

From

Lazy

to

Amazing!

5 Easy Ways to Get Off Your Butt
and Start Kicking Ass

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How to Use This Guide

I know it might be tempting to skip around and start with the step that sounds most interesting to you, but I urge you to follow the steps in the order that they appear. Each step builds on the one before it.

Check out these tips boxes for extra help on your way to amazing-ness!

Lazy “But”
Watch out for these lazy excuses that can stall your progress.

Kick-Ass Amazing
Take yourself to the next level by trying these advanced tactics.

Why Are We So Lazy?

You are so lazy.

Lazy? Who, me?

You probably think you're anything BUT lazy. Your days are filled with activity: commuting to the office, working like a maniac, scarfing down your lunch at light speed, keeping up with all the household bills and chores, and somehow finding time to bond with your friends and family.

Your to-do list is a mile long, and it seems like as soon as you cross off 1 task, 2 more are added. On a typical day, you barely have time to catch your breath.

So, who am I to call you lazy?

We think a lazy person is someone who sits on the couch all day watching reality TV and eating Twizzlers. And, yes, that is one definition of lazy.

But I see lazy people everywhere who fill their days with "busy-ness." Sure, they're running around like chickens with their heads cut off, but they're not really accomplishing anything.

At the end of the day when you are finally able to slide into bed and rest your head on the pillow, do you think, "I feel so good about today, and I'm really making progress on my goals!"

Or do you think, "Thank God I survived another day. At least I can rest for a few hours before I have to get up and do it all over again."

Wow, what a depressing way to go through life! No one wants to feel like a hamster in a wheel.

How can you tell if you're making lazy mistakes?

Take a look at the following list of lazy behaviors and determine if any of them show up in your life. Be honest!

Lazy Behaviors

- Believing in fate or the idea that “things just happen” and you have no real control over your life
- Hitting the snooze button on your alarm clock and sleeping in on the weekends
- Assuming that people who have free time are selfish
- Never putting yourself first
- Thinking “spiritual” stuff is for weirdos
- Showing up late to appointments, even events you want to attend
- Not having clear intentions about anything including where to go on vacation or simply what to cook for dinner
- Buying into the idea that you have to “pay your dues” or struggle for anything you want
- Feeling exhausted all day no matter how much sleep you get or how many cups of coffee you drink
- Having no idea what you want your life to look like in 5 years

Sound familiar?

If you see yourself in any of these behaviors, then you are being lazy with your life. Going through the motions and “just getting through the day” is the lazy attitude that can leave you indifferent about the things that are really important.

How would your life look if you actually gave a damn?

How would your day be laid out if it weren't filled with busy-ness?

What people, places, and experiences would you enjoy?

What dreams would you pursue?

What type of person would you be?

How would you feel if your life were amazing?

Lazy “But”

*“But I’ve always been lazy.
It’s just who I am.”*

Not true! You’re not doomed to a life of laziness. Being lazy is not a personality flaw, and you CAN grow into a better version of yourself. Lazy people **choose** to be lazy...and that means you can choose NOT to be!

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Amazing Behaviors

- Believing that you are in control of your own destiny and you have the power to direct the course of your life
- Waking up excited to start your day and hopeful about what's to come
- Seeking out hobbies that make you smile and feel good
- Understanding that you're of no use to anyone else unless you take care of your own needs
- Finding time to meditate, pray, or sit quietly with your thoughts
- Filling your calendar with only the commitments and activities that build you up
- Having opinions and preferences about how you want to live your life
- Reviewing your life goals regularly and taking action to achieve them
- Feeling energetic throughout that day, so much so that you often don't need caffeine
- Imagining a beautiful future for yourself and your loved ones

Sound good?

Everyone deserves an amazing life, and I want you to achieve all your magnificent hopes and dreams.

So, I'll say it again—you are so lazy.

Thankfully, you don't have to stay that way!

There are a hundred ways to amp up your amazing potential, but I've chosen the 5 actions to get the most bang for your buck. Follow the steps in the order that they appear and get ready to go from lazy to amazing!

Kick-Ass Amazing

Find an Amazing Role Model.

Think of all the people you admire (friends, family, celebrities) and choose 1 person who has the kind of amazing life you want. Whenever your resolve starts to waver, imagine what this person would do in that situation.

