



Ask Believe Receive

5 Steps To An Amazing Future

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5

STEPS to an amazing future

Step 1: _____

What is your vision,
your dream or gift?

Step 2: _____

Ask for what you want

Step 3: _____

Surround yourself with
positive people

Step 4: _____

What will it take
to get there?

Step 5: _____

Believe in yourself

Receive



Ask Believe Receive

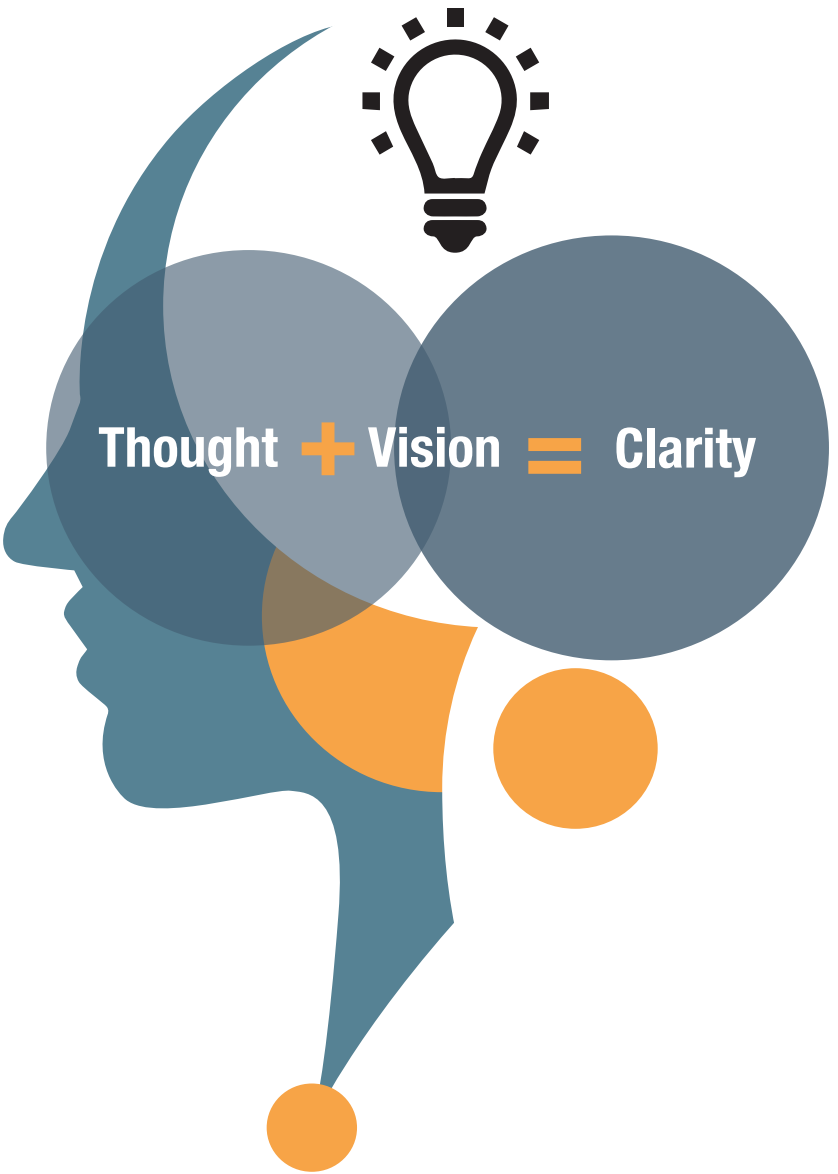
Have you ever asked yourself how you would really enjoy spending your life?

Imagine your ideal job, tailored specifically to fit your interests and strengths.

Sounds too good to be true? Well I achieved it with the support of my family, mentor, advisors and coworkers. Success requires support from people that share your vision and has your best interest at heart.

The 5 steps in this book are steps that I have personally used to help me in my journey to be successful. These steps have successfully worked for me and I believe that they can do the same for you. My hope is that you will use it to accomplish your dreams.

Life is short, do something that matters.





What is your vision, your dream or gift?

Think about who you want to become, what you want to have, where you want to live, or where you want to vacation, your life changes to match those images and those desires. Your answer to these questions helps you to understand what makes you happy.

Many people know what their passion is but they often don't know where to start. The answer to the last question is meant to give you a starting point.

Know Your Gift - It's important to understand that we all have a gift that we need to tap into. It's with this gift that we create authentic, lasting success.

Don't continue until you've done this. Write it down.

