

1. Do you have goals?

- 2. Why do you work at some goals but not others?
- 3. Reasons:
 - · Who you are?
 - Genetics?

ANSWER:

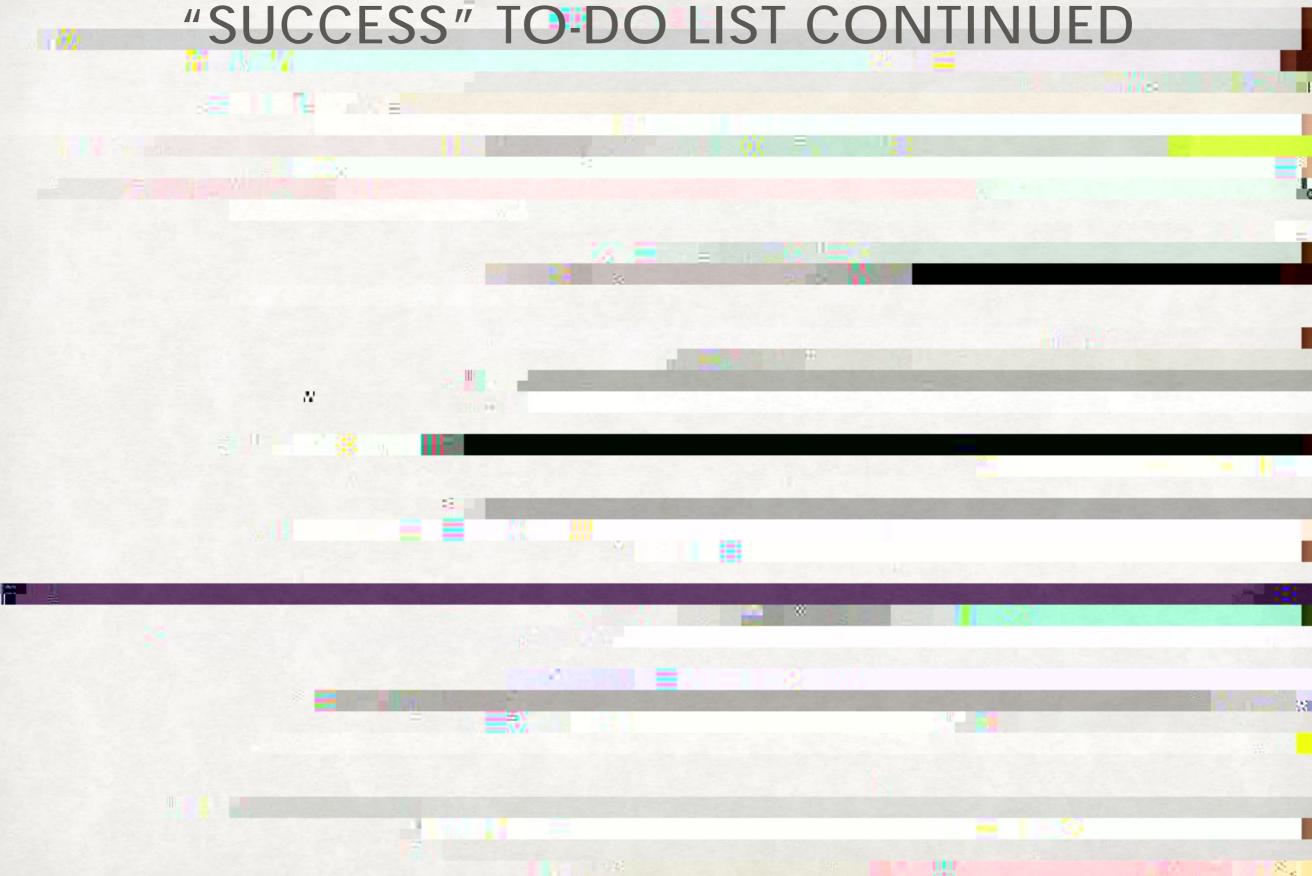
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"Thing" #1 - Putting It Into Practice: Get Specific