1. Create a Vision Board

Oh, yes, I'm getting new-agey with you right from the start!

Before you can live an amazing life, you must have a clear vision of what that life entails. And the best way to do that is by making a vision board.

For those of you who have been living under a rock (talk about lazy!) and haven't heard of the worldwide phenomenon, *The Secret*, or the queen of self-empowerment, Oprah Winfrey, let me explain what a vision board is.

Lazy "But"

"But this is too spiritual and weird for me."

Maybe you're not the type of person who believes in the law of attraction, but mapping out your desires will help you gain clarity and stay focused on your goals, regardless of whether you think the energy of the universe plays a part.

A vision board is a large poster covered in pictures of the people, places, things, and experiences that you want.

Think of it as a visual wish list, but in this case, there's no need to send it to Santa. By simply defining your goals on a vision board, you'll begin to attract those things (and opportunities leading to those things) to you.

Vision boards help you get really clear about your goals. Clarity is extremely important because you can't move forward unless you know where you want to go.

First, get out a notebook and answer these questions:

What would "amazing" look like to you? Feel like? Taste like? Sound like?

What have you always wanted to be, do, or have, but you've never started?

Who or what do you wish you had more time for in your life?

What brings you joy and happiness?

What type of person do you want to be?

Now that you have a better idea of what your amazing life looks like, it's time to create a visual reminder of those goals.

How to Make a Vision Board

1. Get a large poster board. It doesn't matter what color it is. I've made vision boards on different colored boards based on my mood. Choose a color that speaks to you. You could even choose white to represent a fresh start.
2. Gather at least a dozen magazines from a variety of categories. Choose lifestyle magazines, celebrity gossip rags, design periodicals, etc. Ask your family and friends to save their old magazines for you. Doctors' offices and libraries might also have used magazines.
3. Get a pair of scissors and adhesive. I prefer double-sided scrapbook tape because it helps the pictures lay flat. Liquid glue and glue sticks can cause the paper to warp.
4. Review your answers to the questions about how you want your amazing life to be. Flip through the magazines and cut out any images that speak to you and that vision. Don't worry if you're not sure how a picture fits into your vision; just gather images.
5. Once you have a large pile of pictures, start to organize them into groups. Perhaps a new car and a stylish lady belong under "who I want to be" and a picture of a palm tree on a sandy beach belongs under "travel and adventure."
6. Rearrange the pictures on your board until it looks right to you. In the center of the poster board, put a photograph of yourself where you're smiling and looking very happy. Then tape or glue down your images.
7. Use a marker to write explanations where needed. For example, you might write "make \$100,000 next year" on a pile of money.
8. Hang your vision board somewhere you'll see it many times a day. Spend 5 minutes every morning looking at your vision board and imagining how your life would be if you had those things.

Kick-Ass Amazing

Make Multiple
Vision Boards.

You don't have to cram all your amazing dreams onto a single board. Feel free to make multiple boards for different aspects of your life: career, family/friends, health/fitness, etc.

A vision board will help you remember the "why." When you're tired, fed up, and want to go back to your lazy ways (believe me, it will happen), your vision board will show you all the reasons why you should care about how you live your life.

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But What About Pinterest?

Pinterest is a Web site that lets you save or “pin” images to personalized “boards” much like an old fashioned cork board. Many people use Pinterest as an online vision board.

You can view my boards at www.pinterest.com/sagegrayson. I love Pinterest, and I think it’s a great way to organize your interests, thoughts, and ideas; however, I insist that you make a tangible vision board first.

It’s important to have a hard copy poster that you can hang in a prominent place in your home. The idea is to see your vision board throughout the day: while you’re brushing your teeth, on the refrigerator door, or next to the TV. And it won’t get that type of exposure if it’s stuck online.

Of course, I encourage you to print images from your Pinterest boards and attach them to your vision board. After you finish and display your vision board, feel free to make more specific vision boards on Pinterest.

2. Establish a Productive Morning Routine

beep! beep! beep! beep! beep! beep!

Do you ever feel like smashing your alarm clock into little pieces?

Do you feel like that most days?

You're not alone. Getting up in the morning and starting your day off right is a problem for most of the women I meet.

But if you want to live an amazing life, you can't rush out the door every morning with wet hair and a Pop Tart hanging from your lips (classy).

