



# QUESTIONS?

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

ANSWER:

- IT ISN'T WHO YOU ARE, IT'S



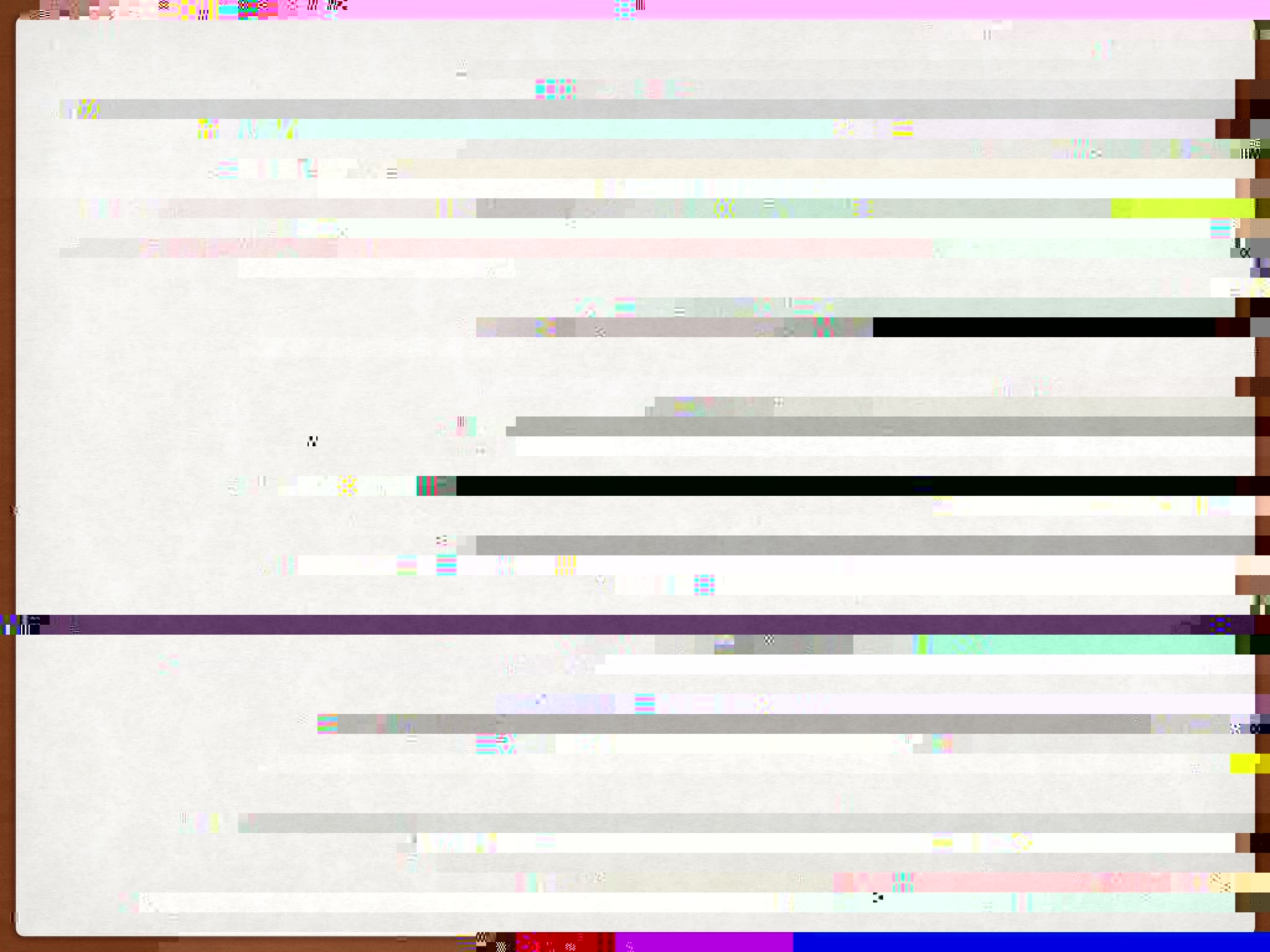


# "SUCCESS" TO-DO LIST CONTINUED

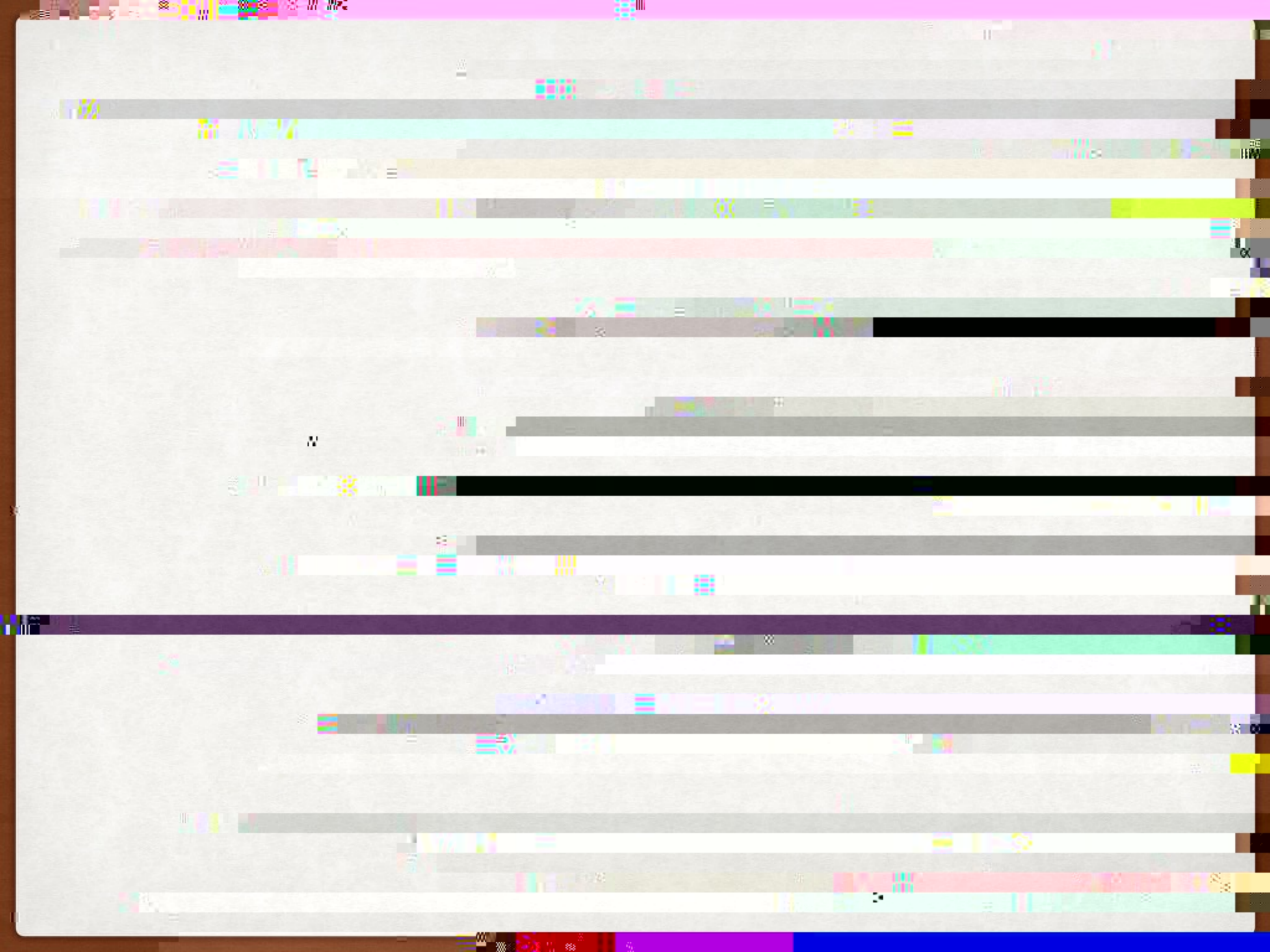
