



Episode 93: Set Strong Goals

This is the *Become an Unstoppable Woman* podcast with Lindsay Preston Episode 93, Set Strong Goals.

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Welcome to the *Become an Unstoppable Woman* podcast, the show for goal-getting, fear-facing women for kicking ass by creating change. I'm your host, Lindsay Preston. I'm a wife, mom of two, and a multi-certified life coach to women all over the world. I've lived through enough in life to know that easier doesn't always equate to better. We can't fear the fire, we must learn to become it. On this show, I'll teach you how to do just that. Join me as I challenge you to become even more of the strong, resilient, and powerful woman you were meant to be. Let's do this.

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Hi there, my friend, welcome to another episode of the show. Today, we're talking about goals. It's the end of the year if you're listening to this episode live. Goal setting is on pretty much everybody's mind, even if they're not goal-setting kind of people. Of course, I got to put one out there, if you would need some help setting strong goals in your life and if you just see in more tips on how to make your goals even stronger. I must brag on myself for a second and say I am a pro at setting goals.

This is something I can do in my sleep for you. It is so easy for me to help clients or anybody really, but clients are who I get to do this with. It is so easy for me to sit down with them and set goals for them, goals that are authentic to them and intentional for them, ones that we can break down and allow them to create in 90 days, ones that will stretch them just enough, ones that tap into a deeper why, and then to their values and their needs, and allow them to get closer to this 10 life. A 10 life is really like your ideal, most fulfilled life.

I'm going to teach you today how I do that. Now granted, this is a skill you have to learn. Even my clients, I'm constantly trying to teach them more and more how to do this for themselves, and you have some room to grow, most of them, even the ones I've worked with for years. It's just something that comes very natural to me. In time it'll become more and more natural to you if you want it to be. Otherwise, you can always outsource it to



somebody like myself to help you set these goals. I know there are certain things in my life that I'm like, "I could learn how to do the perfect curls in my hair, but I'd rather just have a hairstylist do it." That's maybe the thing for you.

Again, if you want to DIY it, here we go. Today is the day, I'm going to tell you how to set strong goals in your life. We've got a lot to cover. I'm just ready to jump right in. I hope you are too. The first thing I want you to do, if you feel like you're entering a new year, so for us, as this episode is going live, we are about to enter 2021. For a lot of people that's when they feel like their year starts, for other people it's a different time of the year. Maybe it's their birthday. Maybe it's the beginning of a school season. I know for me, I feel like my year starts in September 1st, but I still kind of play with this new year stuff too.

Again, you don't have to follow any kind of rule or system here. Whatever you feel like your year starts, go with it. The first thing I want you to do is, when you're thinking about the next year of your life is, what is your number one priority? What's the number one thing you want more than anything out of that next year? It can't be more than one thing. It is one thing. Start thinking what that could be for you, but I'm going to give you some examples here of how I do this.

Of course, I'll sit back and I'll think about maybe these little goals that I want to create, like more money here or this relationship I want to improve here. Maybe my health, I want to do X, Y, Z with, something about all the little things. Then I sat back and I say, "What is this really about? What are the commonalities between all of these things here? What's the big thing I really need to embody in order to make these things happen?" Again. I'm to ask that again, what is it that I really need to embody to make these things happen?

Last year, my goals, and last year, meaning 2020, were things like make a certain amount of money in my business. I even forget my goals now. Oh my gosh. That's so bad. The loss of the baby weight was another one. Gosh, again, I can't think of them offhand, but I had all these goals. When I sat down and I really thought about it, it was like, "Okay, what's the really big thing I need to embody here." At the time it was joy. I was like, "I need to be able to take in more joy in my life." So many things are going well and I find myself self-sabotaging the stuff that's going well. I really need to get accustomed to feeling more joy.

I remember another year, this was a few years ago, that big thing I needed to embody was strength. That felt like the number one priority of the year. Another year, it was learning. Another year, it was consistency. Another year, it was connection. Again, what's the number one thing you need to embody? It needs to be a word or phrase that you are going to fully



work on the whole year and that's going to become a part of you by the end of the year, is to have that one quality.

I gave you some examples there of me in the past with things like strength, joy, connection, consistency, learning. What is it for you? Whatever you come up with, that is your word or phrase of the year. I encourage you to do this exercise. Don't skip over this. This is the biggest thing. Because if you don't have this, your year is probably going to feel to your brain like it's a shit show a little bit, and you're all over the place, because you're not going to really know where you're going.