Everyone needs a productive morning routine. It sets the tone for the rest of the day and determines whether you face challenges like a kick-ass warrior or like a lazy little girl.

First, take a look at your vision board and get clear about how you want to feel every day. See, there's a reason to do these steps in order.

What's a common theme in your amazing life?

Perhaps your board has Buddhas, flowing water, and people doing yoga. If that's the case, your morning routine should reflect the calming life you want to live. That might mean finding a less annoying alarm clock (if you continue to use one) or making time for self-reflection before you start your day.

If your vision board is full of high-energy images (runners, fast cars, skydivers, people dancing and laughing), you'll need to design a morning routine to have you raring to go the minute your feet touch the floor.

Lazy "But"

"But my bed is so comfy and warm."

It can be hard to get up in the morning, but this is a time where you gotta put on your big girl panties and just do it. It's your choice: you can stay in bed and keep leading a lazy life, or you can decide you're worth more than that. You can do it. Have faith in yourself.

3 Questions to Ask Yourself

1. How do I want to feel when I wake up?
2. What can I do in the morning to start my day off right?
3. What can I do at night to make my mornings easier?

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Having a productive morning really starts the night before.

If you plan to go to the gym, then fill up your water bottle, pack up your gym bag, and lay out your exercise clothes before you hit the hay. You could even sleep in your gym clothes if you're that dedicated.

If you want to eat healthy meals all day, then cut up all the vegetables and prep the ingredients the night before, make and pack up your meals, and set the table for breakfast. You could even put a pan on the stove or fill up the blender and stick it in the fridge depending on what you're having for breakfast.

Kick-Ass Amazing

Find a Morning
Motivation Buddy.

Nothing's more motivating than knowing someone is waiting for you. Find a friend you can text first thing in the morning to stay accountable. Give each other some pep talk too—"It's going to be a fabulous day!" You could also get a workout buddy to meet you at the gym. Then you **have** to get up because you won't want to ditch your friend.

Knowing that you don't have to rush in the morning will help decrease your stress levels. But don't use your nightly prep routine as an excuse to sleep in later! Set your alarm so that it gives you enough time to leisurely begin your day. If you have a few extra minutes, review your to-do list or study your vision board.

My morning routine includes a healthy breakfast, meditation, calming music, and time with my husband. Remember how amazing you want to feel and plan a routine that plays to those feelings.

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3. Get at Least 30 Minutes of "Me Time" a Day

Me time? What's that?

Most women I meet seem to be campaigning for the position of Superwoman. They feel like they have to be dependable employees, loving mothers, sexy wives, and still get dinner on the table at precisely 6 o'clock.

They're too busy saving the world that they don't allow a moment for themselves. In fact, they've completely forgotten what they like to do in their spare time.

They think there's no point in having hobbies or outside interests when they have to pick up the dry cleaning and get the car's oil changed.

It's really sad. A whole generation of women have put everyone else above themselves. And by doing so, they're shortchanging their companies, kids, spouses, and themselves.

You've heard it before but it bears repeating. We all know the safety announcement on an airplane that states that if the cabin loses air pressure, you should put the oxygen mask on yourself first before putting a mask on your child. If you lose consciousness first, your child will have no one to help him.

The same principle applies to your life.

By giving yourself "me time" every day, you are avoiding personal burnout and overwhelm, which would mean you'd be of no use to anybody.

What Is "Me Time"?

"Me time" is a time for you to do something fun that makes you feel good about yourself. It can be a hobby, a relaxation exercise, or anything that boosts your mood and reminds you that **you matter too**. Aim to get at least 30 minutes of "me time" every day.

Here are a few ideas to get you started:

- Read a book or magazine
- Take up a hobby like scrapbooking or knitting
- Start a blog and don't worry if people read it or not

Lazy "But"

"But if I don't take care of everyone else, no one will!"

I struggle with this excuse too. We can feel like we're being caring by checking up on everyone, but really, we're just getting into their business. By giving our loved ones freedom and autonomy, they can (and will) learn to take care of themselves. It might not be exactly how we would have done something, but it's worth it to regain our "me time."

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- Try out a new recipe without any pressure to get it right the first time
- Call up an old friend and share funny stories
- Learn a foreign language with a home-study program that allows you go at your own pace
- Watch a "guilty pleasure" TV show
- Curl up on the porch with a cup of tea and watch the sunrise
- Listen to your favorite music and dance around the room

Consider scheduling your "me time" during your morning routine. That way, you'll still have done something good for yourself even if your day gets super busy later. You may have to get up earlier, but enjoying your "me time" is so worth it.