# "SUCCESS" TO-DO LIST CONTINUED

# "SUCCESS" TO-DO LIST CONTINUED

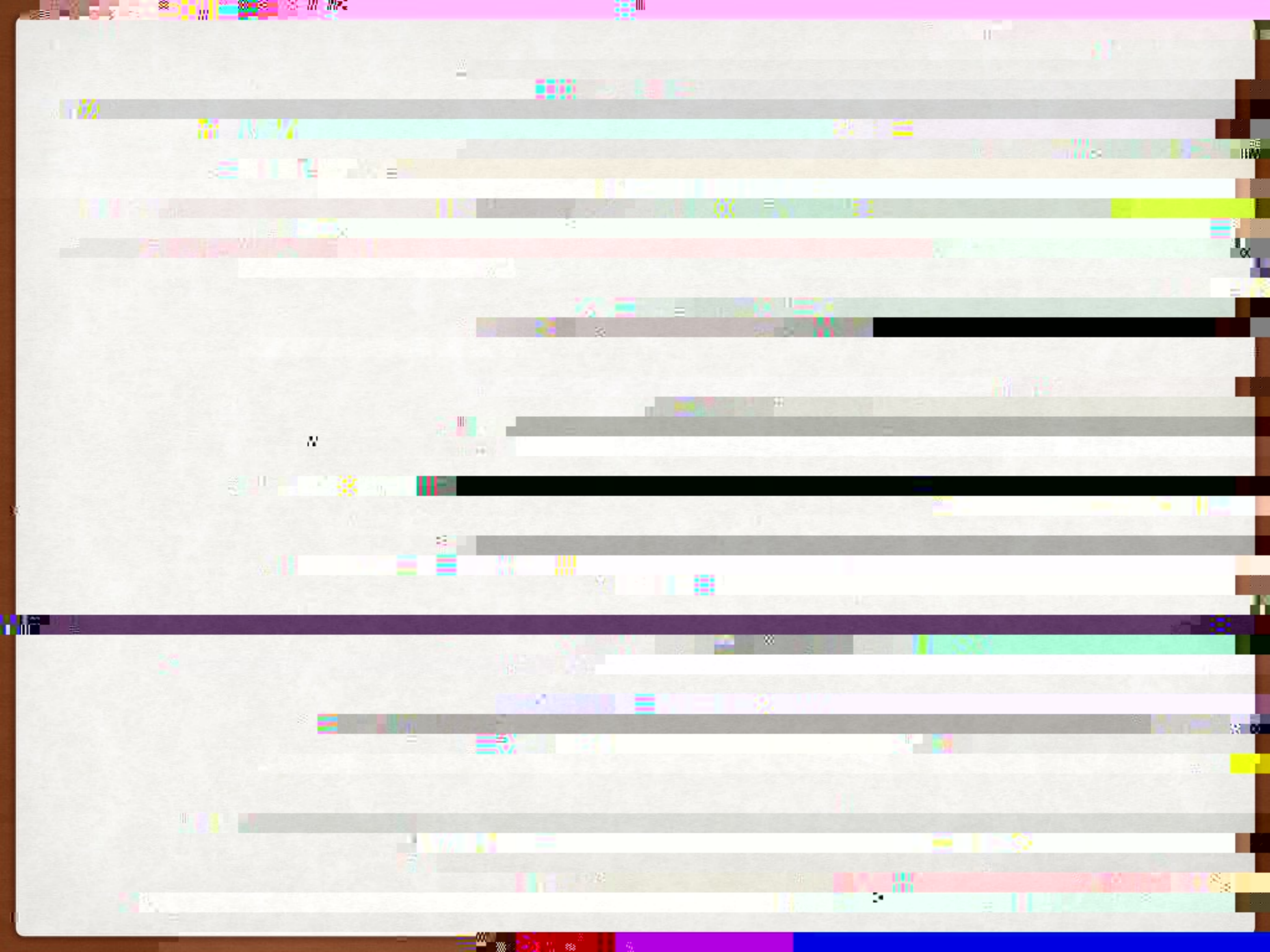




