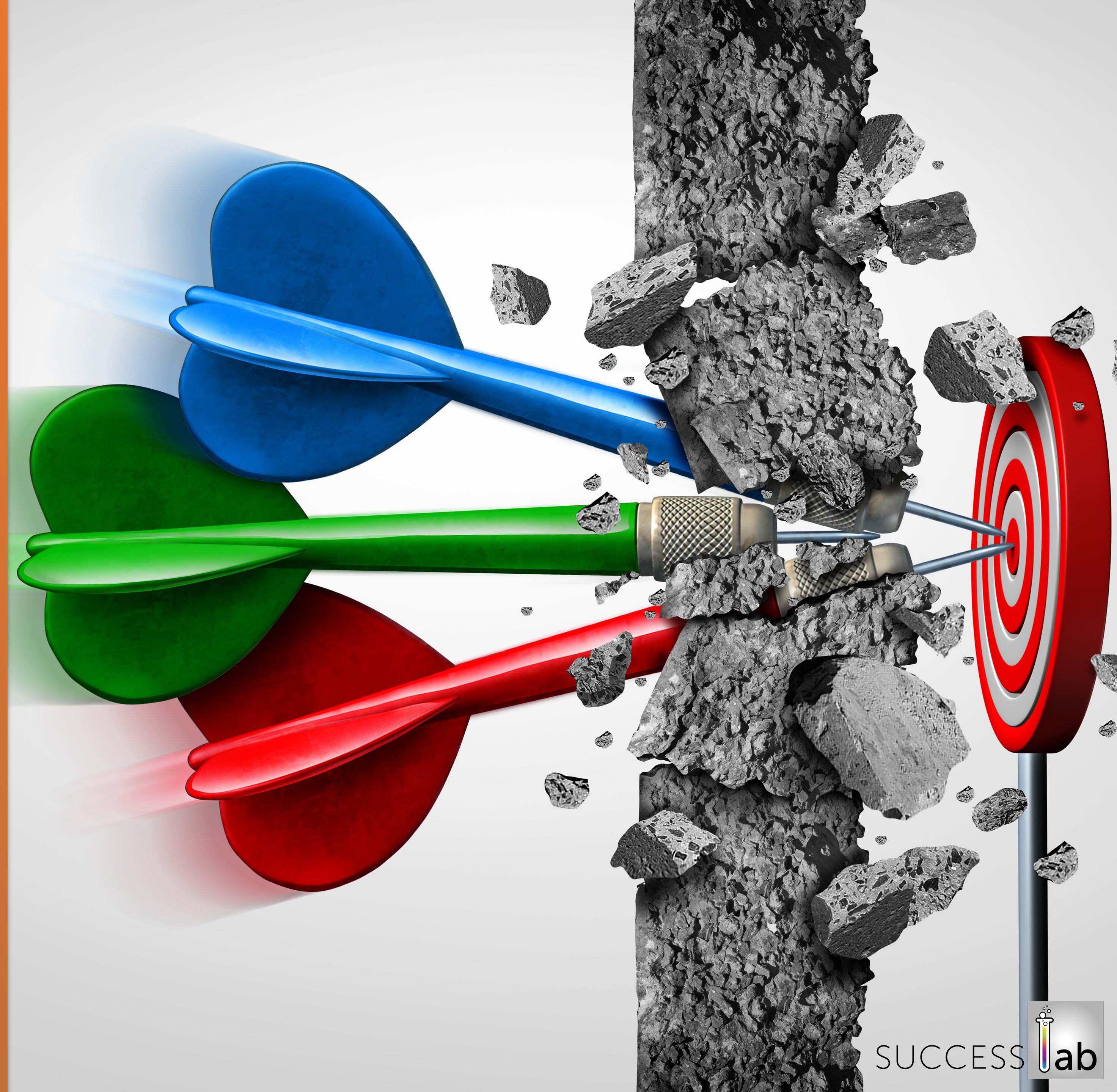


BREAKING
THROUGH
YOUR OWN
LIMITATIONS



How To Make Sure You Don't Fall Off The Wagon

Most people start the year with enthusiasm for their newly set goals and targets.

Even though they are probably the same ones they missed last year.

The most common goal set for the New Year is...

Weight Loss.

Of the 156 million Americans who stated that their weight was at crisis levels in 2017, 12% reached their target.

That rush of energy or enthusiasm creates momentum that overpowers (temporarily) the circumstances that would otherwise blunt progress.

It looks like this...



I'm Going To Lose 10kgs
January



ENTHUSIASM

I'm on fire!
I'll do whatever it takes,
Get out of my way!
Pain - what pain?



