

finish what you start



BIG IDEA TO REMEMBER:
Erase your own limitations

↻ 3 DESTRUCTIVE STATEMENTS

There are 3 statements that, when you truly believe them, hurt achievement more than any other:

- I'm not ready yet . . .
- I'll start when . . .
- I just need to know how to _____ and then I'll be able to get going . . .

↻ YOU ARE NOT ALONE

If you've ever thought or said any of these three—you're not alone, but it's time to check these at the door.

↻ GET RID OF EXCUSES

These are excuses. Not only will this get in the way of you finishing and finding success with this program, but with everything that you do in life.

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BIG IDEA TO REMEMBER: Banish your fear



STOP SPINNING YOUR WHEELS

Deciding on a path is difficult. It's easy to keep doing, keep acquiring more info, keep "working". But you're not here to keep working without getting real results. The reason why the 3 destructive statements rise to the surface is that they are excuses, showing up when fear is present.



FEAR IS A CHOICE

Danger is real, but fear is a choice. Fear is simply an irrational response to the unknown.



MAKE THE UNKNOWN KNOWN

The simple solution? Assume the worst. Fear will cease to exist once you make the unknown, known. Whenever you are considering taking action—whether simple or complex—let your mind wander and visualize the absolute worst case scenario.



DEFINE AND MOVE FORWARD

As you'll soon find out, the worst case scenario is almost never that bad. Maybe there's a bit of a financial loss, or people you don't care about will say things behind your back, or you'll spend time for no direct reward. The worst case scenario will almost certainly not happen, but defining it gives you permission to move forward. This is how you banish fear.