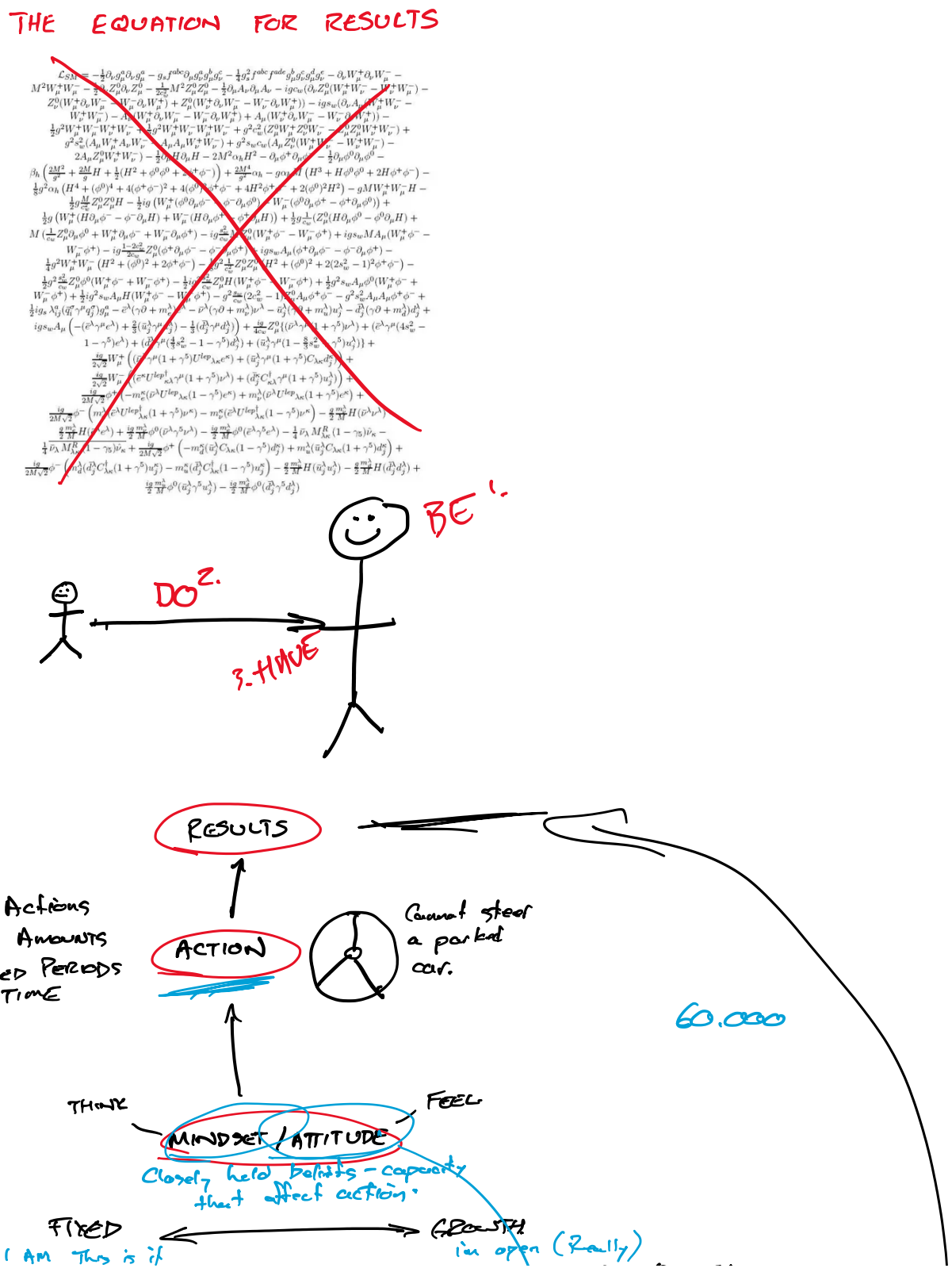
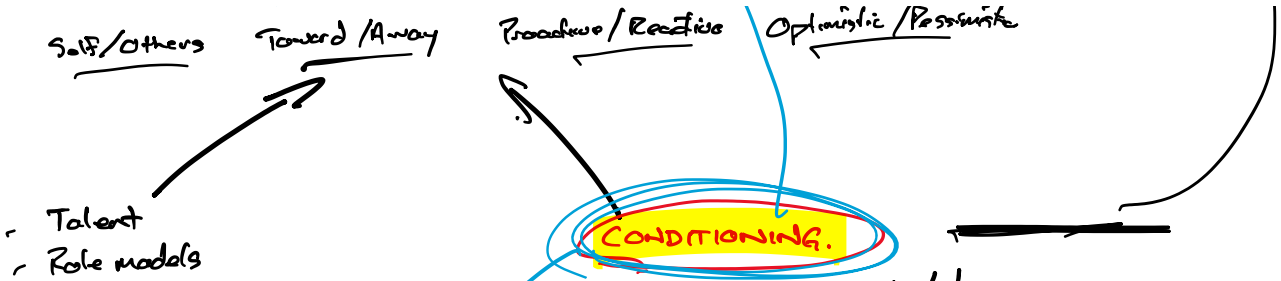
Results

Thursday, April 4, 2019 1:35 PM





- Talent
- Role models
- Past Goals
- Successes
- Failures
- Friends
- Family
- Training

REPETITIVE
66 DAYS

- 60,000 thoughts/day
  - 90% same as yesterday
  - 80% negative

EMOTIONAL REPETITIVE.

- Re-evaluate ~~I AM statements~~ WORKS FOR YOU.
- Deconstructing/Revisit Values.
- Reject Defaults
- Replacing - not stopping
- Direct, Simple Path.

DISPLACE

Discipline.
- Regularly work out a thing until it routinely works on you.