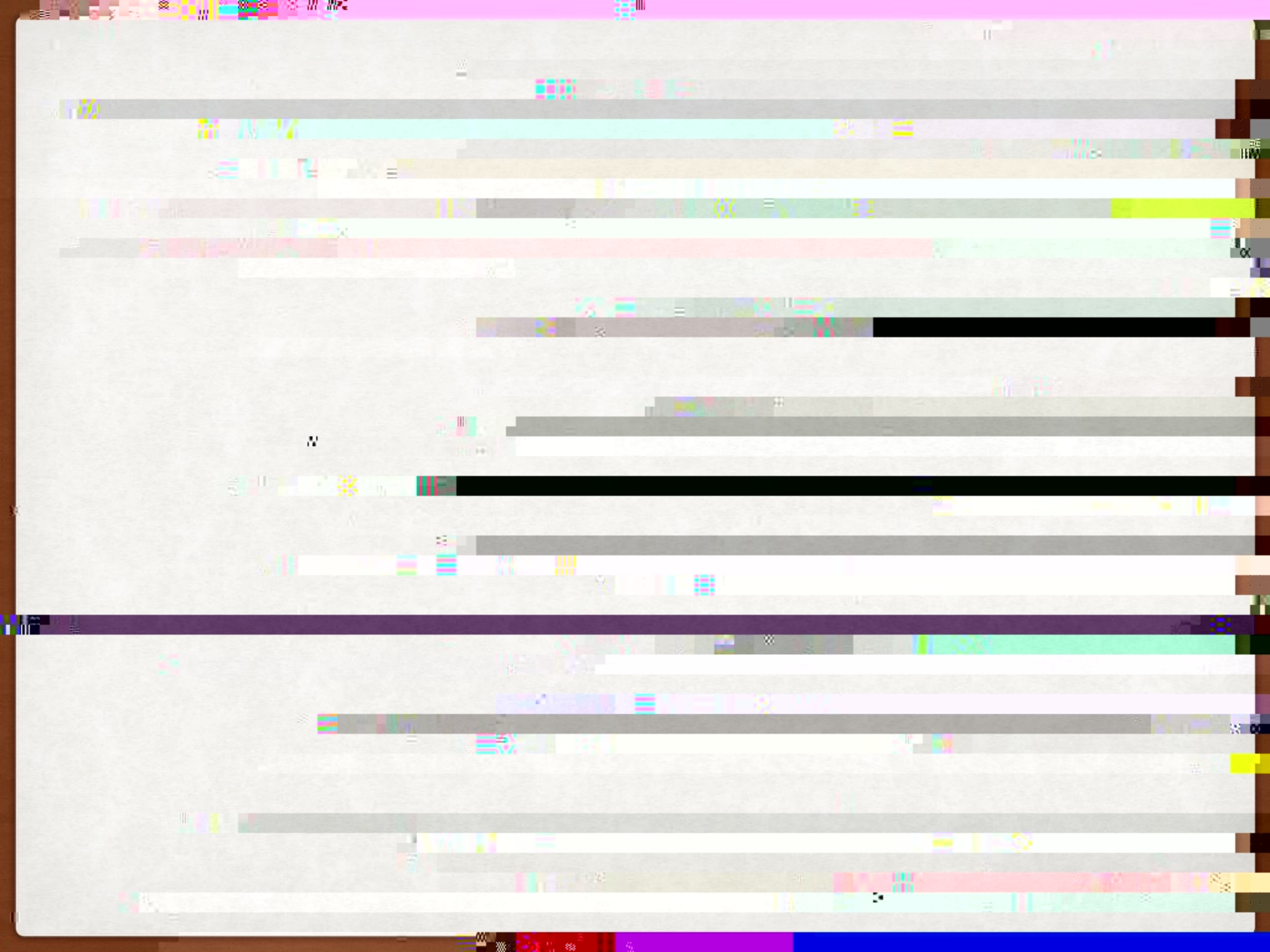
# "SUCCESS" TO-DO LIST CONTINUED



# "SUCCESS" TO-DO LIST