back from our true potential.

But, I know you. You want to move forward and you have strong ambitions for a better life.

You just aren't sure how to get there quite yet. That's why you have to work on identifying what you truly want.

Not what your parents want, or what your boss wants, or what anyone else wants. Because they aren't living your life, only you are.

Which means you are the only one who matters in this equation. For the next 10 minutes sit with yourself and write down all of your interests. Write down what your curious about trying out.

Let your creative mind run wild and think about all of the things you want to do with your life. Make a list and keep this in a place nearby that you can reference often.

Secret #2 Change Your Self-Talk

You can't begin to get your life together if you aren't willing to change your mindset, especially if you have a particularly negative one.

Honestly your mindset is going to be your BIGGEST nemesis during this process. The uncertainty and uncomfortable feelings of change will be hard on your mind at first.

That's because you're so used to living life a certain way. You've developed habits that are engrained into you and these habits aren't easy to change.

As you begin to get your life together, practice being patient and kinder to yourself.

Any time you have a setback just say "I know this isn't easy but I am working on this daily, and am doing my best."

Take rest days if you need to. And try to remove high expectations you have for yourself.

To begin to have the life you want you have to take baby steps and understand that this will be a process.

Once you can get your mindset on your side, you will find it much easier to stay motivated to move forward.

Secret #3 Keep Taking Action

What I've learned and have witnessed is anytime we completely stop taking action, it becomes 10x harder to get going again.

Think about when you may have gone weeks without working out and then decide to go for a 3 mile run. Your body has no idea what's happening and it's difficult to keep that momentum up.

This goes for anything. Even maintaining things in your life like staying organized and keeping your house clean. If you don't clean your house for 3 weeks, it will feel totally overwhelming and take up a lot of your time.

It helps to keep taking action, even when you absolutely do not feel like it.

On your off days when all you want to do is crawl back into bed, be sure to just do one thing. Whether that's taking a shower, going on a quick walk, or running the dishwasher.

This is helpful especially if you have an all-or-nothing mindset because taking a little bit of action will quickly help you see that any progress is still progress.

You don't have to be perfect at it, you just need to take some sort of action so that you don't feel stuck in a standstill.

Secret #4 Let go of What You're Attached to

We all get attached to things because we think these things help define who we are.

When you were a child you may have had a stuffed animal that you loved and brought with you everywhere.

When you were a teenager you may have had that one best friend that you did everything with. And when you think back to these moments, those things defined a specific period in your life.

But, we can hold onto things for longer than we need to. Eventually you grow out of dollhouses and friends who aren't supportive of you changing.

You'll need to let go of what you're currently attached to in order to grow. If you look around and see things that you feel define you, but are preventing you from growing then it's time to decide whether these things really need to be in your life anymore.

Even your mindset can be something that you need to remove attachment from. If you always talk yourself down and never believe you'll get anywhere in life, it is time to let go of that attachment.

Just because it's what you think, doesn't mean it defines who you are.

Secret #4 Stop Letting Fear Control You

Change is scary and the uncertainty of life can make it really hard to make decisions in your life.

But, allowing fear to control your moves will prevent you from moving forward. Time will continue to go on, but you will keep feeling stuck.

I've seen way too many people refuse change because they were scared. They are at the same dead-end job they've been at for 15 years. They smoke and drink their nights away because of how bad they feel inside.

Life is hard, I know. And even I get stuck when I feel too afraid to take a chance to better my life.

You are comfortable with where you're at right now because you are familiar with it. You know what to expect.

And you may believe that taking risks is a bad idea. Taking a risk for a better life could mean losing what you already have and your life just getting worse.

But, you will honestly never know unless you face your fears. And if that scares you then please just try doing one thing that scares you purely as an experiment.

Then see how you feel.

Secret #5 Visualize, Visualize, Visualize

If you often feel lost then a helpful trick is to work on visualizing where you want to be.

And I'm not talking about the Law of Attraction or anything, I'm just saying that visualizing truly helps you see what you want.

It inspires you to move forward and it's a powerful tool to use.

Inspiration is what fuels your own motivation, so you'll want to keep inspiring yourself.

Whether that's through creative outlets or by creating a vision board full of your favorite stuff.

When you begin to visualize your future you start to see what direction you want to take. And you can even do this for the next 6 months.

Ignore the next 5 years, because that's pretty overwhelming to think about. Imagine where you want to be 6 months from now.

Then work backwards from there. What can you start doing today to get there? What steps need to be taken and goals need to be in place to make your visualization come true?

Secret #5 Be Confident AF

Alright, so this is definitely easier said than done. But, you need confidence in order to get your life together.

It's a key ingredient and if you don't have any confidence at the moment, now is the time to start.

One thing you can begin to do is to reduce the negativity in your life. Whether that's from you or from other people.