If you have that one phrase or word, you know where you're heading and you know at the end of the next year, when it's over, did I do that or not? What's really cool is, many times when you just set that word or phrase, you can set all of these little goals that you think are going to get you there, but what happens is like, the universe, God, whatever, the worlds, whatever you believe in, takes you there and allows you to experience whatever you need to experience to then embody that by the end of the year. Most of the time.

Now some people will set a word or phrase, and then their brain totally freaks them out of it. They go into avoidance and they just totally give up on the whole thing. I'm guessing that's probably not you though, because you listened to this podcast and you consider yourself a go-getter woman. I'm not worried about that with you, but just in case that happens to you and you're like, "Lindsay, in the past I have done this and it didn't work." That's because you probably have some avoiding tendencies, and it may even come out of you overworking in other areas for you not to deal with your stuff.

Just avoiding tendencies doesn't mean you sit at home all day and eat bonbons and lay in bed. It means sometimes you throw all your energy into something else so you don't really look at what needs to be released and looked at and processed so that you can move the needle forward. Because our brain hates feeling negative emotion and sometimes we have to go into the negative emotion to do that. Side tangent for you, but going back, word or phrase. Think about what that is for you.

Again, if this is really hard for you, because, for some women, it is. They're not used to trusting themselves, they're not used to tapping into their intuition and their body and feeling what's right for them, they're so used to just people telling them what to do, that's a big sign. It's time for you to hire a coach, be it me or somebody else, because I really want you to live a life where you're tapping into yourself and you know yourself. That's what's going to create a fulfilling life for you. You can set all these goals all day long, but



if you don't know how to tap into yourself and what you need and what you want, otherwise you're just going to be a little robot achieving. It's not that fun.

If you have that word or phrase, great, that's awesome. Let's then off that word or phrase, say, "Okay, what are the top one, maybe two or three goals that I want this next year?" You can set more than those three, but really, what I've learned over the years, as somebody who used to set a million and one goals, less is more. For me, when I'm going into 2021, I have one big goal for the year, one, and it's to make a certain amount of money. Then I have two other pretty important goals. That is to really embody that I have a 10 marriage. Meaning, I know I have a 10 marriage, I just need to fully accept it and quit self-sabotaging, that I don't. Then the other one is to be in my body more.

From that is to work out a little bit more and process some feelings that I know I need to get rid of. Those are my three big goals. Now, I have some other little ones in there, like I'm going to travel a certain amount of times this year and I really want to be present with my family more, and dah, dah, dah, dah. To me, I have one big goal next year with my one big overarching phrase or word, which, if you're curious, is joy integration. That is my big phrase. My big goal is the money goal. Then I've got the two little ones, and then some little baby ones beneath that, that I feel like are almost already done. We already have three trips book next year. I just stretch it to say, "Maybe we'll take four trips."

Making sense? I hope so. Again, I used to be somebody who would set pages and pages of goals. Gosh, I think I have some of the documents on my computer of just 10 million goals under finance, 10 million goals under spiritual, 10 million goals under health. Because there is a point in your life when you're like, "Dang, there's so many things that I want to change." You just want to change them all at one time. That's how I felt my late 20s. Right when I entered coaching, then I saw this whole new world of possibility and I was like, "Oh my gosh, I want all of these things."

Then two, before that meeting, before I got into coaching, I would set all these goals, and the year would go by and I really wouldn't do any of them. Then I feel really shitty. Then I'd be like, "Oh man, I'm just going to pile it onto the next year. Oh, let me see what I can take on next year." It's so bizarre, my brain would think, "Oh, if I didn't do it next year, let me try next year and add on more things." So weird, like that's really going to work.

Again, it's like, we totally overestimate what we can do in a year, but we underestimate what we can do in 10 years. If you haven't listened to my 10-year vision episode, I'll put a link in the show notes, the goal isn't to that one, because I talk about this even more about having a 10-year vision and how important that is. Because if you have a 10-year vision, it



makes this so much easier to look at the year to year because you see this bigger vision and you're like, "Wow, I'm going to get all that done. Great. I don't need to stuff it all on one year. I can take this slow. I can enjoy the ride."