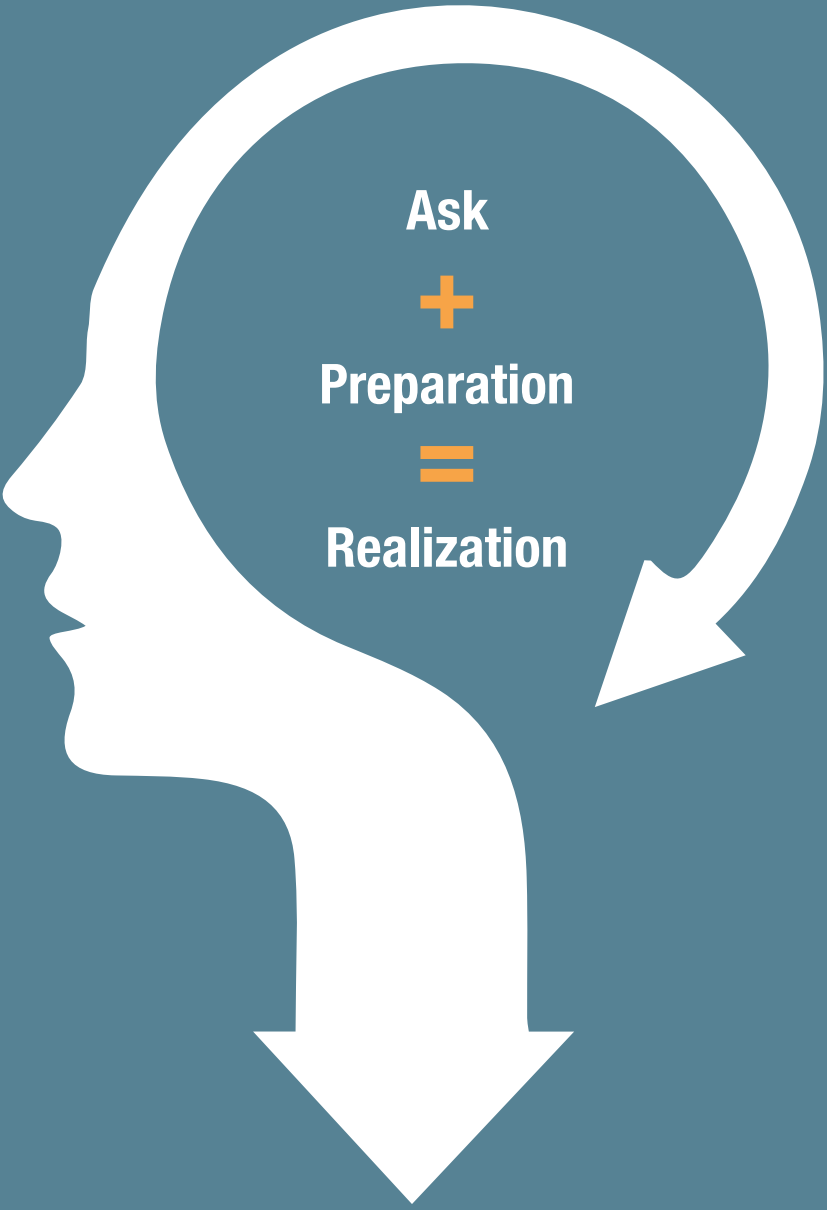


Ask for what you want & be prepared to get it –Maya Angelou

Google it, search engine is your secret weapon. Once I started to ask questions new doors opened for me. It doesn't make you look bad to ask for help, it just shows that you're eager to learn. Once you get into the habit of setting and completing goals, you'll really start making some progress.

I'm sure you know what you absolutely need to do for yourself today so stop making excuses and just go do it

Reevaluate your actions, your words, and your intentions - Self-development is a never-ending, ongoing process. Take responsibility for the circumstances of your life.





Surround yourself with positive people

If people can tell you really care and are excited about your passion, they will want to help you.

Cut out the negative people and make an effort to associate with positive, progressive people. I call negative people leeches because being around them sucks all the energy out of you.

You can't tell your dreams to just anyone. It's important to seek out those who will support, encourage and believe in you. Those are the ones who you talk with about the big goals you want to accomplish. When I'm faced with a tough decision I can turn to my support system for advice.

Be a team player & help others succeed – It'll come back to you ten-fold.

Feed your mind continually with positive, nourishing thoughts - avoid gossip and only speak of achievements and positive traits.



Collaboration + Mentor = Support





What will it take for you to get there?

The life choices you make for yourself should keep you up at night. You need to be uncomfortable; if you're not scared or nervous then you're not pushing yourself hard enough.

If you never take risks in life, you won't accomplish anything. Do more than what is asked of you and work smarter not harder.

I shared my vision to become a Neurovascular sonographer with a few friends. My friends kept on and on about how crazy I was to take on such a challenge because they knew how difficult it was to scan those tiny vessels within the brain. The most difficult thing is that you can't see the vessels; it all depends on sound, sight and the correct angle. I practiced on myself, my coworkers and doctors as much as possible. My support system was willing to help me achieve my vision.

