

What's In It for ME?



aka
"Remembering that you matter
when others might not."

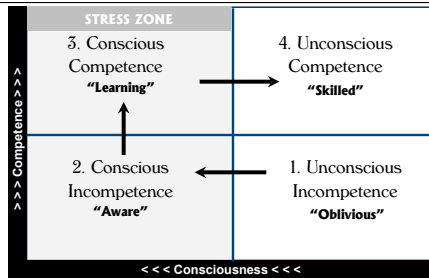


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Attitude

"Complex interaction
between feelings and
beliefs that affect how
we react to our
environment."

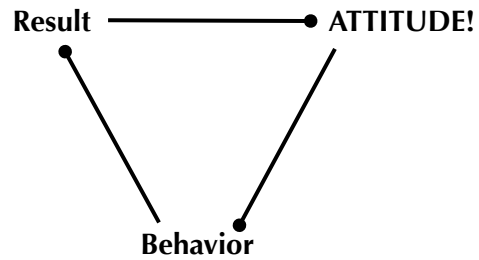
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Habits

"Action or thought done repeatedly
- without analysis - in order to
simplify or ease one's life."

The Cycle



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The Problem:

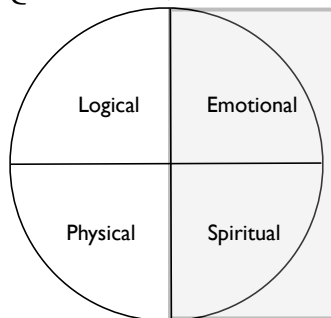
- Fear
- Force
- Pain

The Solutions:

- Slower is Faster Than Never
- Success Is MTTN
- Small Steps Done Repeatedly
- Don't Show Your BIG BUT

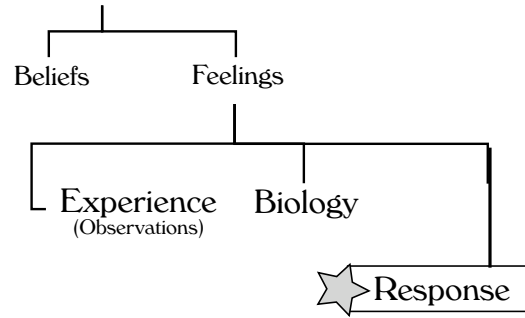
Inertia of Change

Movement



<<<<<Flow of Change

Attitude



Growth

1. Positive intention behind every behavior.
2. Always have another choice.
3. No such thing as "failure," merely "feedback."
4. You have all the tools you need

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Do 1 Thing
Make it Small
Focus on Today

Remember
Think "1st"

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