If you want something in life but it feels way too unattainable, it's because you don't believe in yourself. You don't believe you could actually make that happen.

But, if you want this and can't stop thinking about it, then you have to at least give it a shot.

You have to listen to yourself and value your opinions.

You have to be on your own side and stop tearing yourself down. And that means being confident in your decisions.

It's all about getting out of your own way. Because when you do this, you will see the world begin to open up. Your bubble won't seem so small anymore.

Start with reducing the negativity in your life and you will begin to see hope shining through.

Secret #6 Invest in Yourself

If you are always looking to buy the next new thing, or you are a penny pincher then this is for you.

How you view money & time can really be holding you back from getting your life together.

I'm not saying you have to spend a lot of money and time on investing in yourself, but it does have to be part of it.

Maybe that means taking a course at your local community college or spending every Saturday working on your goal.

Money and time are the main things that hold us back in life, and the two things we hate not having. It's natural to want to hold onto as much of it as you can.

But, by doing this you are in a standstill. If you spend each night watching Netflix instead of taking the time to learn something new, you will always be stuck in that same exact spot.

And I know what this is like if you work a full-time job and need that time to yourself at night to unwind. But, if you really want to make a change then some of that time you use towards Netflix and money you use towards new shoes or savings needs to be better well-spent so you can reach your goals quicker and continue to move forward.

Secret #7 Tell People What you Want

This is helpful for a number one reasons:

1. You'll get support from others

Even if you're an introvert and like to do things on your own, it helps to get support from others.

And we all need support from time to time. So, when you tell someone your goals this can help you stick to them.

Your goals feel more important because you've opened up to someone about them and made it known you care about this.

And who knows maybe someone you tell will be an expert in what you're trying to accomplish and they can become a great mentor for you.

2. It makes you more confident in your decisions

Since confidence is one of the 10 secrets to getting your life together, then opening up to someone is a key to getting there.

Sure, some people may not support your decisions, but standing by what you believe in makes you feel better about yourself. And it also helps weed out the negative people in your life.

3. It makes it feel more real

Whatever it is that you want to improve on, talking to someone about it brings it to life. It's not stuck in your head anymore.

You've let someone know this is what you want and it helps confirm in your own mind that this is real and this is happening.

Secret #8 Do One Thing Daily That Moves you Closer to Your Goals

So you've already learned that taking action is one secret to getting your life together. But, you also want to do just one thing a day to get closer to your goal.

So let's say you want to train for a marathon by next year, but you haven't ran in at least 6 months.

Starting small and doing something daily will help you get there. So if you haven't worked out in a really long time, start by running around the block.

Then, tomorrow run around the block again. Repeat this for the next week

After that, run around the block twice. And just get your body into this habit of working towards this goal daily.

You don't have to run a marathon today, you just have to do SOMETHING that moves that needle forward.

And then as you get closer to your goal you can ramp it up. You mainly want to get your brain and body in a habit of working towards this.

That way you won't feel totally overwhelmed by just getting started.

Secret #9 Stay Organized

I know you know this isn't rocket science, but staying organized is huge.

Not just because it helps you keep track of things better, but also because it keeps your mindset in check.

Without organization it's really difficult to stick to things, and you'll often feel scatter-brained.

When adding in new habits to your life, your brain will be stuck in old habits making it SO hard to change out of this. You have to constantly be training your mind to go down this new path.

Which is super difficult to do when you have a busy schedule.

And honestly this will feel impossible if you aren't organized. So set reminders in your phone & computer, make notes in your planner and get in the habit of taking a few minutes out of your day to review these things.

Also, if it helps, add quotes around the house (like in the bathroom or on your computer) that remind you why you want to keep at this.

Organization will remove a lot of the overwhelm you experience when working towards a new goal.

Secret #10 Hold Yourself Accountable

You can make up new goals until your face turns blue, but taking action and sticking to them is a whole other story.

Which is where you come in. You have to hold yourself accountable during this changing process.

If you are just dying to get out of the rut that you're in and create a life that you love, then this is something you will need to crack down on.

If you find that having an accountability partner helps, then make it a point to find someone who can keep you on track. (You can join my free Facebook group, Refine Your Life to find an accountability partner!)

You have to constantly remind yourself of your why. Why do you want this? Why are you here right now reading this? What needs to change? Why do you want to change?

Even if you don't believe in yourself quite yet and you aren't even sure of what direction you want to go in, start asking these questions.

Light that spark from within you and keep fueling the fire!

Final Words

If you decide to follow just ONE of these secrets you will be way ahead of the game. Just reading this shows you care and want to get your life together.

I would love to hear how your progress is going, be sure to join the Facebook group below so you can share what you're working on and what goals you have!

Thanks again and let's get to work on getting your life together!

JOIN THE FACEBOOK GROUP!