Be Laser Focused - Success doesn't come when we have too many things going on, when we procrastinate or when we allow ourselves to get sidetracked. You must develop a solid plan of action to make your goals a reality.



Innovation



Logic



Success





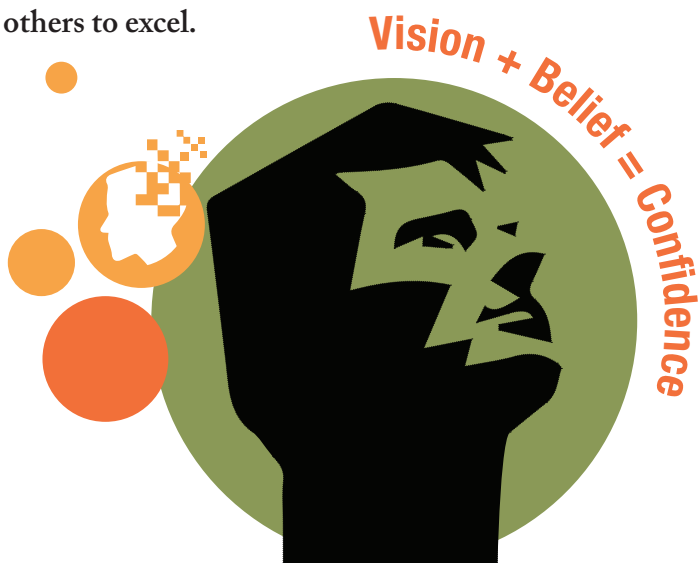
Believe in yourself

The path is not always smooth or straight, but it always teaches valuable lessons. Learn your life lessons. Always listen to the small voice inside reminding you of your innate power, goals, plans, and the ultimate good you want to do in the world.

Failure is Not Fatal - I started in healthcare at the age of 16 and had to start life over at 32. I know what it means to not have your plans work out as you hoped. But I also know how to recover from big disappointments and setbacks.

“If you believe it is possible to get ahead despite the challenges in life you will succeed in this world. The distance you travel in life is determined by your attitude. That is why you must keep your mind focused on what you really want out of life. Hold fast to your dreams and believe that you can achieve them.” —ESSENCE

Believing in yourself shows others how confident you are; it also encourages and motivates others to excel.



Receive

After making the decision to ask for what you want, you must believe you are worthy to receive it. You are telling the world how much you want it in your life. This is where thoughts manifest and become things.

Live your life with integrity - Keep your word and hold others to theirs

Treat everyone you meet with respect and appreciation - Be open to the idea that anyone can be a blessing in your life.

After graduation from ultrasound school, I traveled around the country with my meals, cars and hotels paid for. I made my own schedule and I was taking care of patients just as I had envisioned but with perks. I'm now the most skilled technologist in the neurology department with my own lab/office. My mentor and I created my job title/position and description. Now my motivation is saving lives and being a mentor to my children and others. Everyone has a gift, Determine what yours is and begin to use it to its fullest potential.

My question to you is:

If opportunity showed up right now, literally RIGHT NOW... would you be ready?

What steps are you taking every day to prepare you for YOUR future ahead?

This isn't a strategy that will work out for everyone, but it did for me, and it's made a huge difference in my job satisfaction. I love my responsibilities and how my day-to-day work has evolved. My work is more challenging, I'm sharpening and gaining new skills, and I'm in a better position for long-term career growth.

**What will
it take to get to
where you want
to be?**

**and
What will
bring you joy
in your
life?**



Here are some tips:

Log out and log into bettering you, your goal is to strengthen your craft. **REMEMBER: 500 Likes Equal 0 Dollars.**

Any activity that doesn't add value to your life, erase it. It's okay to check Facebook every now and then but if you're spending hours on it everyday, your time is better spent on other things.

I'm encouraging everyone to unplug from your devices and challenge yourself.

Try not to judge others - you are here to understand and learn from others not to judge

Don't waste your time obsessing over personal problems - Focus on the positives, use that energy to find solutions and discuss your many blessings.

You are a unique individual and no one is like you.

The mental barriers that you create are the only ones holding you back from your dreams. Let go and break through those barriers and you will soar.

Career development links

<http://www.takestockinchildren.org/pdf/resources-parents-careerplanning.pdf>

www.florida.echoices.com.

Hopefully after reading this, you now have a plan moving forward. The steps in this booklet are meant to help you over time. Don't feel that you have to rush through everything all at once. Allow these steps to become positive habits until you slowly start to develop your gift and life's vision. If you still feel lost, don't worry. Just keep working at it every day and eventually it will happen. Whatever your journey, whatever your vision, I wish you the best. May these steps bring you one step closer?

Ask, Believe, Receive and see your life change for the better.

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www.jonquilleh.com