CONTINUED



# "SUCCESS" TO-DO LIST CONTINUED

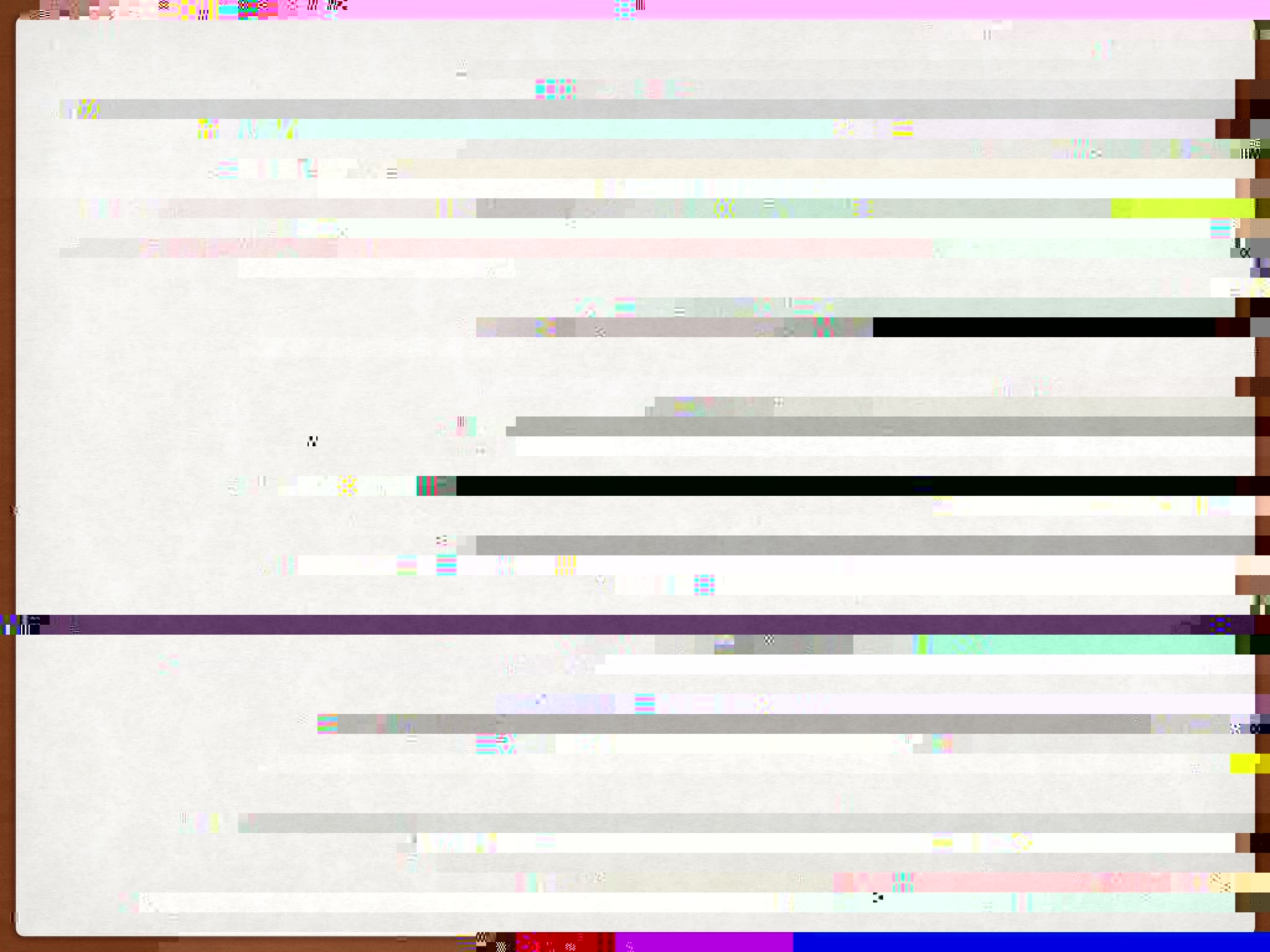


# NATURE OF ABILITY

A.

B.

