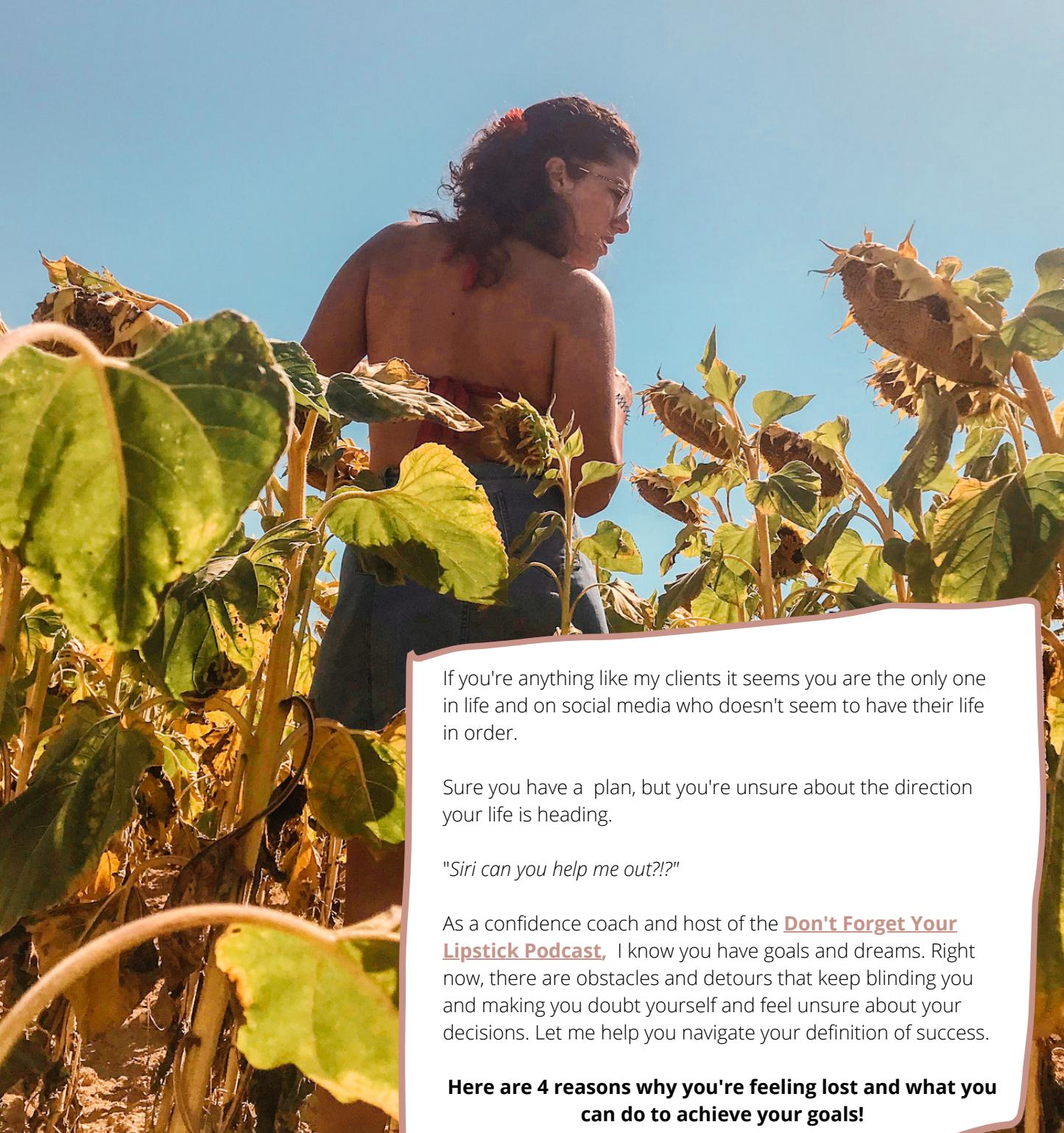


4 REASONS WHY YOU'RE FEELING LOST



If you're anything like my clients it seems you are the only one in life and on social media who doesn't seem to have their life in order.

Sure you have a plan, but you're unsure about the direction your life is heading.

"Siri can you help me out?!?"

As a confidence coach and host of the [Don't Forget Your Lipstick Podcast](#), I know you have goals and dreams. Right now, there are obstacles and detours that keep blinding you and making you doubt yourself and feel unsure about your decisions. Let me help you navigate your definition of success.

Here are 4 reasons why you're feeling lost and what you can do to achieve your goals!

4 reasons you're saying

"Ugh, I Feel Lost In Life."

Tips for Millennials



#1. Be laser-focused on your goals

So many of us struggle with balancing life and work. In the beginning, we're certainly motivated. But that motivation wears off over time. We get caught up, stuck, frustrated, overloaded, overworked, distracted, and we simply get off track.

Create a laser-focused plan or calendar of what you want to achieve.

Start by writing down your goals and where you are headed. If you're serious about your goals, then you have to actively set them and detail them out. Apart from appointments and must-do tasks, a large majority of your day can still be planned for success. Depending on your crazy schedule there are key things you'll need to do to ensure you achieve your goals:

- Write everything you need to get done daily. Focus your time on accomplishing one goal at a time.
- Structure your days. Are you an early bird or night owl?
- Set realistic expectations for each task, giving your full attention to that one task.

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Tips for Millennials



#2. Say "no" when you mean "no"

I am a sucker for saying yes.

Sometimes I even find myself thinking “no, no, no, no” and then I blurt out “yes.”

Have you ever encountered a situation where you found yourself agreeing to do something that you had no interest in actually doing?

You don't always have to explain yourself when telling someone no.

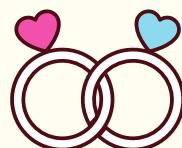
It's important to set boundaries. Our time is valuable especially when we are trying to achieve our goals. Don't invest into something that isn't important to you.

Take some time to think if it's truly something you want and will add value to your life. If it's not a hell yes, then it's a no, friend.

4 reasons you're saying

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Tips for Millennials



#3. Accept where you are right now

As a young girl you probably started planning your dream life and thought that by 30 years-old you'd achieve it.

Many think they'd have the house, kids, marriage and dream career. Some of us think we'd at least check off some items on our bucket list like travel the world and learn a new language. And it's not your reality yet.

You might be feeling like a failure, but know that just because the journey takes you on an unexpected path, doesn't mean you won't reach your destination.

The more time you spend developing yourself and invest in your personal growth, your list may change and become more true to your core feelings and values.

4 reasons you're saying

"Ugh, I Feel Lost In Life."

Tips for Millennials



#4. You're confused about who you are and what you want.

Some of us grow up holding some very negative beliefs about ourselves, feeling extremely insecure and unable to truly make a move for a happier life.

I was 26-year-old when I had my first panic attack.

I realized I was lying to myself.

I was unhappy and miserable. I blamed my parents and society for telling me that working a 9-5 job after college was what I had to be doing. I went along with it because I was unable to stand up for what I truly wanted. Until the day I decided to quit their dream and started focusing on mine.

Know that nothing is impossible to achieve and that you can accomplish your goals if you truly believe in yourself. Try not to get too beat up about feeling lost right now.

Ready for a free assessment so I can help you gain confidence so that you can achieve your goals?

Book a call with me [here](#) to get started!

*Melina
XO*