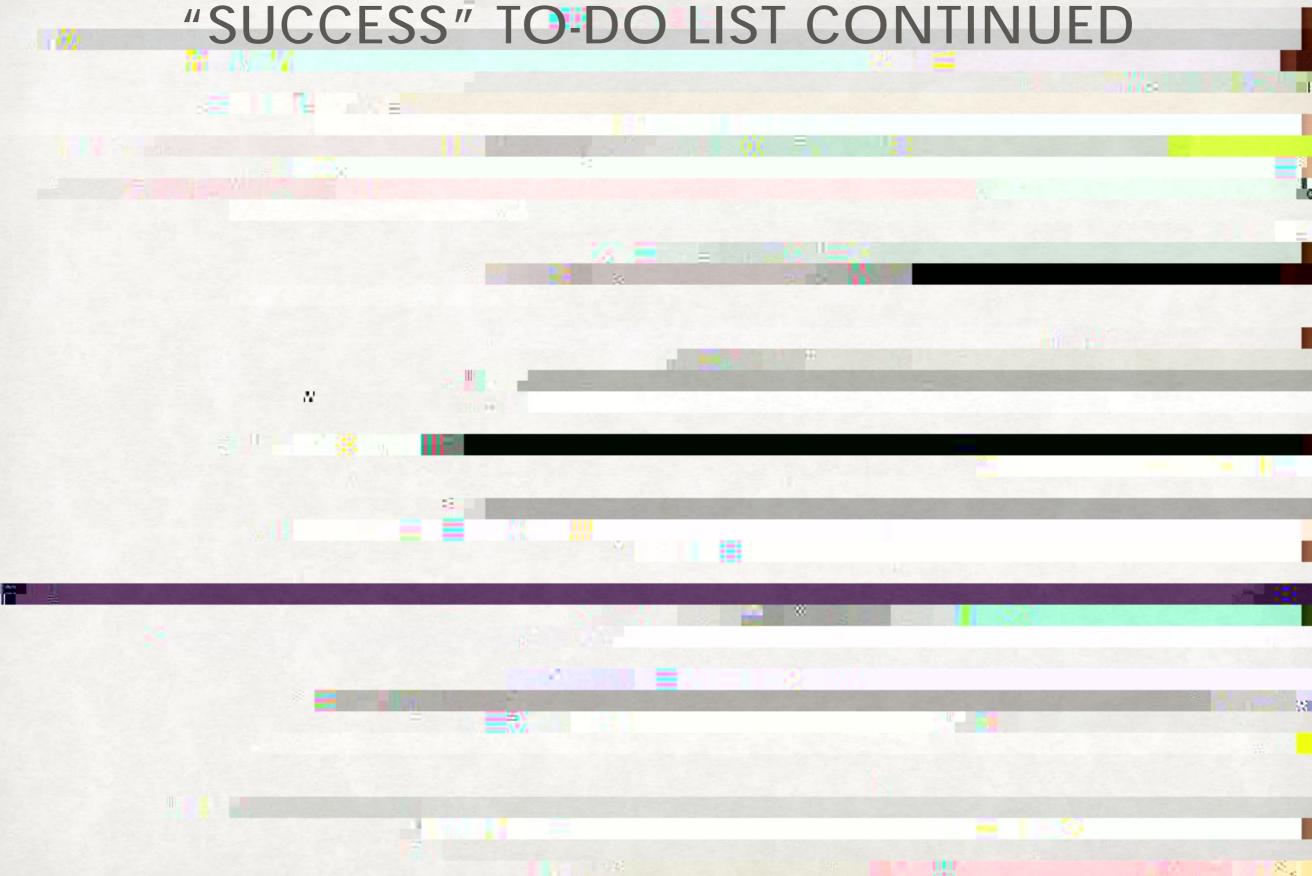
- 1. Write down your goal.
- 2. How will you feel when have succeeded?
- 3. Go back and rethink and rewrite your goal.

