Mundane

Unexciting

Unsexy

Laborious

Frustrating

Defeating

STOP

KEY POINT:
Stop looking for the quick fix for success, happiness and wealth.
44% of Doctors are Overweight

“There’s a difference between knowing the path and walking the path.”
— Unknown

“People need to be Reminded more often than they need to be Instructed.”
— Samuel Johnson

SUCCESS
OPERATING SYSTEM

MY GOAL:
SYSTEM enable you to achieve goals you were afraid to even imagine possible.

1-3 years from now: you, your business and your life will be unrecognizable.

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Igniting The Compound Effect by Darren Hardy
Immediate Gratification

The Great Paradox
What gives you short-term pleasure, creates long-term pain.
Short-term pain, creates long-term pleasure.
What do successful people and unsuccessful people have in common?
Igniting The Compound Effect by Darren Hardy

What follows Choices?

BEHAVIOR

OPERATING SYSTEM

3 Surefire Ways to Change Behavior

Biggest problem...

95% behavior unconscious

Awareness

Most powerful personal development tool ever...

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Start Small

Beverly's Plan
- Map 1ml. loop - walk 3X within 2wks
- Walk 3X/wk, for 2wks
- Slow jog until breathless. 1/4, 1/2, 3/4 (took 3 wks)
- Almost 2m before run 1m
- Increase 1/10 mi ea. time (300 steps)
- 6mks. - 9mks.
- 9mks. - 13.5miles!

50lbs overweight
4X marathoner

Behavior repeated becomes...
HABITS

OPERATING SYSTEM

Confident Children
College Fund
Top Ranks
New Car
GOAL
New Home
Financial Freedom
Philanthropy
Ideal Weight
Magical Marriage
Author's Book
“Habits start out like cobwebs, then become cables”
-Spanish Proverb

Hard Reality

**GOOD HABITS:**
Hard to Create, Easy to Lose

**BAD HABITS:**
Easy to create, Hard to Change

WARNING:
300 repetitions
to change a bad habit

Willpower?
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Billionaire Failure

- Sysco
- Virgin Cola
- Virgin Vodka
- Virgin Cosmetics
- Virgin Cinemas
- Virgin Cars

No Pain No Gain

- Coach (Dad) Hardy

Tell Me Your Results:

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- Text: 510-266-6208

"My motto really is: ‘Screw it, let’s do it!’
If you fail flat on your face, pick yourself up and try again.”
-Sir Richard Branson

"Do something every day that scares you.”
- Eleanor Roosevelt

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