



# Master the Skill of Not Quitting on Your Goals!

Why do so many people fail to achieve their goals? The answer to this question is a simple. Anytime someone has not achieved a goal is because they GAVE UP, nothing more. Simply put, in order to achieve your goals you must keep going and not quit. So how do you master not quitting?

I want to share with you what has personally helped me achieve and stay in the game with many of my goals. The steps outlined in this guide are what helped me not give up on many of my goals. I hope this can help you on your journey of achieving your goals and help you master the skill of not quitting!

*"Winners never quit, and Quitters never win."*

-Vince Lombardi

1. **Get Clear.** Clarity is always an important part of setting goals. When you are creating goals you want to sit and get clear on why your goal is important to you. What will accomplishing these goals provide? Second part to clarity is get clear on what fears you have about these goals. If you don't face the fears you will self sabotage and procrastinate. List out all the fears and if you want to get even deeper with this part, think about the limiting beliefs you might hold about yourself. What might scare you about the version of yourself that achieves these goals. If you don't face the fears and recognize the ways in which your fears will show up, you will unconsciously resist, block and push away your goals.

2. **Get in energetic alignment** with your goals and the version of you that already achieves their goals. Fuel your days and actions with feelings that light you up. Look at the aspects of your goals and the actions you can do to move towards your goals that would really bring more joy and fun. Create systems in which your energizing yourself and not disempowering yourself and feeling burned out. Make sure sure that your feeding your mind, your body and spirit the fuel it needs to thrive. Ground yourself mentally and physically. Energy is key to manifesting your goals. Take rests when needed. Pause don't quit.

3. **Don't compare!** This one is huge. Comparison will steal your joy which in turn will disempower you. If you are comparing your journey and any aspect of yourself to others you are on the path of self destruction. Simply put, comparison creates distraction and distraction creates destructions. You are allowed to create your goals in your unique authentic self. Your timeline and your journey is unique to you. Stepping into your authenticity can only happen if you accept yourself as you are and all the unique ways in which your goals come. Give yourself grace and stay on your own lane. Create boundaries with yourself when you find yourself comparing. Especially with social media.

*"Winners never quit, and Quitters never win."*

-Vince Lombardi

4. Gratitude changes everything. When you live a life fueled in gratitude you will become a magnet for success. Happy people are always in gratitude because it ultimately is the energy in which we can fuel many of our dreams. If you want to change your life you have to start by first being grateful for it. Gratitude will change your perspective to always find the ways in which you are winning, how things are going great, and how things are working for you and not against you. So as you are working towards your goals choose to celebrate every single step, every moment, every decision. Gratitude also allows you to be a receiver. You will see how opportunities, support, love and grace come pouring in when your in gratitude. Make a daily gratitude practice an intentional part of your day. Not just once a day but being in a constant state of gratitude where you are always looking for the miracles and blessings that are all around you. Gratitude will help fuel you towards achieving your goals. I promise it does!

5. Create aligned actions and systems. The best way to do this is by first creating what I call a 2.0 letter or vision letter. Write this letter from your future self. I like to go 1 year ahead. And in that letter you are going to be writing to someone on all the things you have accomplished in that year. The outline for this letter I suggest is that you create accomplishments for 4 key areas of life that include the goals you wish to achieve by then. Once you write this letter you work backwards and ask yourself "What did the version of myself who wrote this letter do this next year to accomplish these goals?" And then you stand today as that future version.

Next you take out your planner and you start to make appointments for yourself to take aligned actions towards those steps. I like to schedule 2 weeks out starting every Monday. The goal is to create these appointments with yourself as the aligned actions that are creating your steps to achieving your goals. Stay in integrity to show up for yourself.



# READY FOR MORE?

*Attract and create the  
life you desire.*

What began as a journey of self exploration and healing from a difficult divorce has now boomed to a growing and flourishing lifestyle brand created to empower women with tools, books, courses and products that will encourage growth in all the key areas of life.

Fueled by Gratitude's mission is to help women discover a life in which they are not just surviving but a life in which they are thriving in.

RETREATS

COACHING

COURSES

Contact me anytime for ways to work one on one with me or sign up for my upcoming group coaching programs!

-Victoria

FUELED BY  
*Gratitude*