RESISTANCE
(beliefs)

I always cave in,
I am crap at discipline,
I am weak as piss,
Hunger hurts - a lot



I'm Going To Lose 10kgs
February



INGREDIENTS:
Willpower
Focus
Stamina
Grit
Determination
Force
Discipline
Self control

ENTHUSIASM
on fire!
whatever it takes,
of my way!
what pain?

RESISTANCE
(beliefs)

I always cave
I am crap at disci
I am weak as piss,
Hunger hurts - a lot

INGREDIENTS:
nil





I'm Going To Lose 10kgs
March



INGREDIENTS:
Willpower
Focus
Stamina
Grit
Determination
Force
Discipline
Self control

ENTHUSIASM
I'm on fire!
I do whatever it takes,
Get out of my way!
Pain - what pain?



RESISTANCE
(beliefs)
I always can't do it
I am crap at doing it
I am weak as piss,
Hunger hurts - a lot

INGREDIENTS:
nil



Breaking Out

The reason the little blue minnow (**beliefs**) turned into a man eating piranha is that it was left out of the equation...



...and the fire breathing dragon ran out of petrol because it was all spent too quickly.



I'm Going To Lose 10kgs



THE TRAP

How to...

A new (weird) diet, a fresh exercise routine, a change from running to swimming...

There is always a promise the goal will be reached faster & easier than ever...



THE SECRET

Commitment

Clearing out the blockages (**beliefs**) that eventually become insurmountable if left to their own devices.

This requires getting uncomfortable & doing the thing we don't want to.



The difference between these two characters is how they handled “the truth”.



A Partial Truth

Always the end of the road

The Larger Truth

Always a new beginning

BELIEF	Partially True	Another Truth
The banks don't lend money for businesses.	OK - that's it then - we are cactus.	Non Banks lend exclusively on business because they don't want to be in the housing market.
I have big bones so I can't lose weight.	You'll have to get used to being fat then.	How do people with big bones lose weight?
Relationships always end badly.	Get ready for divorce.	Who knows how to make relationships work? Is there a book, a course...
The rich get richer & the poor get poorer.	It's out of my control.	Where can I study wealth creation?



Assuming the blockages can be dealt with - what else is needed to break out of the cycle? *

WARNING:

These SEVEN keys are equally important no matter what the goal.

* Check out *EQ: The Key Skills* in the SuccessLab library

YOUR "WHY" IS MORE IMPORTANT THAN YOUR METHOD

Getting in shape for Jack & Jane's wedding is a recipe for disaster because it's an external, appearance based, ego centred, falsity which has no intrinsic motivating force.

If there is no deeply 'personal' ulterior purpose - forget it.

Without a "because I..." that goes to your core values - forget it.

ALL WORTHWHILE GOALS ARE MARATHONS NOT SPRINTS

Obviously if you want something - you want it now. The impatience created by having to have it instantly, creates crash programs full of short cuts and excesses that create a 'punishment' mindset.

The high level of 'denial' will not survive the fact that you own the keys to the jail you have imprisoned yourself in.

Can you exchange short term delayed gratification for long term satisfaction & fulfilment?

HARD WORK & SACRIFICE MUST BE TURNED INTO PRIVILEGE

Until you can 'reframe' the idea of denial, sacrifice, hard yards etc into the opportunity to reach more of your potential - you are sentenced to enduring the process.

High performers express gratitude for the opportunity to go up against themselves and discover new levels of ability.

You have to search for how to ENJOY the process or it will be more than you can handle - resulting in a fall from grace.

WHO IS ON THE JOURNEY WITH YOU?

Shared goals work better - period. That means disclosing to a small group of supporters - what you are working on and why.