As I keep saying over and over again, you can get that one thing done, and if you get that one big goal you want done really well, it moves the needle typically on so many other things in your life. I know by me making more money at work, it's really me just, again, integrating this joy and taking in the story that I'm able to have a job that I love that creates massive results for people and that I make a good living off of. It's just like me just integrating that even more, because before it was just too much. It was like, "Okay, I could love my job and maybe I can give people great results, but make money from it? Oh my gosh, whoops. Too much abundance."

Now I'm like, "Whoa, I'm going to take that in." Same with the marriage. It's like, "If I can take in that kind of abundance, I can take in that I have a great marriage." I can take in the abundance that I have a really great body, and my past is my past in some ways. I can process some of those feelings that I know I need to process. You follow me here? I hope so. Now, what do we do from here? After you've got that big overarching focus, that word or phrase, you've got one and then maybe a couple of little goals into that, where do we go and how do we make those goals something that you can measure and you can achieve?

I encourage you to take your goals and put them in a SMART format. You probably know what the SMART format means. It's all over the place, especially in the corporate world, but it's just taking a goal, making it specific, measurable, attractive, or attainable. It depends on who you talk to and what word they use there. Then for some people, they say it's something like relative or relatable or they use the R in different ways too and then it has a timetable. Really what it's saying there is, "Let's make the goal specific. Let's make it something you actually want to do. Let's make it something that we can measure. Let's make it on a timetable."

When I'm looking at this with my clients, we typically do 90-day goals because that has what research has shown is the optimal period for making a goal happen. For some reason, the brain just sees 90 days is just far enough that it feels like a stretch, but it's not too far. I set 90-day goals with them. Typically what we're doing is, we're saying, "By-," whatever the end date is. If you're setting a goal for January 1st, it would be by March 31st, 2021. They're saying by March 21st, 2021, and right there we're making that a timetable, then they're saying what they want.



For some clients, it's pretty easy-peasy. It's straight and cut-dry, something like a weight loss. I will weigh X amount, or I have lost X pounds. For some clients, it's like, "I've paid off X amount of debt," or "I've increased my income by X." Those goals, again, pretty easy to set there. We're making a specific, we've got the measure because we've got the pounds or the money or whatever. We've got the timetable, and then we'll work a little bit deeper here on making sure it's something that's attractive to them and something they can attain.

Now, what if it's like a goal of feeling a certain way? You want to feel happier in your marriage, for example. Then you'll say again, you'll have that timetable by March 31st, 2021, "I have increased the fulfillment in my marriage," or whatever word you want to measure, if it's not fulfillment, happiness, peace, connection, joy, whatever, by a blank number to a blank number. What you're going to do here is make a 1-to-10 scale, 10 being you have the ideal, 1 being you don't. If you're going to measure fulfillment in your marriage, where do you fall on that scale? You may say a six. By March 31st, where do you want to be what number? You may say a nine.

Then what I have my clients do as I say, "Okay, describe to me what a six feels like, and what are you're doing as a six?" They may say, "Sometimes I connect with my husband, and sometimes I don't. We communicate about work and school and kids, but we don't communicate about anything else. We're intimate with one another two times a month. We rarely, if ever, go on date nights, we argue about blah, blah, blah." They go into all the details of where they're at right now to make it a six.

I encourage you go into a lot of details here. So many times with clients, they'll come back to me and they'll give me very basic stuff. I just have a client right now who sent me a goal, just before I got on this podcast, and it happened to be a marriage goal. I think she's starting at a 7 and wants to be at a 10 with her marriage.

I said, "Okay, tell me what a seven feels like." She gave me like three words. I was like, "Oh my gosh, we've got to get more details than that. We've got to go off everything. Tell me everything about what makes it a seven right now. Then tell me everything about what you want it to be in 90 days, what that number represents to you."

Maybe and things like, "We're intimate with one another every week, we go on date nights. Once a month, we communicate about everything. I feel at peace with him instead of feeling anxiety, dah, dah, dah, dah, dah, dah, dah." The more we can get details there, the more we can measure, and the more the brain will start to say, "Okay, I know what I need



to do now to get to work here." Because if we don't bring awareness to what you need to do, you're screwed. You're totally screwed.

This is what I was talking about earlier. So many people, they don't fully dive in head first into where they are in their life right now and where they want to go. They avoid this crap for whatever reason, their brain just says, "Don't go there." Then what? They don't accomplish their goals. It's just like this flighty little vision board exercise in essence, which is fun. I love vision boards and all of that, but it's not going to move the needle. It's just going to be you dreaming a dream. Let's get specific here. Tell me the details.

