



### **COMMITMENT CREATES THE WAY**

If you have a strong commitment, you will always find a way.

### **CAN'T WISH YOUR WAY THERE**

Progress is not a wish, but an ACTION. What did I do today to move forward?

### **DIRECTION QUESTION**

Is what I am doing taking me in the direction of my goals and is it fast enough?

### **THINK DAILY**

We achieve what we want faster by taking action on it EVERY DAY.

### **HELPS YOU VISUALIZE SUCCESS**

A plan to achieve our goals helps us to visualize success in more details.

### **TAKE DECISIVE ACTION**

Decisions confirm choice and direction, but nothing happens until we take action.

### **WHAT AM I WAITING YOU?**

The reasons why we procrastinate don't make sense. Take ACTION right now.

### **POWER OF MOMENTUM**

The successful know momentum helps keep a positive perspective each day.

### **MAKE IT BITE-SIZE**

When we break work down into smaller pieces, we focus on action much faster.

### **HOW UNCOMFORTABLE?**

Remember, doing new things (growing) always makes us uncomfortable.

### **HALF MOTIVATED IS NOT MOTIVATED**

We are either motivated or not. Half motivated usually ends up giving an excuse.

### **SAY NO TO THE UNIMPORTANT**

Our effectiveness is based on our ability to say NO to the unimportant.

### **UNACHIEVABLE, YET MOST IMPORTANT**

Your most important goal is an unachievable one. It's chasing your potential.

### **FORMALIZE TO ENHANCE**

Bring some structure to what you do in order to make the next level of progress.

### **CELEBRATE LITTLE VICTORIES**

Celebrate little victories. It keeps your motivation high to achieve the big ones.



### **YOUR MOST POWERFUL DRIVERS**

When direction (where) and passion (why) are clear, it drives you forward.

### **FEED YOUR MOTIVATION EVERY DAY**

Make feeding your motivation a daily habit just like eating. It fuels achievement.

### **DEDICATION AND DISCIPLINE**

Dedication drives effort required and discipline keeps the focus for achievement.

### **UNDERSTAND WHAT MOTIVATES YOU**

Find the different ways to motivate yourself and achieve more each day.

### **FAILURE IS A PART OF WINNING**

Everyone learns more about themselves and gains strength through their failures.

### **PASSION = FOCUSED ENERGY**

Give something your focus and energy, and achievement always follows.

### **IT'S HOW MUCH YOU WANT IT**

Where your focus goes first?...indicates whether you really want it or not.

### **DIRECTION AND PROGRESS**

Stay focused on the direction you are going and the progress you are making.

### **BELIEVE IN WHAT YOU ARE DOING**

The first step in achieving anything is to grow your belief as strong as you can.

### **DREAMS OVERPOWER OBSTACLES**

The power in our dreams helps us find ways to remove the obstacles in our path.

### **PLANNING FORCES YOU TO THINK**

Planning forces you to really think things through and be able to adjust quicker.

### **YOU DETERMINE YOUR LIMITS**

Our most damaging limits are the ones we determine ourselves, not from others.

### **PEOPLE GET IN THEIR OWN WAY**

Your biggest interference is never others...but yourself and your own thinking.

### **IT'S LIKE SPINNING PLATES**

Too many priorities are just like spinning plates, and eventually one will fall/break.

### **REVEALED UNDER PRESSURE**

Potential is not revealed when you are comfortable, but when under pressure.



### **WORK YOUR PLAN - EXECUTE**

Execution is around working the plan and then adapting when necessary.

### **PREPARED TO LIVE YOUR DREAM**

The best start to living your dream is to build your courage to take more risks.

### **START WITH THE UNCOMFORTABLE**

If you start with the uncomfortable, you start with what is holding you back.

### **SUCCESS IS OFTEN IN THE DETAILS**

If you can manage the details, you know what you do and you will achieve more.

### **WHAT MATTERS VERSUS EASY TO DO**

Easy to do gives a false sense of achievement. Focus on what really matters.

### **TO BE WHO YOU COULD BE**

The goals you set must be powerful enough to drive you to be who you could be.

### **GIVE YOUR DREAM SOME STRUCTURE**

A dream needs some structure in order to attack it in productive ways.

### **SURRENDER TO WHAT YOU WANT**

Surrender to your goals and you commit yourself to do whatever it takes.

### **IT'S ALREADY INSIDE YOU**

Whatever you need to succeed is already inside you...just take action to use it.

### **HOPE VERSUS FEAR**

Action comes easier when we have more hope than fear in your minds.

### **GET YOUR MIND OUT OF THE WAY**

Your own doubt is what is slowing you down more than others around you.

### **BRING IT BACK TO THE ONE THING**

You focus your time by being clear on the one thing most important to you.

### **ATTACK FEAR WITH PREPARATION**

You attack a fear you have by focused on being better prepared than before.

### **REDUCE THE INTERFERENCE**

Achieve more by reducing the interference (disruptions) you encounter each day.

### **ENJOY THE MOMENTS ALONG THE WAY**

The success becomes sweeter when you enjoy the moments along the way too.



### **DISCOVER WHAT GIVES YOU ENERGY**

Know what gives you energy, and include it in ways to keep energy high all week.

### **LET GO OF WHAT IS SLOWING YOU**

It might feel comfortable, but you need to let go of what is slowing you.

### **TAKE ACTION IN SPITE OF YOUR FEARS**

Fear is just a feeling...it is not a stop sign. Feel the fear and take action anyway.

### **FACE REJECTION AND NOT GIVE UP**

You will always face rejection, and the key to success is not giving up.

### **BUILD AND MAINTAIN THE ALIGNMENT**

Focus on creating and keeping the alignment to drive more progress.

### **SYSTEM THAT MAKES SENSE TO YOU**

Find the personal effectiveness system that works for you...it's personal.

### **UPGRADE YOUR THINKING**

To perform at another level, we need to upgrade our thinking to that level.