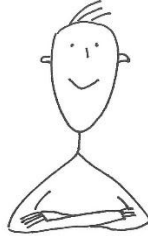


“Let’s be FRANK!”



Being FRANK is a simple, five-step formula to build confidence and increase clarity and focus around visioning and goal setting.

Commit to following these five FRANK steps to have more productive conversations.

“F” = Fix Energy Leaks.

- Disorder in our lives distracts and confuses us and drains our energy. When we clear away emotional as well as physical mess, we make room for fully expressing who we really are.

“R” = Reach a High Frequency.

- Energy attracts like energy, which means we will attract the people and circumstances that are vibrating at the same emotional level as we are. To increase and maintain a high emotional vibration, commit to love and other positive emotions, and nurture yourself.

“A” = Affirm Success.

- Affirmations are powerful statements to remind us what we know to be true, despite what others may say or when our own ego makes us doubt. Commit to writing down your affirmations and posting them prominently somewhere in your life. Say them out loud throughout the day.

“N” = Envision.

- Every top athlete has harnessed the power of seeing their accomplishments in their minds first. To give that image the power you need to succeed, you must engage all your senses, and you must infuse it with the positive emotions you would feel if this were a reality. Commit to seeing your goals as “real” and soon they will be.

“K” = Know to Give Thanks.

- What you focus on expands. That’s why it’s so important to cultivate an attitude of gratitude. Take time to express your sincere appreciation to others, and give thanks in anticipation of any and all that you accomplish.

This week, consciously practice the skills of being “FRANK” when you have an important conversation with someone.