All that makes sense? Make it measurable, get specific, put it on a timetable. Then what I do with my clients is I say, "Tell me your why for this goal. Why is it so important for you to lose weight? Why do you want to pay off debt? Why do you want to make more money? Why do you want to improve your marriage? Why do you want to get more fit?" Whatever the goal is. Most times they start with a superficial answer. "I just really want to connect with my husband more." I'll say, "Okay, why is that important?" "Because I just don't like the way that I'm feeling right now." "Why is it important for you to change?" "It's important for me to change because I don't want to live my life this way."

"Why is that?" "I don't really want to live my life this way because I don't like it." "You don't like what?" I have to keep digging and digging. Do you see where I'm going here? Until you get to a place with that why, when you realize one of two things typically is what I find with my clients. The first is that you're here to serve, so if we're going back to the marriage one and say these people have kids, it's like, "I don't want my kids to see a marriage that isn't the ideal."

Then it comes from a place of service, and that motivates us as human beings because we realize it's not just about us. We're here to do something bigger and here to give back. That we need to tap into with your brain. On the days when you're like, "Oh, I don't want to go work out. I want to lose the weight, I don't want to connect with my husband, I don't want to save the money," you go back to that why and you're like, "Oh, shit. Oh no, Oh no, no. I'm going to work out because I need to show my children what it means to be healthy. I need to show my children what it's like to save money. I need to show the world, my clients, my coworkers, anyone I'm in counteracting with what it's like to do XYZ."

Now that's the first deeper reason I talked about. I said, there's a second one. The second one is that you realize this is about you and your journey, and you showing up as the best version of you. For me, if I'm thinking about my money goal next year, for example, and I'm



thinking, "What's my why with that?" Initially, I would say, "Because I want to be able to integrate more joy. I want to take in that I can make money for my business."

If I was coaching myself, I'd say, "Why is that important?" I would say, "Because I've worked so hard in this business. I really haven't made a lot of money and it's my time." "Why is that important?" "Because I want to give back to my husband, my husband is supportive of me, and dah, dah, dah."

I could stop there. By then it's gotten to a point where it's a place of service, and I'm wanting my husband to experience a job, that's as joyful as mine, because currently, right now, he doesn't, and I want him to have that. Money is a part of that for him to go experience that.

Then it goes deeper, it's like, I want my daughter to see that women can go out there and have a job that they love and they create massive transformation for people and they make a good living off of and you don't ever need anybody to support, you can support yourself. I'm helping other women in this, and she sees the power of that.

Again, I could stop there, but I coach myself even deeper. I said, "Not only that, but I want my clients to see what's possible for them. If they're not at a place where they're making the amount of money they want to, I want to show them that once I set my mind to something and I do it, it gets done. Then all of a sudden, that opens up space for them to go do it. They realize that the world is their possibility and they can create whatever they want."

Do you see how I get like so passionate and so fired up? On the days that I'm like, "Oh, I don't really want to show up on social media day," or "I don't really want to make that offer to that person. What if they say no?" or I'm having a really difficult day with this client, I just want to peace out and go watch Netflix and not have to deal with it.

I go back to that why and I'm like, "No, no, no, Lindsay, you are here to help your husband, to help your daughter, and to help your clients. Get your body out of bed and make this happen." That is so motivating. You've got to do that for you, too. What is your why? Because you got to tap into that sucker, because otherwise you're going to talk yourself out of school so many times. Our brain doesn't like change, remember? It doesn't feel good. We've got to show it, "Hey, we got to get to work, my friend, and this is why we're doing it. It's not about me, it's about something bigger."



The other thing I ask my clients, "How is this goal going to take you closer to your 10 life?" Many times this is pretty easy, because they're like, "I want to improve my finances. By improving my finances, I don't have debt. That's going to improve my life fulfillment with my finances. When I'm more to fulfill my finances, I'm going to have more peace of mind. When I have more peace of mind, I'm going to have more time for my marriage." It just spills over into all these different areas. Just get really clear for you of how it gets you closer to your 10 life.

This is why, again, it's so important for you to know what your 10 life is, and that 10-year vision episode, I talk about this more. If you want help creating your 10 life vision, I do this on my free consult calls. We spend almost a whole hour you talking about your 10 life, and I ask you so many questions to get you very clear on your 10 life. You can walk away from that call having that.