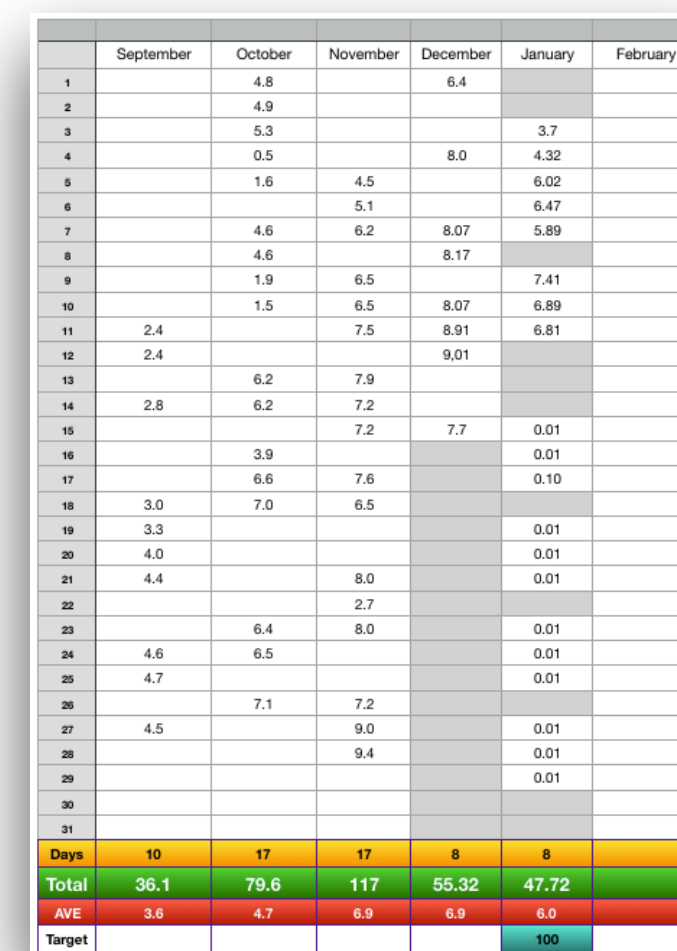
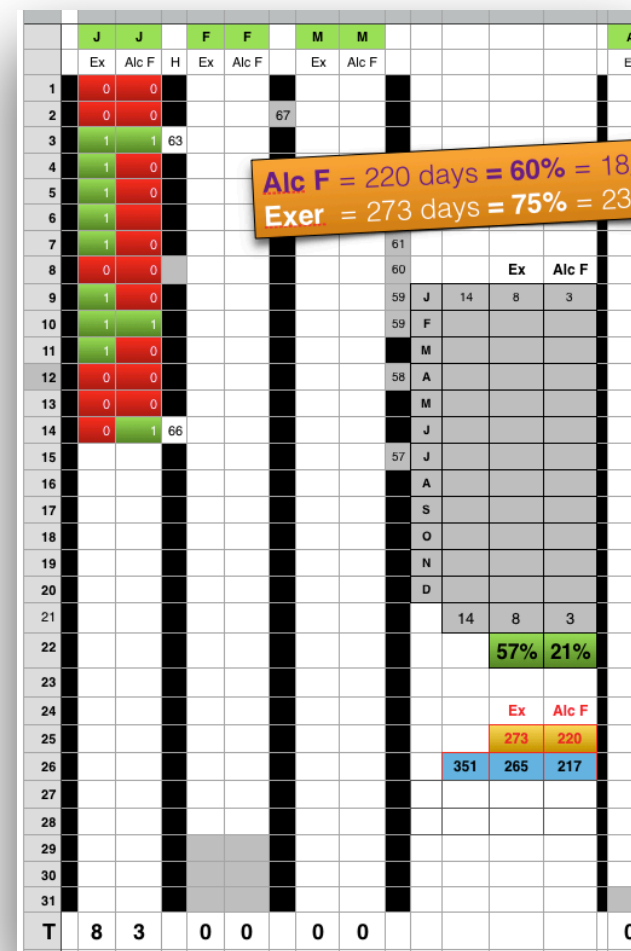
Who has been down this path before and is willing to assist you? Having access to an experienced player is often the difference between success & failure.

Do you have an accountability buddy? (Why not?)

HOW ARE YOU TRACKING PROGRESS?

1. Does your supervisor know what your plans are?
Do they support you?
Are they advising you on your progress?
2. Are you graphing the balance in the savings account?
3. Have you had a check up/blood test etc?

(Why not?)



ARE YOU PREPARED TO HEAD INTO 'DISCOMFORT' TERRITORY?

At some point you'll have to endure extreme discomfort.

Most people will back away.

Will you join them?

Or do you understand that by heading into the 'uncomfortableness' - you create the opportunity to breakthrough/breakout from your previous limitations?

FILL IN THE SUCCESS GOAL SHEET TO ENSURE YOU ARE READY

SUCCESS GOAL SETTING

GOAL:

VALUES COMPLEMENT

VALUES CONFLICT

GOALS EFFECTED - REACH

GOALS EFFECTED - MISS

STRENGTHS

WEAKNESS

STOP DOING

START DOING

FOCUS ON

MINDSET ISSUE

CREATE EMOTION

PREVENT EMOTION

LEARN

UNLEARN

ACCOUNTABILITY BUDDY

BELIEFS TO CHANGE

WHY

WHO

MILESTONES

MANTRA

Global SUCCESS ACADEMY

Assignments

1	Identify your 'little blue minnows' for each of your major goals.
2	Develop a strategy to overcome each of those blue minnows.
3	Fill in the Success Goal Sheet for each of your major goals and make note of any changes you need to make.