

HOW TO GET IT DONE

DAILY ASSIGNMENT – GETTING IT DONE – DOING IT ANYWAY

I HAVE CREATED A DAILY PROCESS FOR YOU TO FOLLOW.

ONCE YOU HAVE DONE THE WORK UPFRONT AND SCHEDULED EVERYTHING, THE ONLY NEXT THING YOU HAVE TO DO IS DO IT!

THIS IS A DAILY PROCESS. I HAVE INCLUDED 30 DAYS.

THE FIRST FEW DAYS ARE USUALLY EASY, AND THEN WE LOSE STEAM.

BUT IF WE COMMIT TO DOING IT FOR 30 DAYS, YOU WILL GET OVER THE TEDIOUS OF IT AND REALIZE HOW PRODUCTIVE AND POWERFUL YOU CAN BE WHEN YOU PLAN.

I RECOMMEND YOU DO THE DAILY WORK IN THE MORNING, BUT YOU CAN CHANGE THE VERBIAGE SLIGHTLY TO DO IT IN THE EVENING.

I AM MORE INTERESTED IN YOU DOING IT DAILY THAN I AM WORRIED ABOUT WHEN YOU DO IT.

IMAGINE YOUR GOAL COMPLETED. 30 DAYS IS NOT A LONG TIME AND YOU WILL BE IN A DIFFERENT PLACE IN 30 DAYS IF YOU STICK TO WHAT'S ON YOUR CALENDAR.

NOT ONLY THAT, YOU WILL DEVELOP A NEW SKILL AND HABIT THAT WILL SERVE YOU YOUR WHOLE LIFE.

DAY 1

WHAT DID YOU ACCOMPLISH YESTERDAY?

WHAT'S ON THE SCHEDULE FOR TODAY?

WHAT ARE YOUR THOUGHTS AND FEELINGS ABOUT IT? DO A MINI THOUGHT DOWNLOAD.

[illegible]

COMPLETE AN UNINTENTIONAL MODEL OF ALIGNMENT ON ONE OF THE THOUGHTS THAT ISN'T SERVING YOU.

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