Just something to think about, if you want that in the links in the show notes, if you want to go apply for that consult call, but I will get you there, because it's so important you know where you're heading in your life. Everything I ask my clients is, "How does this goal relate to your top needs and values?"

Those are two assessments that I give them as we work together. They can test what are their top values in their life. Values are just the things they value the most. Values that are on that assessment are things like freedom, experience, community, spirituality, teaching, leadership. Gosh, I'm trying to think of some other ones. Those are the ones I see the most, I feel like, yes, I think so, family, I think, is one.

Those we have to then go in and say, "Okay, how does this tie to this goal?" Because your values are things you naturally want to live in anyway. Then what their needs, their needs are the things that they feel like they need the most. For every single one of my clients, they have a top need of growth. Now they have other top needs on there, things like contribution, love and connections, stability. Oh gosh, what are some other ones? Significance, but every single one of my clients, they have growth, which is no surprise, because coaching is about growth.

Then we tie it back to their needs of growth and whatever it happens to be and say, "Okay, this is how it's going to fulfill that need in you of you doing X, Y, Z is going to help that need feel more complete and fulfilled in you." Again, this is just going to create a more natural response from your brain because you're already intuitively needing these things.



Then the last thing we do is, we develop mantras that will help support the goal. If we go back to that marriage goal, they could easily just say the mantra of "I connect with my husband daily, we are intimate X amount of times." Oh gosh, what else? "We are at peace with one another, it's easy to communicate with him," all the things basically that she is wanting to create in those 90 days, she starts saying to herself every day.

If it's somebody who's paying off debt is, "I have paid off X amount of debt." If someone making more money, "I make X amount more money." Somebody is trying to lose weight, "I weigh X amount of pounds." They just start saying that over and over again. What happens is, the brain builds a wire in the brain to believe that, that it already has that thing.

If you're thinking, "Oh, I weigh this amount," you start making choices from that state of being, because your brain thinks you already have it. Then it's like, "Oh, no, I don't want to overeat. Oh, no, I don't want to do this," because you fully believe that you are that person. Right now, my income goal, I say every single day, "I make X amount of money, I make X amount of money," or "I have made X amount of money," sometimes I say, and I just like sit in that space.

In my brain right now, because I've been saying that now for weeks, it takes about at least three weeks for that to set in of you saying every single day, I feel like I've already done it. It's weird when I go to my bank account, I'm like, "Oh, I haven't done this yet." In my brain, I have done it.

I'm making choices from that space already of, "I have made this money." That, my friend, it seems woo-woo and it seems weird. When you do that, the goal just happens so naturally, because your brain is supporting you in that. If you're a believer in the universe, or anything like that of manifesting, then all of a sudden it's like, "Oh my gosh, this goal just happened and it became so easy. It's like I wanted this X amount of money, and I just happen to get the job offer and that amount of money. How crazy is that?" I don't know how it all works.

Somehow it works, my friends, it works. It's so crazy cool how it works and how easy it feels when you do that. For me, it just goes back to a science thing of when you build that brain wire, your brain knows what to look for, your brain just naturally attracts that, even if you don't consciously know that that's going to be the job that pays you that amount of money, or by you taking this one class out of the nowhere, that's going to be the thing that moves the needle in your marriage, or by you having this thing happen to you, that's going to be the thing that loses weight for you, when you thought it was going to be this other thing.



You just start to program that in, you don't worry about how you're going to get to the goal as much. You just become that state of being. All of a sudden, it's like you have the goal.

This is why, with my clients, and I'm not effing around here, when I'm saying this, I'm trying to pump this up and brag about this, but I have clients who were like, "Holy crap, Lindsay, how did I get this done in 98 days? When I set this goal with you, I thought it was such a stretch, and there was no way. Yet, I've done it."

I'm like, "Yes, you have. Isn't that so incredible?" I pump them up. I'm like, "This just shows you, you can do anything you put your mind to. When you know how to set strong goals, in this process I have just literally walked you through." This is exactly what I do with my clients. I'm not leaving anything out here. Other than, of course, we're coaching and I'm asking them questions, and they can talk back to me, of course.