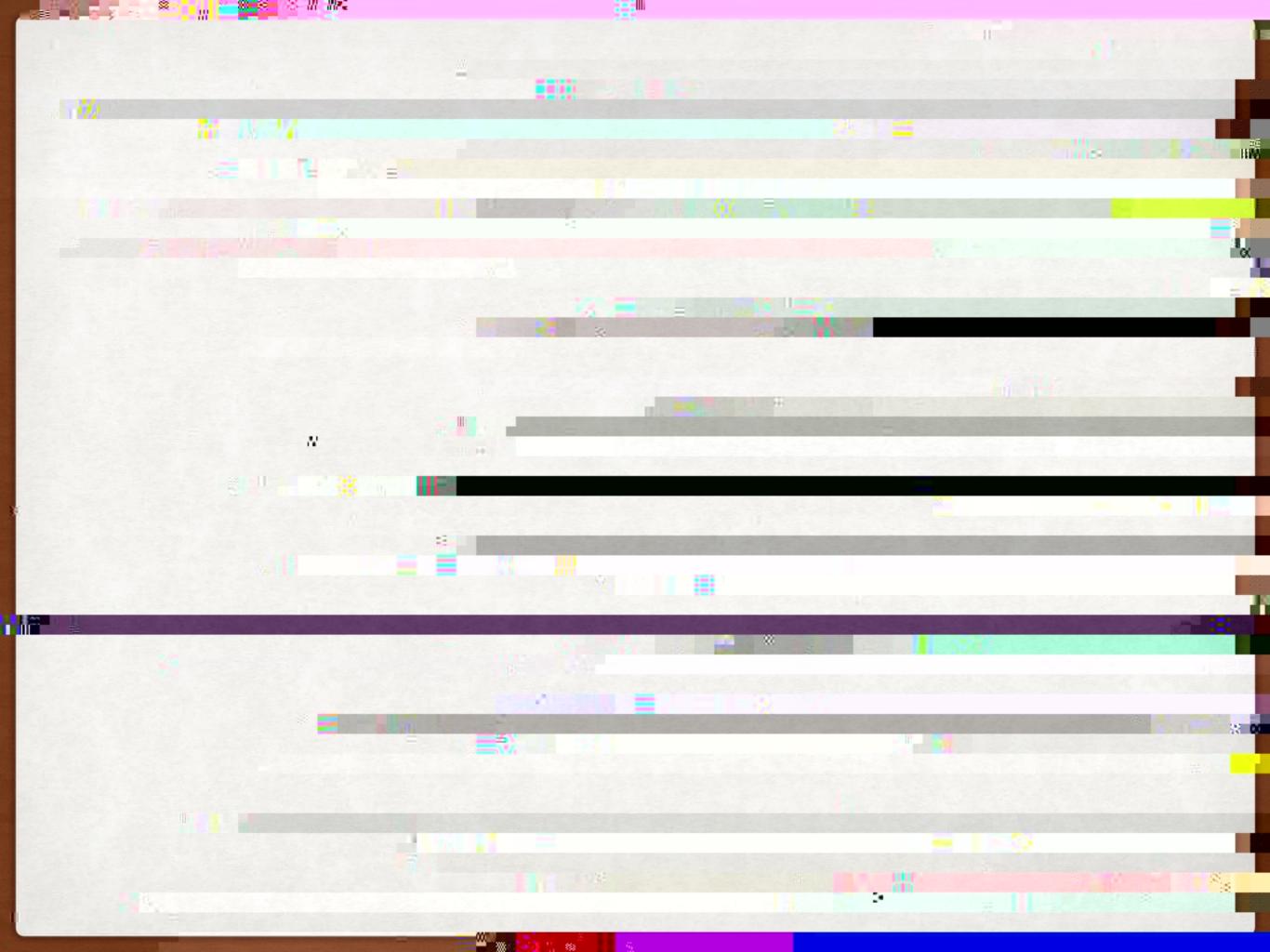
4.







