

**Here is a page from Tonya's new book, "Life Is Your Song: Discover Your Voice!"**

## #Change

Understand that you hold the keys to your own destiny. No person or pain is strong enough to hinder your progress if you decide you want something better for yourself. Decide on a single goal, and determine that you will pay the price to get there. Get to the heart of the matter by studying your past and recognizing what has always held your progress up. Winners get up early and stay up late. Winners do what is "too much" to the average person. Winners anticipate and initiate change.

Embrace the power of *change* on the inside and then things will *change* on the outside. Did you know that change is often designed to separate champions from losers? A loser has a certain pattern of actions programmed in his/her mind, and he or she only plans how to respond if things happen that way. Highly successful people plan how they will respond in the face of challenging situations.

Say to yourself, "Change is good for me, and it makes my life better." You have the capacity to adjust seamlessly and quickly. Positive change profits you every time. Soon you will begin to watch for and accept change with excitement and great peace! Embrace change.

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