

MARKETING *for* TRAVEL AGENTS

7-FIGURE TRAVEL AGENT MINDSET POP-UP GROUP

YOUR DAY-2 FUN SHEET

Today is all about getting complete with the past 18 months so that you can move on to making the most out of the rest of the year. Your first step is to think about everything that happened this year both professionally and personally. Don't judge it or contemplate it, just quickly write down everything you can think of - both good and bad. Things you accomplished, things you're proud of (including things you overcame and handled well despite challenging circumstances), things you regret, and things that went badly.

Set an alarm for 10 minutes and write as fast as you can. Don't think about what you're writing, just write down everything that comes to mind, big and small. You can write sloppy and in shorthand, this list is just for you.

Whew! The past year and a half has been INTENSE to say the least. Now it's time to get complete with it all by forgiving all of the challenging things whether they were in your control or not, and celebrating your successes.

Forgiveness

There are things on your list that you need to forgive people for, and some that you need to forgive yourself for. At any given moment, each of us are doing the very best we can with the information we have and the physical, mental and emotional state we're in. When you or anyone else doesn't perform well, doesn't respond/react well, makes a mistake, or does something terrible, it's the best you (or they) could do given the information you had and the physical, mental and emotional state you're in.

The bottom line is, you did your best and so did those around you. The way to start producing better results in your life, to move on to bigger better things and to make better choices going forward, is to completely forgive yourself and others, take the lessons with you and leave the rest behind.

The best way to forgive yourself and others quickly and to experience true transformation as a result is through EFT (Emotional Freedom Technique which is often times referred to as "tapping"). It's simple, easy and can be done in a few minutes right now.

To add some extra power to your forgiveness tapping, use the ancient Hawaiian Ho'Oponopono mantra. There's an 8-minute video on YouTube that takes you through an EFT Ho'Oponopono forgiveness session which you can do right now.

Go here to watch and follow along ==> <https://youtu.be/RU0eFxy3-KI>

At the end of your 8-minute session you'll feel lighter, happier, more peaceful, and centered.

Gratitude

Now it's time to celebrate your successes and to get into a state of gratitude. Did you know that it's impossible to be in a state of fear while you're feeling grateful?

When you're in a state of fear, fear about your finances, fear of putting yourself out there, fear of failing, any fear... your ability to problem solve diminishes, your decision-making ability is significantly impaired, and you are 7 times more likely to make a mistake or to do something you regret.

The antidote to fear is gratitude.

Look over the list you created on the first page of this Fun Sheet. Highlight everything you're proud of and/or happy about. Spend two minutes in a state of gratitude for everything that went well and for all of the lessons you learned.

MAKE GRATITUDE A DAILY PRACTICE

Write down at least three things you're grateful for every single morning as soon as you wake up. Keep a notebook and pen on your bedside table and first thing when you wake up, write down your top goal in each area of your life and then write down at least three things you're grateful for.

When you're having an especially tough day, read your notebook.