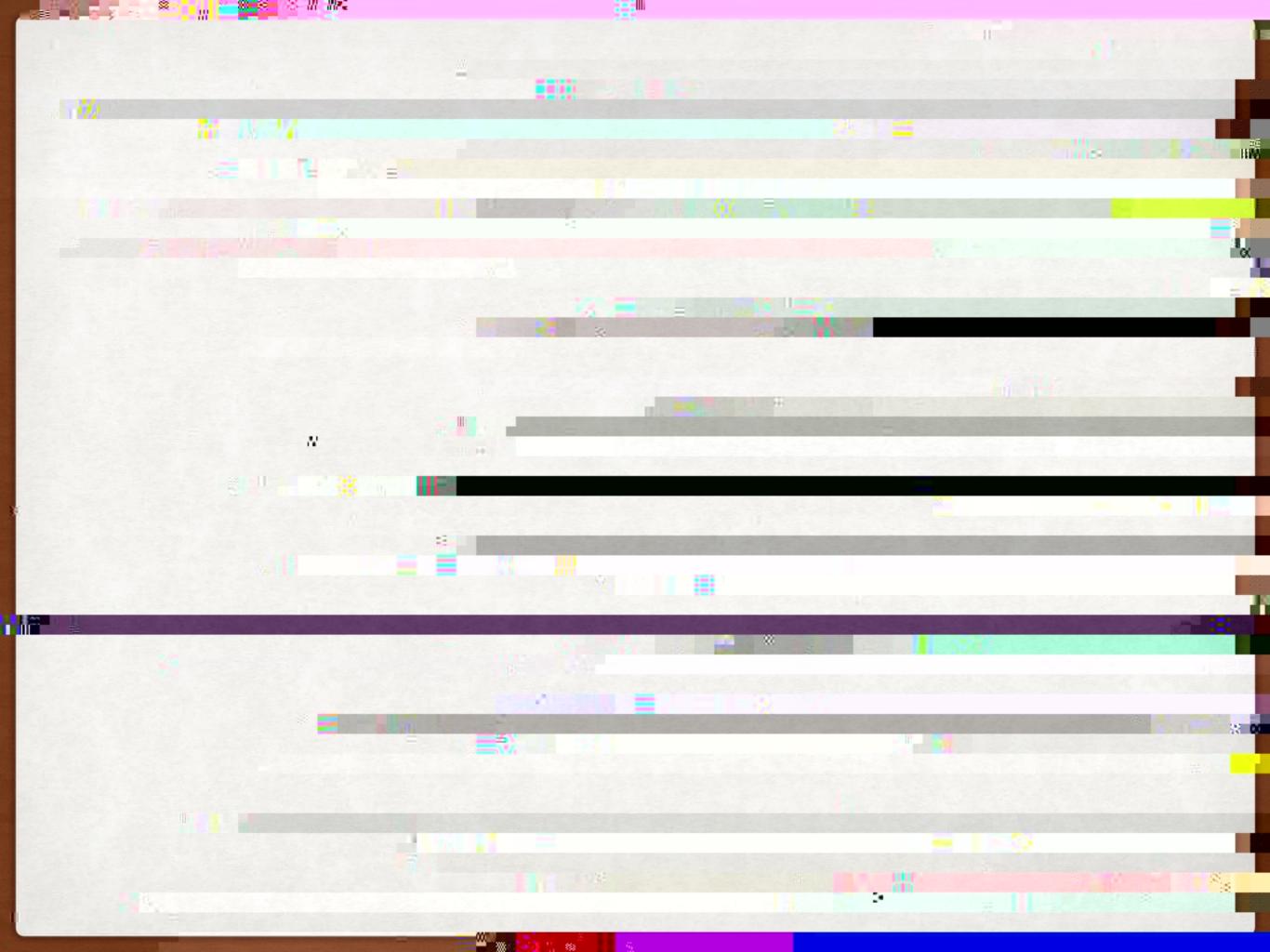




"Thing" #3 - Putting It Into Practice: Monitoring Your Progress

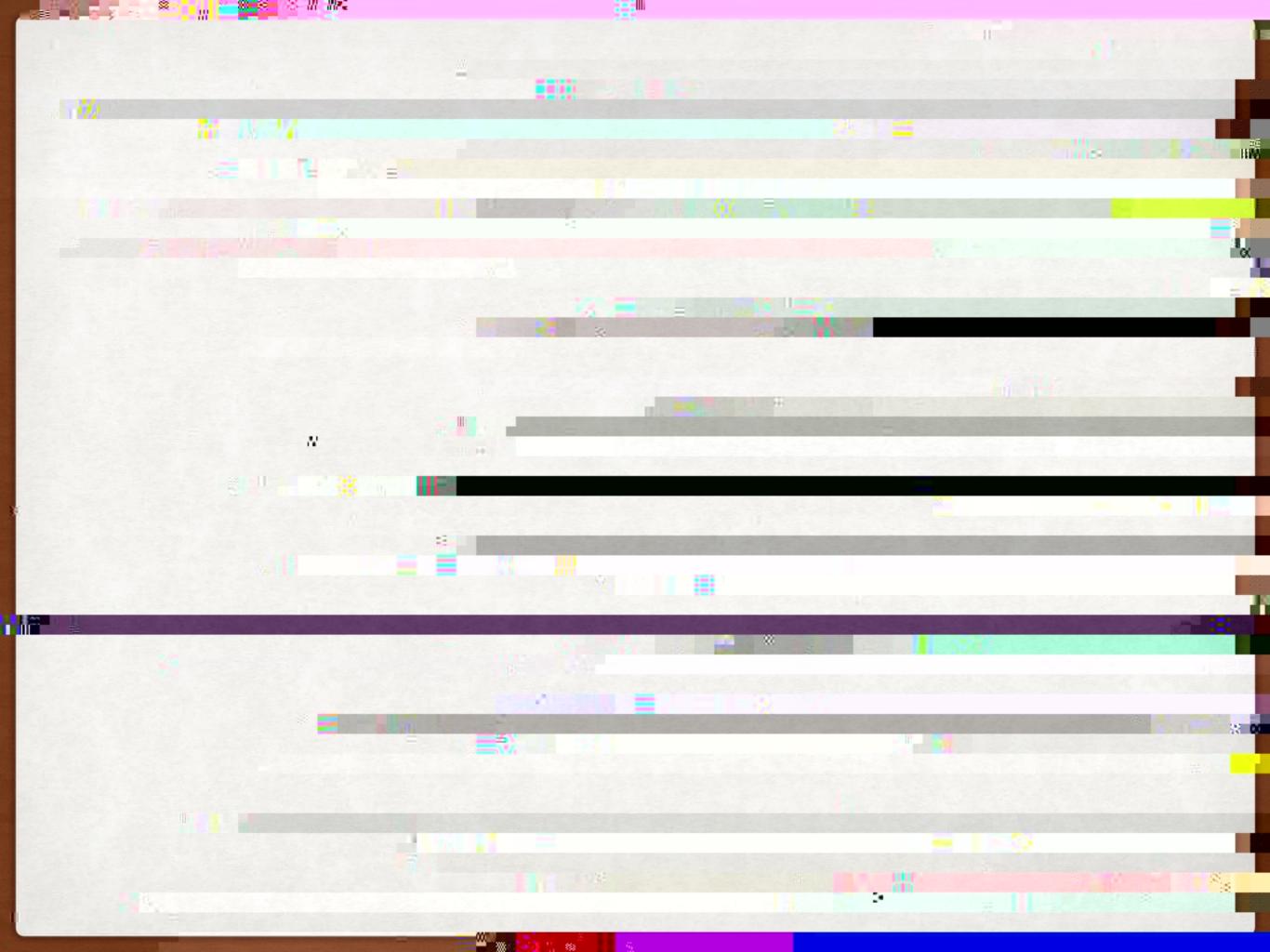
1. Decide frequency of assessment.

