Top 20 Tips to Get Fired Up!
and Stay Fired Up!

by Snowden McFall

Learn how to tap into your natural enthusiasm and harness it to achieve your goals and dreams!
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Ever Wonder Why Some People Succeed and Others Never Make It?

There are many reasons but the most important is ATTITUDE. Having the right attitude can make all the difference between success and failure. Because there are going to be times when you want to give up, but you have to keep going.

Being Fired Up! Having an Optimistic Outlook is Critical!

Optimists live seven years longer than pessimists, according to a study done at Yale University. So you can add nearly a full decade to your life by having a sunnier perspective!

Dr. Martin Sullivan of the University of Pennsylvania spent 20 years interviewing 350,000 executives and learned something fascinating: the top 10% performers think differently from others: they are all optimists! That’s a pretty amazing statistic. So if you want greater success, achievement, and effectiveness at work, become a more positive thinker.

Optimists sell 56% more and more successful in every area of their lives than pessimists.

Optimists understand the power of being Fired Up! and so can you.

(For more information on optimism, check out my book Stress Express: 15 Instant Stress Relievers http://firedupnow.com/index/store/stress-express/)
1. Identify what you truly want in your life.
2. Keep agreements with yourself and others.
3. Update your dream collage and regularly visualize your dream as completed.
4. Maintain a daily success list.
5. Review and update your “Feel Good Folder.”
6. Keep a reward/pamper yourself jar and use it whenever you take action on your dream.
7. Be of service to someone else.
8. Ask, ask, ask for what you want.
9. Schedule action steps for your dream in your time management system, calendar, computer system.
10. Attend seminars or take courses about the subject matter of your dream.
11. Interview experts in the field of your dream and select a mentor.
12. Say your affirmations daily. Make new ones as they come true.
13. Watch motivational movies, listen to audiotapes & read uplifting books.
14. Live in the present moment.
15. Use music to inspire, relax or energize yourself.
16. Play regularly – honor the little kid inside.
17. Exercise in a way that supports you.
18. Laugh often and watch funny movies or shows.
19. Spend time with winners.
20. Do random acts of kindness.

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Your Top 20 Tips to Get Fired Up and Stay Fired Up! by Snowden McFall

1. Identify What You Truly Want in Your Life
   Periodically, update your wish list for life. Often, we change faster than we realize, and what was once important to us no longer is. College majors are good examples. Many students pick a major as a freshman, and choose another by their junior year. It’s not unusual for someone to go all the way through school and find that their major is not what they want to do after all. The same may well be true in your life. You may be ready for a change now. Your career may be something totally new a decade from now, and your life’s work may shift substantially.

   A good way to do this is to make a list of everything in your life you have but don’t want. For example: An unreliable car, credit card debt, toxic friends. On the other side of the paper, write down what you want instead, such as: a good reliable car, financial freedom, loving, supportive friends. Cross out what you don’t want and focus in on what you do want. What you focus on manifests.

2. Keep Agreements with Yourself and Others
   Every commitment you make to yourself and others is an agreement, even if you don’t say it aloud. Every time you say to yourself or others that you are going to do something, even if it is not written, it is an agreement. When you don’t do it, you are sabotaging yourself and hurting your self-esteem. You are also destroying relationships with others, because they find they cannot trust you to fulfill your agreements. If you find your life just isn’t working, take a look at your agreements. Complete them or renegotiate them. Write them down in your time management system. Don’t commit to agreements you aren’t sure you’ll be able to keep. Keep your Fired Up enthusiasm strong by keeping agreements with yourself and others.

3. Create and Update Your Dream Collage and Regularly Visualize Your Dream as Completed
   Your dream collage, vision board or treasure map is a dynamic tool for actually seeing your dream come to life. To many people, seeing is believing. Create a collage of everything you truly want in your life and be sure to put your own photo on it. Look at your collage daily to help you believe through seeing. Update it regularly with current pictures, words and symbols as you find your dream manifesting. Either enhance your dream collage or replace it. The woman here used her collage to create a $8 million business. You can, too.