Enjoying your "me time" is the one thing you must do every day in order to live an amazing life. You deserve it!

What About Exercise?

I might disappoint some fitness trainers out there, but I strongly believe that "me time" should be separate from exercise. Of course, I want you to be active, but it's more important to slow down and recharge yourself with some well-deserved "me time" before creating an exercise routine. One thing at a time.

Kick-Ass Amazing

Get 30 Minutes of Exercise Too.

As I explained, "me time" should be for recharging your mind and spirit. Once you've made "me time" a part of your daily routine, feel free to add exercise into your day. I recommend at least 30 minutes of cardio exercise on most days of the week. Working out will recharge you too, but get your "me time" first.

4. Take Action Towards Your Goals

Woo hoo! The lazy person you used to be is slowly fading away.

By now, you've made your vision board, set up your morning routine, and are getting 30 minutes of "me time" every day. Taking care of these basic needs have prepared you for the next step of your lazy-to-amazing transformation.

It's time to supercharge your progress by connecting with your goals and taking specific action towards those goals.

Look at your vision board. You have a ton of goals for your amazing life: maybe to start a new career, lose weight, make friends, go on vacation, save money, or learn something new.

But do you have any idea how to get there?

Some law of attraction gurus will tell you to make your vision board and sit back and watch your dreams manifest. But they leave out the most important step:

ACTION!

Without action, you might achieve a handful of your goals out of sheer luck, but you run the risk of being 90 years old and thinking, "I wonder if it's too late to try snowboarding?"

The best, clearest way for you to take action towards your goals is to embrace SMART goal setting.

You might already be familiar with SMART goal setting. It involves reforming your goals into crystal clear, doable objectives.

By making sure each of your aspirations fits the SMART goal setting components, you'll guarantee that you'll actually make progress instead of just dreaming.

Print out the "My SMART Goals" worksheet at the end of this chapter and choose 1 of your vision board goals to work on. Break it down using the following elements.

Lazy "But"

"But why waste my time? I already made my vision board."

I wish I could tell you that making a vision board will solve all your problems. There are tons of stories out there from people who made their boards and then—bam!—got exactly what they wanted. For most of us, our dreams don't fall out of the sky and into our laps. Getting clear is the first step, but you must take action to get what you want.

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Specific

A goal has to be specific. None of this "I want to get healthy" or "I want to travel more." Really nail it down; the more specific the better. Try "I want to lose 30 pounds of fat" or "I want to spend a week in Rome."

Measureable

If your goal's not measureable, how will you know if you've completed it? Take for instance, "I want to have a successful business." How will you know if your business is successful? Is it when you make \$100,000? A million dollars? When you don't have to work 70-hour weeks to keep it afloat? Decide what measureable benchmark you're trying to reach that means you've achieved this objective.

Actionable

Your goal must be actionable, meaning that you can take action to make it come true. This means it can't be dependent on other people's choices. Figure out the steps you need to take to get to your goal. If you're trying to lose weight, an actionable step might be to run for 30 minutes every morning.

Realistic

I know, I don't want to rain on your parade, but your goal must be realistic or else you won't accomplish it (and then you'll feel crappy about it). If you want to reconnect with an old friend, but she wants nothing to do with you, then that's not a realistic goal. This doesn't mean that your goal can't be ambitious. Trying to lose 30 pounds in 3 months is ambitious, but it is realistic if you put in the work.

Time-Limited

This might be the hardest step in SMART goal setting, but it's also the most important. If you want to achieve your goal, you **MUST** put a deadline on it. Treating goals like a bucket list (where you only have to complete them before you die) is setting yourself up for failure. Choose an end date when you want to complete your goal, and then work backwards to plan the actionable steps to get you there. If you want to run a marathon in 6 months, plan your training routine now so you'll be ready when race day arrives.

After you've reframed your goals into SMART goals, it's time to take action. Break each goal into the baby steps that lead up to the final outcome.

What are all the little things you need to do to accomplish this dream?

Kick-Ass Amazing

Make Your Deadlines Public.

