



BRIDGE THE GAP

I'm from California. We are known for many things, from Hollywood with all its glitz and glamour to the peace and serenity of the majestic mountains of Yosemite. We are also home to the Golden Gate Bridge, a symbol of San Francisco. Most likely you've seen it in pictures, paintings or in the movies. If you haven't seen it in person, you need to get there. Its beautiful architecture reaches across the bay against the backdrop of the vibrant San Francisco skyline.

The bridge was built to connect the many cities of Northern California to San Francisco, a hub of business and culture. Prior to its construction, the only way to get across the bay was by ferry and that was not only inconvenient but often times a daunting trip. The conditions of the bay also made the task of finding an engineer that would take on the project nearly impossible. Any bridge in this location would have to withstand brutal winds, unpredictable tides, and intense fog. It would also sit less than eight miles from the epicenter of the most catastrophic earthquake in United States history. But engineer Joseph Strauss had a vision. He had persistence and determination. He had a dream.

His dream didn't come without obstacles. Many groups like the railroads, the loggers and the military opposed the bridge. We were in the middle of the Great Depression and funding for a bridge was not on the minds of most city leaders. The engineering challenge was enormous. The bay often has winds of up to 60 miles per hour and strong ocean currents sweep through a rugged canyon below the surface.

The Golden Gate Bridge stands today as a modern marvel. It is a testament to the will and determination of one man to conquer his barriers and bridge the gap between his obstacles and his desires. This mighty bridge will take you across rough waters and carry you to the land of opportunities. Where do you want to be? Start building your own bridge and close the gap.

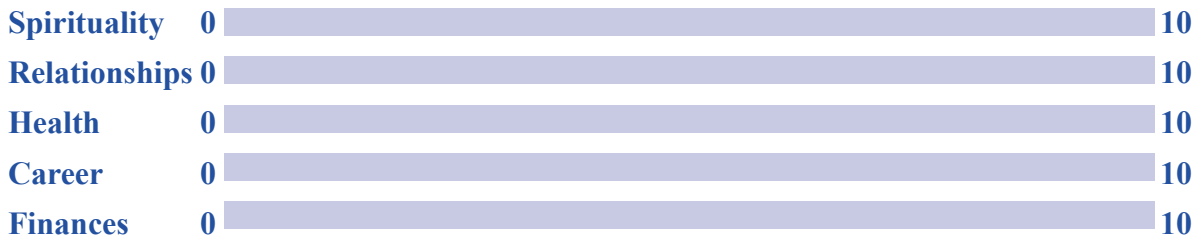
It is my wish for you that you will complete these exercises and create the habits necessary to build your own bridge from where you are to where you want to be.

Kelly Sylte



In order to Bridge the Gap you must first identify where you are.

Using the graphs below, identify your current level of satisfaction with that area of your life. This should represent where you are currently. A zero means that you are not satisfied at all with that area and a ten represents that you are completely satisfied and fulfilled in that area of your life.



You have identified where you are. Next, write below where you want to be. Be specific and be crystal clear. Use as much detail as you can. Think big. You can mark this on the chart above as a ten. Rest easy, we don't have to get there tomorrow. Just like the bridge, it will take some time to build.

Now you have identified the GAP between where you are and where you want to be. It's time to set the foundation.

Just like the engineer who built the Golden Gate Bridge, your next step is to identify those obstacles that might get in the way. What turbulent conditions might come up? How might you deal with them? Answer the questions below.

What are your strengths in each area of your life?



What are your weaknesses in each area your life? _____

Contrary to our conditioning, we want to focus on improving our strengths and “hire out” our weaknesses. In business, we may also choose to partner with someone whose strengths will supplement our weaknesses. It took many contractors with a diverse array of expertise to build the Golden Gate Bridge.

Identify some outside partners, mentors and resources that can help you build your bridge.

List any potential obstacles that might get in the way; people, conditions, circumstances, paradigms.

Jot down some thoughts or ideas on how you might overcome them? Do you need to recruit help in those areas? If so, list the names of the people you might recruit.



Once the foundation is laid, you can begin construction and work your way across. Remember, the construction of the Golden Gate Bridge took well over 4 years. Just like Joseph Strauss, the engineer of the Golden Gate, your dream will materialize over time. You CAN and WILL close the gap and get to where you want to be, but you must be in constant pursuit with perseverance and action.

Write down just two things that you can do tomorrow that will move you closer in the direction of your goal. You don't have to start with a giant leap. Just start with two micro-steps. Even the smallest of steps will continue to move you forward.

Now simply repeat the above step every day and you will gradually work your way across. Imagine where you would be if you had started a few years ago. Now hold that image and start TODAY!



Three Simple Steps That Will Transform Your Life

You may look at the steps below and think, “These are elementary, I already know this.” Let me ask you this, “Are you doing it... every day?” Remember, energy goes where attention flows. It takes consistent action to produce the results you want in your life. The tools below are meant to make the process easier for you. Print them out and make copies. It is my wish that you will use them every day as a resource to help Bridge the Gap between where you are and where you want to be.

1) **Start every morning with some Mojo.**

- Meditate – connect with your source for 5-15 minutes.
- Clearly visualize your dream as if you have already achieved it. Place yourself in it.
- Journal, in your own writing, everything you have to be grateful for today.

2) **Take micro actions every day toward your goal or dream.**

- Write down 1-2 things that you can do today that will bring you closer to your goal.
- Do them.

3) **Build self-accountability habits.**

- Pick one new habit a month that you want to create.
- Write down 2-3 ways you can create this new habit and do them every day for 30 days.
- Journal even your smallest accomplishments and success stories. Write how that made you feel.

Needed:

Quiet space
2 journals or note pads
Pen or pencil
Discipline



GRATITUDE JOURNAL

Today, _____, I am grateful for:

A series of horizontal lines for writing, with a large, faint watermark of two crossed wooden poles with fabric draped over them in the center of the page.