There is an entire chapter on dream collages in my book, *Fired Up! How to Succeed by Making Your Dreams Come True*. To learn more, go to http://firedupnow.com/index/store/firedupbook/
4. Maintain a Daily Success List

Every time I feel like I’m not as enthusiastic as I want to be, I remember to do my daily success list. In a short period of time, my whole attitude shifts and I am “Fired Up!” again about what I have done. You can get “Fired Up!” too. Spend a few minutes at the end of each day recording at least 10 successes. Your consciousness perceives it exactly the same if you land a big client or you make the bed: you had an intention to do something and you did it. Write down 10 successes every day and see how your Fired Up! self-esteem grows.

5. Review and Update Your “Feel Good Folder”

The purpose of a “Feel Good Folder” is to make you feel good, especially when life doles out a little disappointment. Keep one at work and one at home. Remember, “Feel Good Folders” usually contain cartoons, cards and thank you notes, postcards of places you might want to visit, pictures of loved ones, newspaper clippings which inspire you and such. Everyone’s “Feel Good Folder” is unique and memorable. Make sure yours contains what most motivates and soothes you.

6. Keep a Reward/Pamper Yourself Jar

Every time you take action on your goals and dreams, reward yourself. That’s so the little kid inside you gets involved in the process and so you don’t burn out. Some people enjoy the reward process so much that they use a “reward/pamper yourself jar.” This is a jar or bottle which you fill with various pieces of colored paper with rewards written on them. They might say “Get a therapeutic massage,” “Go out to dinner with your best friend,” “Take a bubble bath,” “Play with friends,” or “Go dancing.” Whatever you consider to be a reward, that’s what you write down. Fill the jar with all these goodies and pull one every time you take action. It will get you “Fired Up!” to do more.

7. Be of Service to Someone Else

One of the most powerful ways to shift your state from contractive to expansive, or from depressed to positive, is to serve someone else. It can take any form you wish, from volunteering at the local soup kitchen to taking food and blankets to the animal shelter to babysitting a friend’s toddlers or something else. The key to service is that it comes from your heart and that you are giving with no attachment to the outcome. Invariably, helping someone who is less fortunate than you will give you a wake-up call about how good your life is. It teaches you to appreciate your blessings. You care about others and want to contribute in a positive way. Just remember it doesn’t need to be a big, substantial contribution. Little gestures mean a lot, too. The fact that you are focusing outside yourself to serve others will get you “Fired Up!”
8. Ask, Ask, Ask for What You Want

You’ll find other people who are more than willing to help you achieve your dreams; but they are not mind readers! Learn to ask specifically for what you want, like Markita Andrews did.

Markita Andrews was an eight year old girl whose father had abandoned her and her waitress mother. Both had a dream of traveling around the world. But with their meager income, it seemed unlikely to come true. That all changed at age 13, when Markita read in her Girl Scout magazine that the Scout who sold the most cookies in the country would win an all-expense paid trip around the world. Now Markita had a vehicle to realize her dream and she got “Fired Up!” Her burning desire to win this trip led her to create a winning action plan. Dressed in her uniform every day after school, she would visit people and ask them to invest in her dream by buying one or two dozen boxes of cookies. Pretty soon, with her drive and determination, Markita had sold 3256 boxes of Girl Scout Cookies. She won the trip around the world and since then has sold more than 42,000 boxes of cookies!

At age 14, she spoke at the international roundtable of the world’s top salespeople. Her advice was to ask for the order, ask, ask, ask. True to her motto, she then asked these salespeople to buy her Girl Scout cookies. At that one session, she sold 10,000 boxes of cookies. She’s a perfect example of how asking for what you want is a key to making your dreams come true. (Thanks to Jack Canfield for this story from his audio Self-Esteem and Peak Performance.)

Ask for whatever you need to make your dream come true. Be clear and specific. Visualize success, picture the person saying yes and giving you what you want. See yourself as “Fired Up!” and victorious. Let others take part in your dream; they may want to help you. It gets them “Fired Up!” too.

9. Schedule Action Steps for Your Dream

You may currently be doing something else besides living your dream. That’s fairly typical and is no problem so long as you take time to focus and work your dream. Lots of people work a second job to get the money to start a new business or change careers. That’s fine, as long as you give regular attention each week to accomplishing your dream and goals. Remember to use your time management system and schedule in action steps and complete them. That’s how you live the life of your dreams, one step at a time.