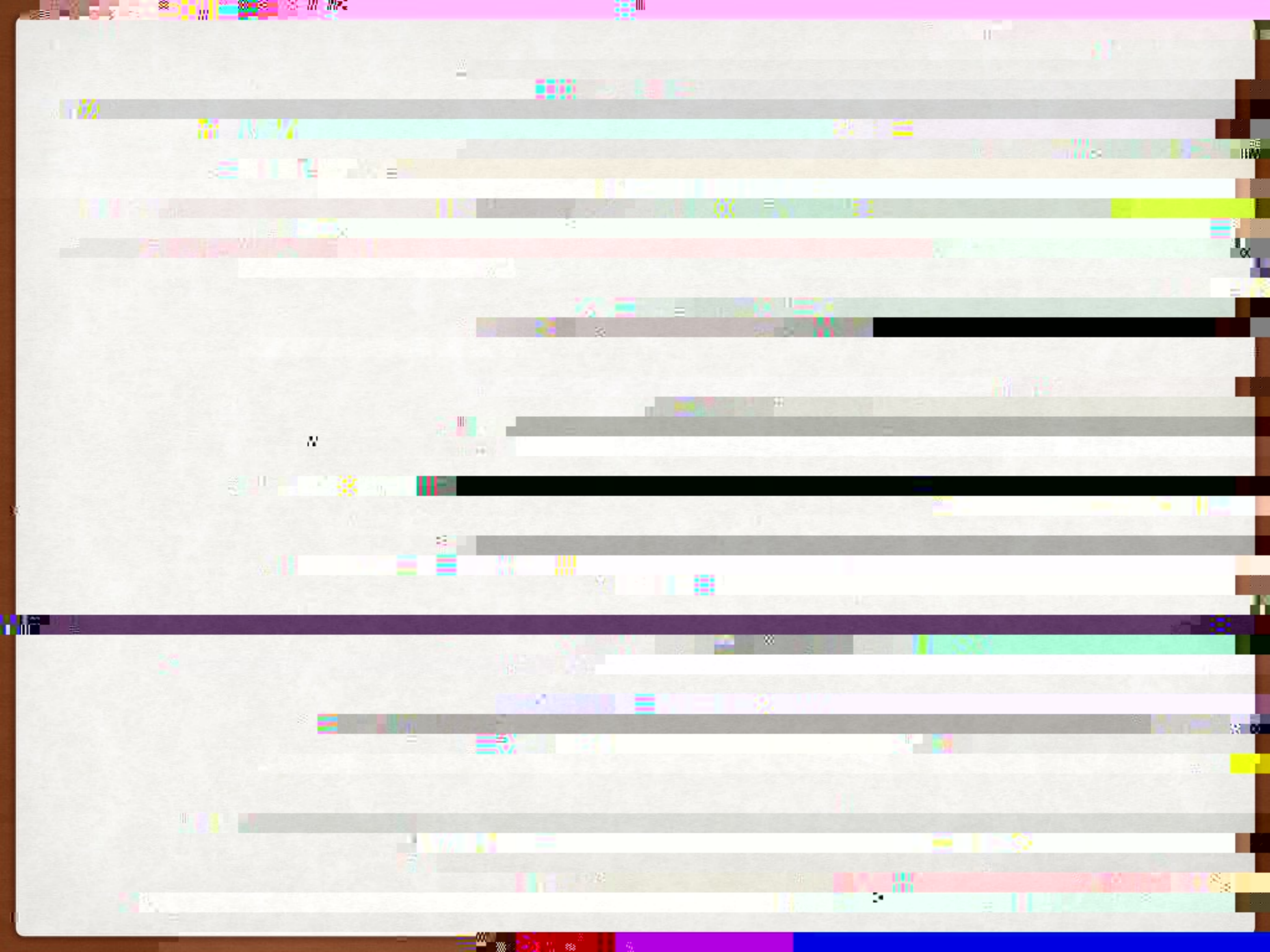






# "SUCCESS" TO-DO LIST CONTINUED

# "SUCCESS" TO-DO LIST CONTINUED





# "SUCCESS" TO-DO LIST CONTINUED

"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.







# "SUCCESS" TO-DO LIST CONTINUED