2.

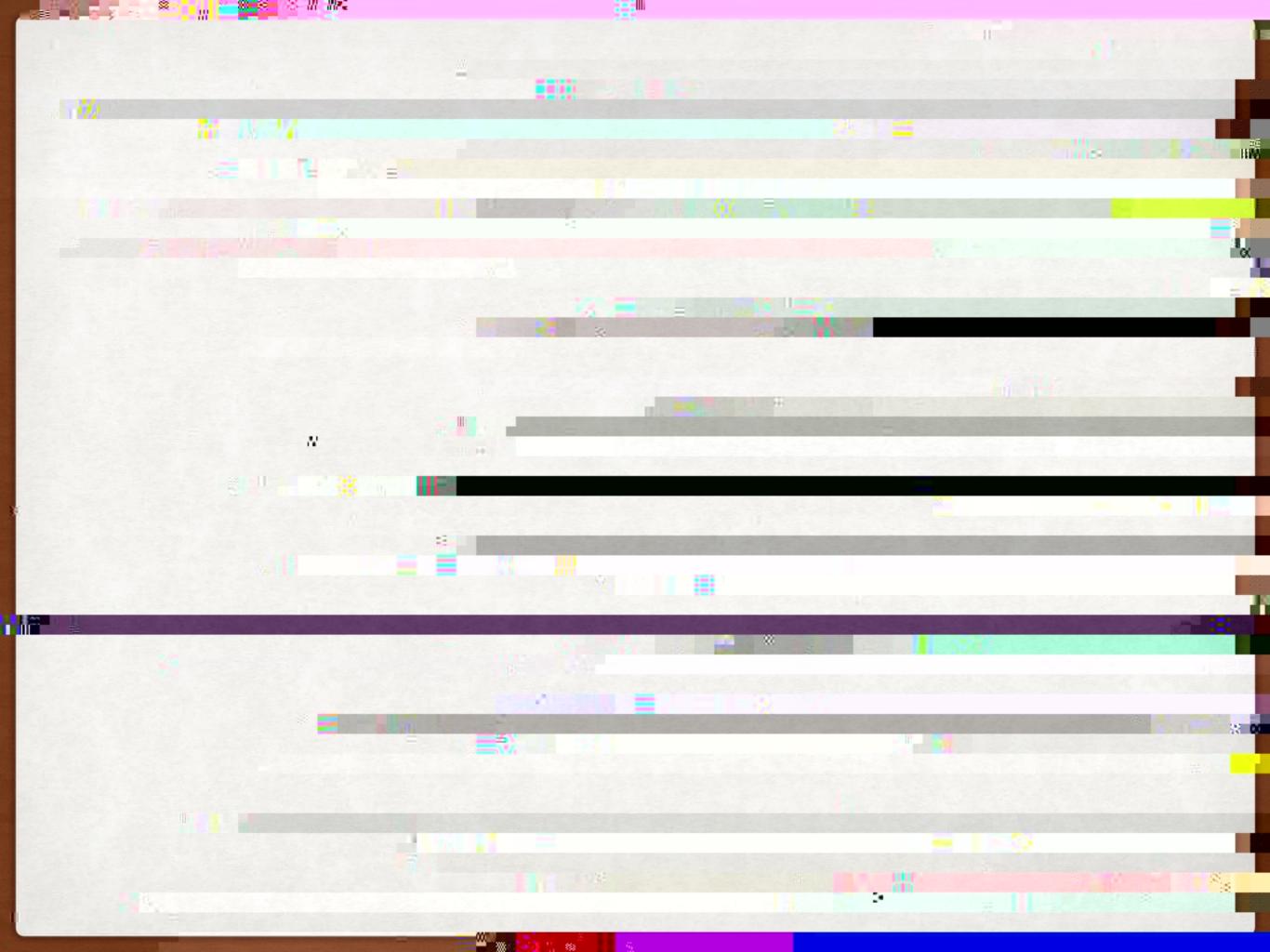


"Thing" #4 - Putting It Into Practice: Be A Real Optimist