10. Attend Seminars, Webinars, Teleseminars or Take Courses to Stay Fired Up!

If you are pursuing a dream in a different field than the one you’re in or the one you prepared for in school, you may find great value in attending seminars, webinars, teleseminars or taking college courses in the area of your dream. There are a wealth of advantages to this. First of all, you will gain valuable information about your dream and what it takes to make it happen. Second, you will meet others who may already be in your chosen field and who may know people that would love to help you with your dream. Contacts can be of
tremendous assistance in accomplishing your dream. Third, associating with others who are “Fired Up!” and taking action helps you to stay motivated. Fourth, the instructor or seminar leader may become a valuable resource for you as you move forward. In fact, they may even become a mentor.

For information on upcoming webinars that I offer, go to www.firedupnow.com

11. **Interview Experts in the Field of Your Dream and Select a Mentor**

The people presenting your webinars or teaching your courses are likely to be experts in the field. If not, they probably know who the experts are, and can help you connect with them. In general, experts are more than willing to help others. Think about it. When someone asks you for help or advice, aren’t you honored? These experts are people too, and will usually respond generously. Some may even be so supportive that they become a mentor to you. A mentor is a trusted counselor who guides you, and who can save you countless hours and mistakes by sharing their experiences with you.

12. **Say Affirmations Daily and Make New Ones as They Come True**

Affirmations they are powerful; they work and are really easy to do. Use them every day, and when you have achieved the goal of a specific affirmation, make up a new one to take its place. The more you ingrain your success into your subconscious, the further along you will be with your dream. Affirmations formula: present tense, positively stated as though goal or dream was completely fulfilled, with emotional component.

*Ex: I am easily and gratefully receiving a steady flow of checks amounting to $10,000 every month.*

Brain expert Doug Bench says the ideal way to say affirmations to yourself is to get into a very positive mental state, where you remember a time when you were very successful. Feel those feelings and then say your affirmations 50 times each. Try it!

13. **Watch Motivational Movies, Listen to Audiotapes and Read Uplifting Books**

There are entire stores and catalogues devoted to inspirational books, tapes and movies. CareerTrack, Nightingale Conant and many others all offer excellent audio CD’s, mp3s and DVD’s. I especially recommend the following books: *Chicken Soup for the Soul* series by Jack Canfield and Mark Victor Hansen, *The Power of Focus* by Jack Canfield and Mark Victor Hansen, *Life 101* by John Roger, *Live Your Dreams* by Les Brown and *Random Acts of Kindness*.

Some of my favorite inspirational movies include: *Sister Act, Field of Dreams, The Boy Who Could Fly, Flashdance, Working Girl, Angels in the Outfield, The Secret of My Success, Vision Quest, Hook, Mrs. Doubtfire and Mr. Holland’s Opus*. These are just a few that work for me. Choose those that appeal to you. I also find that *Parade Magazine* in the Sunday newspaper does a particularly good job of showcasing uplifting stories, and I check it frequently.

To check out my inspirational books, audios and mp3s, go here: [http://firedupnow.com/index/store/motivational-products-1/](http://firedupnow.com/index/store/motivational-products-1/)
14. **Live in the Present Moment**

It’s easy to focus on the future when you’re working on a large dream, but you will experience greater joy and success when you live in the present moment. The present is your most resourceful state. It allows you to be open to new and magical experiences as they present themselves. Keep agreements for the future and visualize your dream as fully realized and still enjoy today. Remember, the present is a gift you give yourself.

15. **Use Music to Inspire, Relax or Energize Yourself**

Music is an amazing healing agent, since it can inspire, motivate and soothe you. Taste in music is an individual matter; so choose music which supports you best. Some people like soft jazz or classical music for relaxation; while others like country or folk music. Fast music and rock and roll can energize you and get you “Fired Up!” Many songwriters feature positive messages which remind you to stay on track. Kenny Loggins, James Taylor, Luther Vandross, Celine Dion, Tuck and Patti, Desiree and Michael Franks, among others, all write songs with meaningful messages which can inspire you to stay focused on your dream.

16. **Play Regularly – Honor the Little Kid Inside You**

I personally am a big fan of play, perhaps because I had a painful childhood. My husband is one of the best sources for play ideas, and we schedule in play time every week and weekend. Again, how you like to play is up to you. But some good ideas to consider are: coloring, drawing or painting; sculpting or molding with modeling clay; building something with blocks, cards or paper. Go to an amusement park, try rollerskating or visit a children’s museum. Remember that the little kid inside you is a super creative resource for you. You deserve fun and pleasure. They stir up the embers inside of you. Schedule them in. Remember the old adage, “All work and no play makes Jack a dull boy.”

