

Make it Happen Commitment Cards

Lock-in the 8 guiding principles of the Make it Happen Mindset with the following commitment cards. Affirm each principle by reading its corresponding statement aloud or to yourself at least once a day.

Guiding Principle: **Courage**

I am committed to bringing my most courageous self to everything I do, even if it scares me. If it's important to me, I will feel the fear—and take action anyway.

Guiding Principle: **Goals**

I am clear and unapologetic about what I want. I make my goals happen by getting clear and specific about the outcomes I desire. I accomplish my greatest goals by breaking them down into small steps taken daily. But I am not attached to the outcomes I desire. I am flexible in my approach, willing to adjust, and open to the potential of something even greater in the future.

Guiding Principle: **Action**

I'm committed to developing a bias to ACTION. I actively pursue my goals by taking consistent + focused action, and I have the courage to take strategic risks and make mistakes, because everything is an opportunity to learn and get better.

Guiding Principle: **Purpose**

Purpose is power. With a strong enough WHY, I can make any HOW possible.

Guiding Principle: **Optimism**

I maintain a positive outlook, believe in my abilities and have a make it happen mentality with everything I do.

Guiding Principle: **Growth**

I am committed to embarking on a journey of constant and never-ending growth. Every failure is an opportunity for me to learn and get better. And the successes I experience, are an opportunity for me to continue growing.

Guiding Principle: **Antifragility**

When I experience setbacks and failure, I view them as opportunities to learn, grow, and come back even better than before.

Guiding Principle: **Energy**

I am committed to taking charge of my health, and prioritizing my wellbeing, because without it, I have nothing, but with it, I can make anything happen.