A really kick-ass way to motivate yourself is to tell people your deadlines. This keeps you accountable and more likely to finish your tasks in a timely manner. Post your goals and deadlines on Facebook and Twitter, or hang a sign in your office. When you involve people in your goal setting, you can also depend on them to give you encouragement when you need it.

Every day, in addition to your 30 minutes of "me time," take 15-20 minutes to review your goals and plan when you will take the next actionable step.

Keep your calendar open when you review your goals and assign actionable to-dos to specific days.

Remember, amazing people take action instead of waiting for "someday."

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My SMART Goals

Goal Brainstorming

Specific

Measurable

Actionable

Realistic

Time-Limited

My New Goal:

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5. Shift Your Thinking

If you were the best at what you do, how would you act?

For instance, if you were the best teacher in the world, how would you go about your day?

Would you plan your lessons in advance or just wing it? Would you dress professionally to show your authority or wear rumpled jeans you just picked up off the floor? Would you confidently tell your students that their dreams are possible or complain about how busy and tired you are?

Think about the roles you take on in your life: employee, friend, sister, daughter, wife, mother, etc.

Sit in a quiet place for a while and really consider how the best “whatever” would act.

If you're a mother, would you walk through the front door reading emails off your cell phone or would you put your phone in your purse before you open the door and then greet your kids with hugs and kisses?

If you're a wife, would you call your spouse during the day to complain or would use that time to say, “I love you, and I was thinking about you”?

The way you think about yourself determines your actions, and you must shift your thinking to align with the amazing person you want to become.

The law of attraction states that like attracts like, so the more you think and act like who you want to be, the faster you'll get there. The forces in the universe will come together to support you.

I challenge you to be consciously aware of how you think about yourself and how you present yourself to the world for the rest of your life. Shifting your thinking to match how you want to live takes time, but it is the most powerful thing you can do to bring about change in your life.

Lazy “But”

“But the law of attraction is just mumbo jumbo.”

If you really believe that you can't manifest amazing things in your life, then you wouldn't still be reading this book. The law of attraction isn't a magic wand. It's a tool to help you control your own destiny. It's empowering to take responsibility for your life's outcomes instead of leaving everything to fate.

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I have one last insight to share with you about shifting to a positive way of thinking.

Can I tell you a secret?

I lied to you at the beginning of this book. You aren't a lazy person, and you never were.

But you already knew that, right?

Deep down, you know you are capable of amazing things. You are powerful beyond all measure, and you are worthy of everything your heart desires.

Sometimes we just need encouragement to get off our butts. I hope I inspired you to make your life truly amazing.

Now, get out there and kick some ass!

Kick-Ass Amazing

Keep an Aspiration Journal.

Most journals or diaries are places for you to list the mundane things that happened during your day. Instead, try keeping an aspiration journal where you write AS IF your dreams have already come true. Instead of writing, "I wish I could afford to go to Hawaii," you should write, "I'm so happy on my Hawaiian vacation, and I love feeling the sand between my toes!" This writing exercise will help you shift your thinking and put into words how it feels to accomplish your goals. I've kept aspiration journals for years, and it's always fun to read old entries after what I was wishing for really happened!

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Next Steps

Don't stop now! Your amazing life has just begun! Here are 5 takeaways you should revisit on a regular basis:

1. Create a vision board and update it whenever your goals change.
2. Establish a morning routine and make adjustments as necessary.
3. Get 30 minutes (or more!) of "me time" every day.
4. Take action towards your goals. Even baby steps count.
5. Shift your thinking to a more positive outlook.

Lazy "But"

"But I'm scared to be amazing! What if I fail?"

It can be scary to take responsibility for your own happiness, but you are not alone. Discuss your challenges and triumphs at <http://sagegrayson.com>.

Kick-Ass Amazing

Keep Striving to be More Amazing Every Day.

Join me on Facebook at <http://facebook.com/SageGraysonCoaching> and share your amazing progress. I'd love to see a picture of your vision board!

Thank You!

Thank you for downloading From Lazy to Amazing. I can't wait to see all the amazing things you accomplish in your life and business now that you're off your butt!

You got this, Life Editor.

Sage Grayson



Who's Sage?

Hey there! I'm Sage Grayson, a former book editor turned life coach. I help ambitious career women edit their habits, routines, and mindsets to balance their happiness at work and home. I'm a Life Editor . . . and so are you!

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