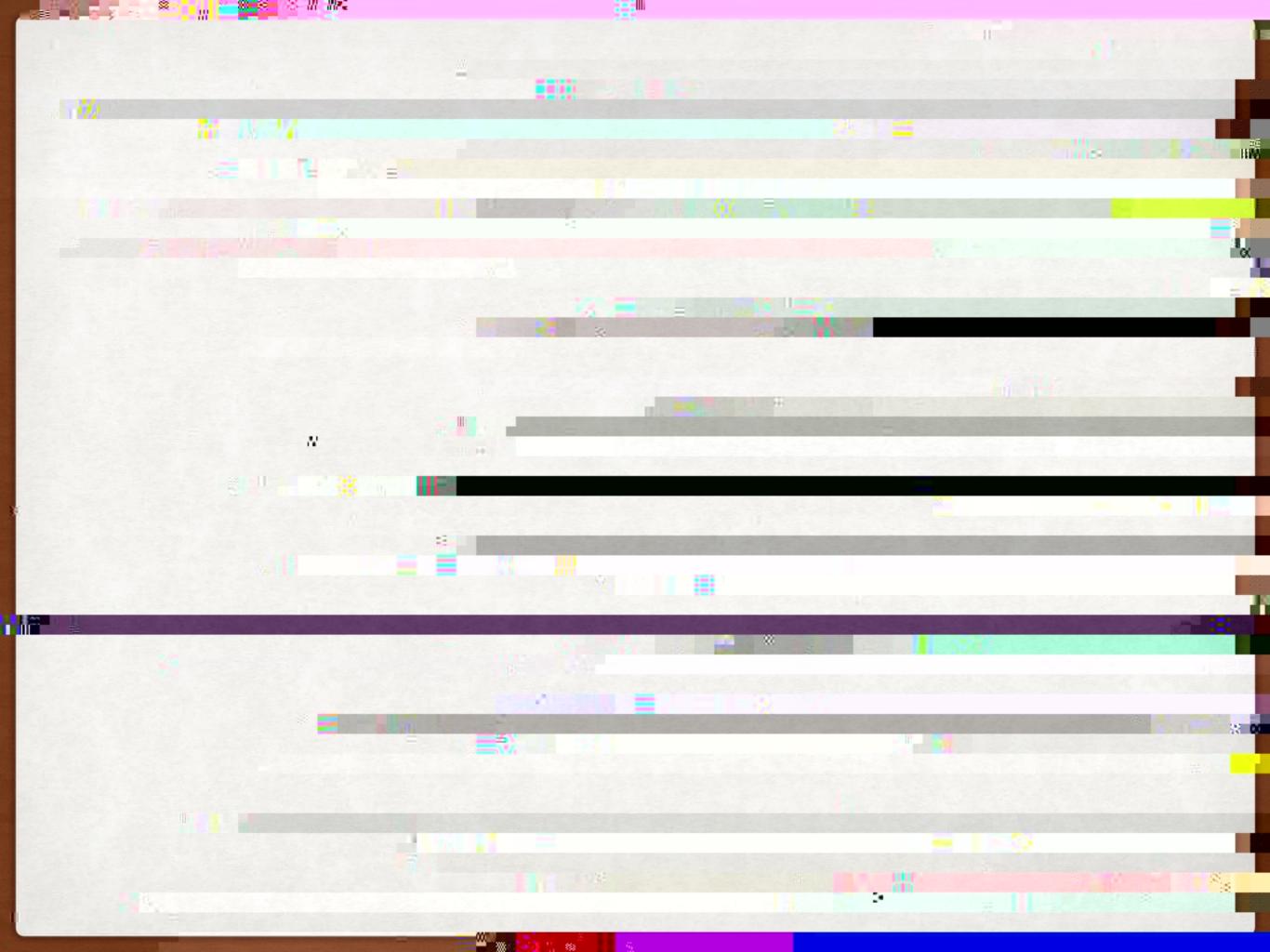
- 1. Reflect on everything.
- 2. Prepare for the obstacles.