As you do this process, and if you do this process well, you will hit your goal. Now, again, it's not just like you settle this and you put it aside. I have my clients look at their goal, specifically, every single week, they go back in, rewrite their goal every single week, and they say in their workbook, "What progress have I made? What progress needs to happen next?" Because they have to look at their goal over and over and over and over again.

Let's recap really quick how to set strong goals. First, set that number one priority for the year, your focus, that's your word or intention. What's the big thing I need to embody this next year for me to hit my goals in essence? Then you think, "What's my number one goal? Maybe I have a couple little goals underneath that." That's it.

For all my goalholics out there, that's it, you don't need more than that. If you really struggle with this, you have anxiety go to create that 10-year vision, it'll help put some peace of mind with that. Then from there, you take those smaller goals, you put them into 90-day chunks. What do I want to do the first 90 days? You make it specific and measurable, at least, and have a timetable, which again, is that 90 days, get very, very specific on that.

Then you ask yourself the why questions. You ask yourself, "How is this getting me closer to my 10 life?" You ask, "How does this relate to my needs and my values?" If you know those things, and then you develop mantras. Mantras are, in essence, the after of what you have at the end of those 90 days. I have paid off X amount. I weigh X amount. I do blah, blah, blah in my marriage. Again, the after is the mantras you're saying to yourself. Less is more. Slow and steady is the key. I am somebody who is like that jackrabbit who loves to run out of the gate and be like, "Let's do all the things." I've learned over the years slow



and steady is the key to success. I encourage you, if you haven't listened to my- I think it's called "Learn your seasons episode," it's a couple of episodes back, I'll link it in the show notes, go listen to that one, because that teaches you, you cannot go all crazy, wild, full of action all year. You're going to have ebbs and flows in the year.

I've learned, with my goals, to create them in a way where I really pump them up, and I am at max speed with them in spring and summer. When I'm in the fall and winter seasons, I slow them down, and I adjust accordingly for that, because that's the way my body works. I know it's a lot to think about. I know it's a lot to learn. Your mind is spinning. That's why, again, if it's too much for you, hire a life coach. It makes it so much easier.

I know that it's a direct pitch, and you may be pissed at me for that, but it just makes it easier. Otherwise, what I'm teaching you today, go out and DIY it too. If you feel confident with that, go rock it. This is what I use on my clients. You just got a crap ton of value today from this, but if it's over your head, don't sit here in victim mentality and be like, "Oh, it's too much."

Be like, "Hey. If I really want to make my own goals and dreams to happen, then I need to outsource this, because I'm just going to have somebody else do this who is really good at this and who is trained in this. Then, I just get to sit back, and she tells me what to do. I just make sure it's authentic to me, of course, but then I go do it, and then my goals happen. Lindsay guarantees my goals, because I know if I work with her, she's going to guarantee this happen. Otherwise, she's going to give me my money back."

What is the problem here, brain? Either go do it myself or hire somebody to do it. Let's go. There's no reason for you not to set your goals and to get your goals. None, zero, zilch, not one reason. You have found this podcast. Thank the stars above you have found it. Then, take action from that place, or either I'm going to do it for myself, or I'm going to hire Lindsay or somebody else to make this happen.

I know I get really fired up when I talk about goals, get a little sassy in there, but it's just because I love it so much, and it's so easy once you know how to do this. Please, please, my God, don't ever sit in a space where you're not getting your goals. It is so flipping fun to get your goals. You just need to know how to set them in a way that works for you. You got, this my friends, but reach out if you need me. I'm always available. Link in the show notes. O course, if you want to start the coaching process and do that free consult call, I'm here for you. Let's go. Have a wonderful 2021, and I can't wait to see your goals too, and you rock them, and I'll see you on the next episode. Bye, my friend.



[music]

Hey there, Miss Unstoppable. Thanks so much for tuning into this episode. If you enjoyed it, share it with a friend. Send them a picture of this episode via text, via email, share it on social media, I'm sure they would be so appreciative to know these strategies and tips on how to accomplish your dreams. If you are ready to guarantee you're going to accomplish your goals and dreams, then it's time to start coaching with me.

In my nine-month simple success coaching system, I am going to walk you every single step of the way to ensure that you get the goals and dreams that you want. The first step is to apply for a free 60-minute consult call. Just go to LindsayEpreston.com/apply to get started. As always, my friend, remember, you're only as unstoppable as you believe you can be, so believe in yourself. You got this.