

SO ILLUMINATING

The Official Newsletter of The Illumine Group, LLC

CHECK OUT THE REST OF THIS ISSUE!

4 Quotes to sum up
2020 - **page 2**

Events and Offers

New E-book Release
**How to Make Your Year
Wonderful: A Planning
Guide for Your Best Year
Yet!**

Download your free copy
with code: **21BYY**

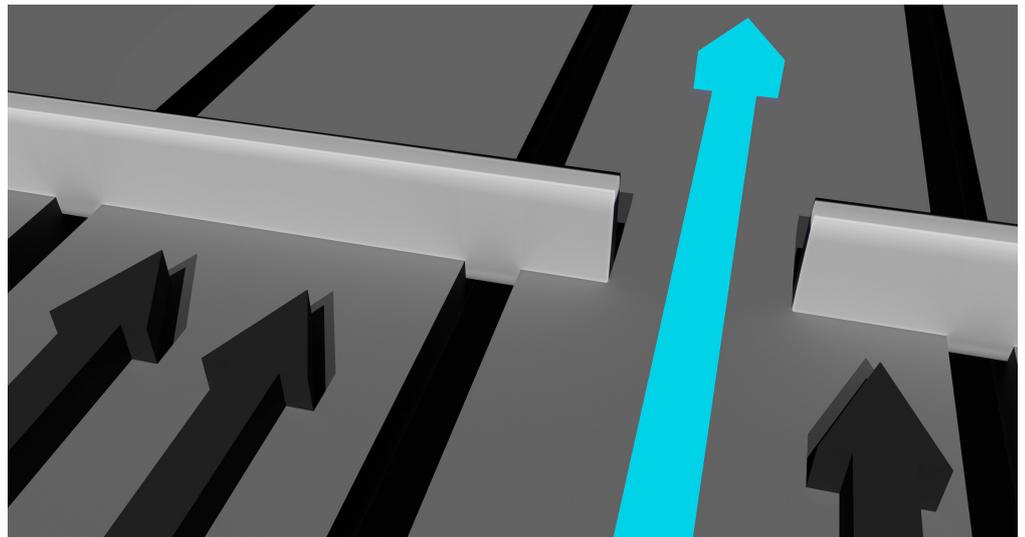
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BREAK THROUGH YOUR LIMITS AND ATTAIN GREATER SUCCESS.

Janell Snipes - Chief Consultant

As we enter into this new year, we hope that you are dreaming big and making huge plans. If you aren't, let's rethink your plans. We often ask too little of ourselves and doubt our ability to succeed in the future based on our previous struggles.

You know you can do better than you have been. We'd like to think there's a secret to succeeding - a quick trick that will suddenly make our dreams come true. But the truth is uglier. It's necessary to dig into your weaknesses and get to work on yourself.

The more self-aware, you are, the more in tune you are with the areas in your life that you need to improve on. What holds you back? What makes you nervous? What stops you dead in your tracks? What are the bad habits in your "comfort zone" that keep you hanging out there instead of moving forward?

The goal is to break through the obstacles and move to new levels of success in your business, career, and life.

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BREAK THROUGH YOUR LIMITS

Continued

These 4 techniques will help you break through your limits:

1. Decide what you will no longer tolerate from yourself.

You put up with a lot from yourself. The late-night snacking, procrastination, and making excuses for not making deadlines regularly may be common scenarios in your life. When you accept poor behavior from yourself, you'll get poor results.

2. Define your goals. Make your goals bigger and better and stick with them. Think about the lowest parts of your life and start there. It's the lowest-rated parts of your life that create your limits and stifle your happiness.

3. Define the five most important behaviors for your future.

What are five things you can do each day that will transform your life? The things you do each day matter. If you look at your average current day, it's easy to see why your life is exactly as it is. What can you do each day that will guarantee that next year will be amazing?

4. Find a quality coach or mentor. Good coaches can be hard to find, but it's one of the best ways to rise above yourself.

- You think you know your weak spots, but you only see some of them.
- There may also be a few things you think you're good at but aren't.

A coach will be able to see the truth and uncover the blind spots to help you get better. We would be glad to help along your journey.

Raise your expectations and personal standards. Evaluate yourself daily and find a mentor for help. You are your greatest enemy. Break through your self-imposed limits and success will be yours!

We're still living in a pandemic but these quotes sum it up what 2020 has taught us about ourselves.

We will overcome!

"I can be changed by what happens to me but I refuse to be reduced by it."

—*Maya Angelou*

"I knew I needed to do what COVID forced me to do—which I think forced everyone to do—which was look at what you're doing. Stop. Pause. You dissect what you were doing and ask: Maybe there's a better way to do it? I started working a lot differently when COVID started. In times of crisis, that's when true, true creativity is born."

- *Mister E*

"When the world is running down, you make the best of what's still around."

—*Sting*

"It's been a crash course in life. I can't complain because my family and loved ones are OK—and that is not something that everybody or many people can say right now."

- *Elizabeth Debicki*

Now thankfully, let's move one to bigger things and better days...arrivederci 2020!