



SUCCESS DOESN'T START WITH MOTIVATION.
SUCCESS STARTS WITH SELF-DISCIPLINE.

SELF-DISCIPLINE = Taking Action every day *even when you don't feel like it*

The **MOST IMPORTANT** thing you can do to achieve success is to show up every day.

1. Write down one specific goal that you would like to achieve in the next 90 days.

2. Write down three ways that you find yourself sabotaging your success.

[**TIP:** Self-sabotage is not always negative; it can come as multi-tasking, over-planning, or perfectionism.]

Once you know how you sabotage yourself, it's easier to recognize it and move past it.

3. Consistent Actions are small steps that we take daily (yup...no matter what!), that will bring us closer to a goal. What's one consistent action that you can do daily that will bring you closer to crushing your goal?

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