

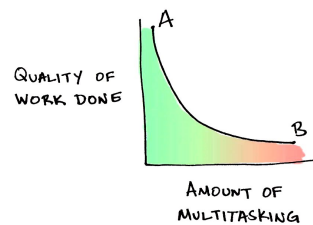
How can I go all in on my success?

1. What are you half-assing right now? & What is it costing you?

	Urgent	Not Urgent
Important	DO FIRST prepare for meeting tomorrow Look after sick kids Pay tax bill	SCHEDULE RECURRING Exercise Read a book Quality time with partner & kids. Deep relaxation
Not important	DELEGATE Pay bills Help someone with something. Chores & admin	DELETE Watch tv Social media scrolling Low quality news.

2. What stops you?

The Myth of Multitasking



A = Looks simple, but actually gets results.
B = Looks busy, but actually wastes time.

JamesClear.com

Motivation Drivers

<p>External Pleasure</p> <p>Comfort food, sweets, overeating.</p> <p>Shopping, overspending.</p> <p>TV, Scrolling,</p> <p>Avoiding the hard things.</p> <p>Sex, Drugs, numbing out.</p>	<p>External Pain</p> <p>Discipline, Controlled healthy nutrition</p> <p>Saving, refraining from impulse buys.</p> <p>Reading, meditating,</p> <p>Having difficult honest conversations.</p> <p>Hedonic calendaring.</p>
<p>Internal Pain</p> <p>Physical - Injury, Inflammation, excess weight</p> <p>Emotional - shame, guilt, jealousy, humiliation,</p> <p>Mental - self-doubt, limiting beliefs</p> <p>Spiritual - Lack of faith, nihilism.</p>	<p>Internal Pleasure</p> <p>Physical - Health, Vitality, Recovery.</p> <p>Emotional - Joy, pride, peace</p> <p>Mental - self-love, encouraging beliefs.</p> <p>Spiritual - Faith, trust, bliss oneness.</p>

In order to have the power to delay instant gratification, we need to have a clear and compelling vision we are willing to work for and endure challenge or pain for.

Reflection	All-in Commitment	Half-assing
What was it?		
How did it feel?		
What made you decide to do it?		
Did you have a clear picture of success?		
How important and meaningful was it?		
How did it feel to complete?		
Did you get the result you wanted?		

What do you really, really want?

What are the required actions to create that reality?

What do you need to STOP in order to have what you really want?