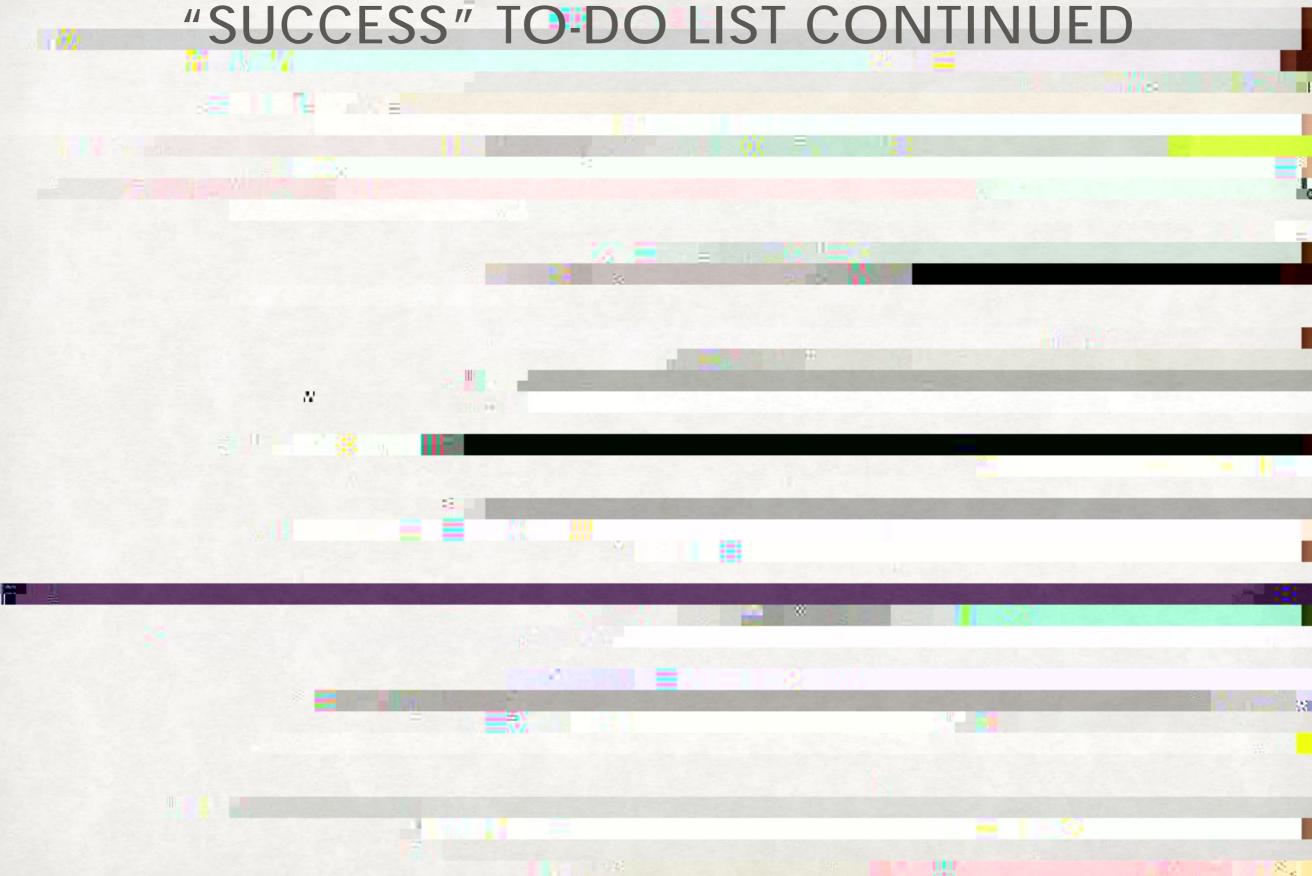
"Thing" #5 - Putting it Ints()4001e: Focus On GetDO Lutt, TINED