17. **Exercise in a Way That Supports You**

You’re probably tired of hearing people talk about the value of exercise, so I won’t belabor the point. I find it gives me much more energy for the things I want to do, and it keeps me flexible and healthy. It helps my head to be clear, my body to be sound and my blood to flow. Exercise can sometimes be the perfect way to resolve a problem, because you can put all your effort into working out and forget about your worries. Afterwards, you’re more relaxed and invigorated and able to tackle the challenges. Being healthy, eating right and exercising in ways that support you will all give you greater strength, both physically and mentally. It will help get you “Fired Up!” with the flames of energy and life. Find an exercise buddy to help you be accountable and find something that is fun for you, whether it’s ballroom dancing, yoga, bicycling, tennis, skiing, etc. (The first three are my personal favorites.)
18. Laugh Often and Watch Funny Movies or Shows

When is the last time you went to a comedy club? Or watched a comedian on television? Or listened to a comedian on audiotape? All of these are interesting ways to stay fresh, open and relaxed about your dream. Having a good sense of humor is healthy on all levels, and will enable you to have more joy along the way.

My husband and I experienced this as we were driving on a trip to New York City listening to an old Robin Williams tape. The trip was over four hours long and somewhat tedious. It was incredible how the tape lightened our moods. Robin is in many respects a creative genius, and hearing his routine brought tears to our eyes. Within half an hour, our attitudes were more positive. We were revitalized and recommitted to the purpose of our journey, which was to participate in a valuable weekend training. So pick up a tape of your favorite humorist and listen to it soon. It can give you a whole new perspective on life.

19. Spend Time With Winners

Winner is a subjective term. In sports, it means someone who has competed and triumphed. A winner in life is someone with an optimistic outlook who has a great attitude about life and gets things done. A winner is joyful and open to opportunity. A winner looks for the best in others, rather than criticizing or complaining. A winner has occasional setbacks, but keeps going, with their goal in mind. If you had the choice, wouldn’t you rather spend the day with a winner than a loser? Which one do you think would encourage and inspire you to move forward? Which one would show appreciation for you and your victories and give you honest feedback? Think about these questions when you decide who to share your dream with, or even who to spend your free time with. Negative people bring others down; so stay away from them. Hang around with winners as much as possible. You want to keep going up and up.

20. Do Random Acts of Kindness

In 1983, a California artist decided she would do unexpected favors for strangers, in an effort to make the world a kinder place. Her actions caught on and the concept of Random Acts of Kindness resulted in a bestselling book of the same name, published by the editors of Conari Press. Most of the gestures described in the book are small, simple acts of kindness, and yet they make a large difference in the lives of those they touch. Why? As the book says, “At the foundation of every act of kindness is a simple and compassionate connection between strangers, who, for a moment, aren’t strangers anymore.... Kindness, it seems, has the capacity to return us to the very core of our humanity.”

Practicing acts of kindness is a wonderful way to quickly get “Fired Up!” about who you are as a person. Something as seemingly inconsequential as paying a stranger’s toll at the tollbooth, or putting money in someone else’s parking meter or even smiling at the checkout person at the grocery store can mean a great deal to those other people. According to the most recent research on happiness, being kind increases both the happiness of the giver and the receiver.

I had a sweet experience with this when a group of us were focusing on kindness as a theme one week. I was grocery shopping and at the checkout counter, I started chatting with the woman in front of me. She was obviously from another country and was getting accustomed to our
prices. I commented on how I loved chocolate, as there was a cookbook for sale at the checkout counter with a chocolate cake on the cover. She said she loved making desserts and trying new recipes but that cookbook was not in this week’s budget. As her groceries were being bagged, I bought her the cookbook. To avoid any embarrassment that she might have felt, I quickly added, “It’s Kindness Week” and told her that I would like her to have the cookbook. She rewarded me with a great big smile and a simple thank you. Little things can mean a lot. Giving, especially when it’s unexpected, is such fun and so heartwarming. Try it and find out for yourself.

For more information about what you have read, visit http://www.firedupnow.com

For information on the Fired Up! book, go to go to http://firedupnow.com/index/store/firedupbook/

May all your dreams come true!
Snowden