



# EXCELLENCE

## WHAT DOES IT REALLY TAKE?

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**“Winners do what is goal achieving, while losers do what is stress relieving. So ask yourself at every juncture if what you are doing is goal achieving. Does the activity you are currently engaged in move you toward your end goal?”**

**- Dennis Wakely**

Excellence. It's a word that has traveled with me my whole life with mantras such as “think the best, expect the best.” My life however has never moved in a straight line. It has zig-zagged its way to where I am today, and I wouldn't change any of it (Good and well, some not so good) for the world. From one cool experience to the next, my life has been a dynamic path of forward motion leading to what I believe is the most prosperous and fortunate experience a small family like mine could have: the achievement of excellence.

In the past, I engaged in all types of strategies to achieve excellence—strategies that sometimes worked, and sometimes didn't—however it wasn't until I began reaching out to those who I felt were truly excellent people that the formula began to come together. Now, working toward excellence in all I do is not as daunting as it once was. By staying hyper-focused on my goals, the challenges that can often stand in the way of reaching them cease to be important. Everyday I wake up knowing that I can achieve continue the positive momentum because I already have.

Achieving excellence is not just about repeating mantras and hoping for the best. You must live, breathe and surround yourself with it. For myself, I have discovered that I must NEVER hang out with anyone I don't want to exemplify. Sounds harsh, I know, but think about it for a moment. If you want to be a positive person, you have to make the choice to surround yourself with the people who are living it themselves; surround yourself with positive people who make things happen for themselves, and for others. For example, if you want to be a lean, fit machine, find those who already have what you want, who can help you get to the next level of your own fitness.

One of the keys is to share with the people you want to exemplify WHY you want to be learn their secrets or strategies. If you wanted to earn a million dollars it would make the most sense to ask Donald Trump how HE did it. Seriously, be honest! It absolutely doesn't hurt, and you'll find that you will become that much more positive of a person just by making that connection. If you are honest in your goals, you'll find that when you ask for help, people



will move mountains to give it. Quite simply, the support you can achieve by being honest in your game to become truly excellent is really astounding. It's no wonder successful people tend to stick together: when you're goal-oriented and hyper-focused on that finish line of excellence, anything less than a confident "can do" attitude will impede the achieving of your goals. Don't let this happen. Make every day a goal-oriented one. Make every day one that truly exceeds your expectations—that is achieving excellence. That is achieving the 1%.

For me, there is really no defining line between work and life. I have been fortunate enough to make a living doing everything I love. And of course I surround myself with the right people who make a positive impact on my life. My friends are associates and my asso-

ciates always become my friends. It's that simple. In doing this, I have created a world that is purely mine, incorporating elements of my personality into a career that takes me from Pro Fitness Model, to Canada's First Call Celebrity Host, Spokesperson, and Actress. And all of this could not have been possible had I not taken the first few steps towards living an all around more positive lifestyle. One of my favorite expressions is to stay focused on what you have, your gifts, rather than what you think you don't have. I have my family, my health and a beautiful support system of friends and colleagues. And I have my goals. There is nothing more satisfying than triumphing over the "potholes" that life sometimes presents, whether it's an injury or something far worse. On my journey I have had many different styles of challenge –

sometimes, in fact, I am sure I am a graduate of the proverbial school of hard knocks - I have to think that these challenges are ways to keep me on my game, and to Never. Give. Up.

It's truly not that champions don't fall down; it's just that they have learned to get up faster than anyone else. With the right mental focus, and the best positive outlook you can possess, we are all capable of anything we set out to achieve, whether it is to be fit, famous, or to be the World's Greatest Mom or Dad. The pursuit of excellence is something I am challenging us all to live by and it is one thing I know has the potential to change everyone's lives for the better. So join with me now by following these steps. I have complete faith that by altering your mental game, achieving the 1% is within everyone's reach.





## Shannon Leroux's Seven Secrets to Wellness – The Complete Guide to “Never Giving Up”

1. Feeling fit feels great! Get rid of negative thoughts and make room for the positive ones! Use self-conversation to ignite a wealth of inspired thought patterns that create a new love relationship with the concept of feeling fit.
2. Be thankful. It starts with one “thank you” and it builds daily as you challenge yourself to find the blessing in each transaction of your life. Thankfulness invites success and positive self-image.
3. Visualize perfection. In your mind, capture the body you believe is perfectly you. Use that image to develop your body through exercise. Commit to saying only positive things regarding your physique.
4. Change your tapes. It's time to record new ones. Experience the freedom of throwing away those bad tapes from the past that have played for years. Create new scripting. The road to a healthy body is changing the messages going to your mind.
5. Slow and steady. Successful change is about slow, steady increments of advancement. Chart your direction and log small, productive steps towards your goals.
6. The law of attraction. Grow to appreciate and believe in the law of attraction. Forecast success in your mind and practice believing that your life is all that you wish it to be. Trust that you have the faith to alter the reality of your life.
7. Recite positive words of wisdom on a daily basis. Application and understanding may not come all at once, but words of wisdom from others will bring the perfect inspiration and transition for different stages of growth in your life.