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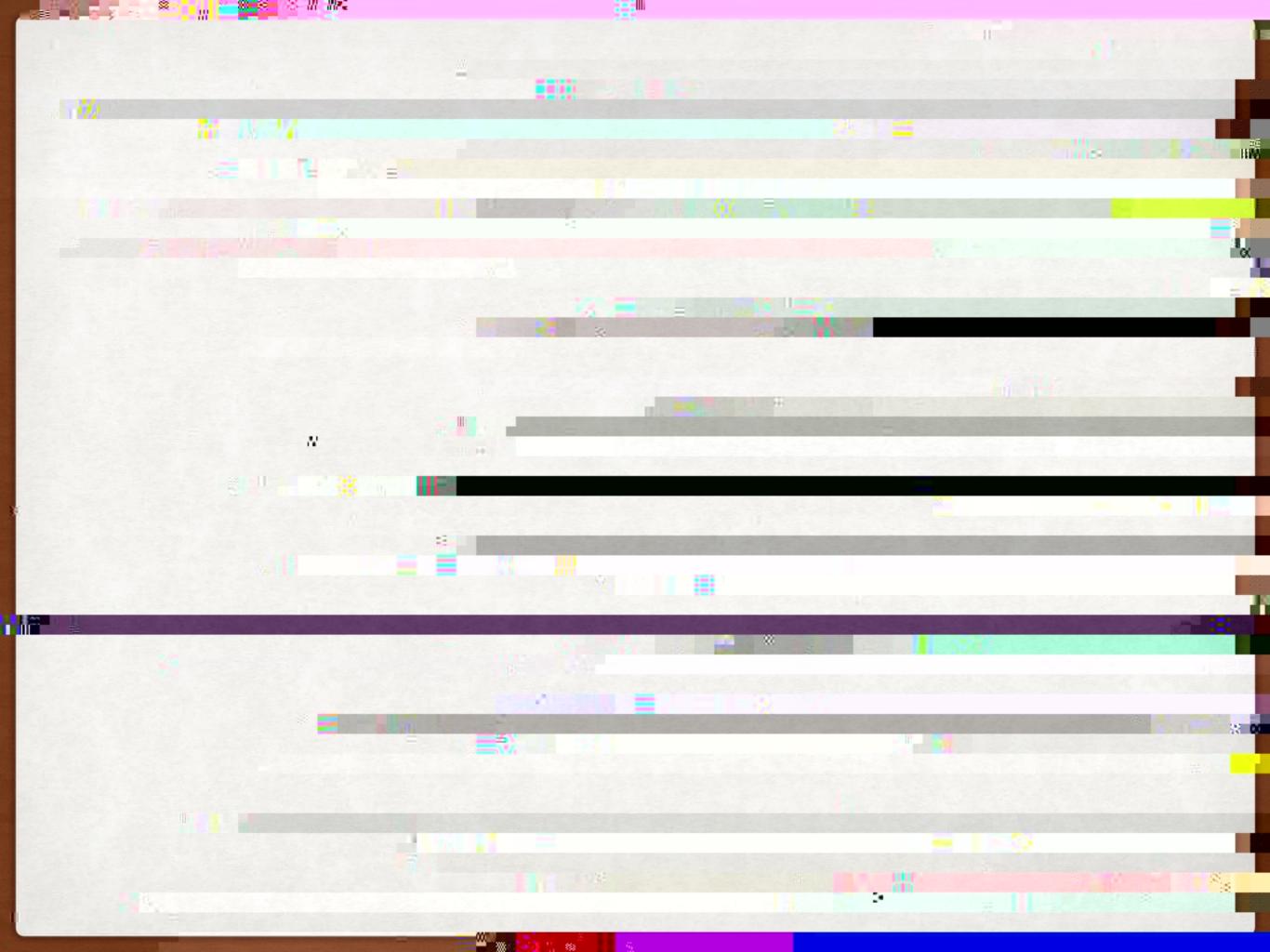






"Thing" #7 - Putting It Into Practice: Build Your Willpower Muscle

- 1. Rest your willpower.
- 2. Lift your own spirits by doing something "fun."
- 3. Willpower muscle will grow stronger with regular use.



"Thing" #9 - Focus On What You Will Do, Not What You Won't Do

- A. Focus on the "alternative."
- B. Replacement Replace a negative behavior with a positive.
- C. Ignore Block out unwanted feelings, replace them.

"Thing" #10 - Putting It Into Practice: Join The Band!

- 1. Team atmosphere.
- 2. Networking.
- 3. Leadership Opportunities.
- 4. Challenge "You."
- 5. Pay forward. Legacy.
- 6. L.I.B.T.Y.F.I.
- 7. Change you, your world, your career, your thinking.