

# WRAPUP 7

6 WAYS TO CREATE POSITIVE CHANGE IN 6 DAYS



## TAKE ACTION

### WRAPUP | TAKE ACTION

by Jeremy Flagg

Computers are powerful devices. The world has literally been changed by the ability of computers to connect us at a rapid pace, make the way we do business more efficient and effective, and handle large mathematical and graphical tasks that were formerly only able to be done by humans at much slower pace. There is so much potential inside these machines that it's almost like we're holding the ability to change the world in our hands. But it would be all for nothing if we held all this power in the palm of our hands and never pressed the button to turn it on.

Over the last six days we've learned a lot about ourselves. We've become more clear about what it is that we really want in our lives and the way we want to live. We've accessed new ideas and solutions by becoming more resourceful. We've learned that taking responsibility for our lives and the actions we take helps us become more engaged. We've become aware of what lies beneath the surface of our conscious thoughts and how what we really

need is what drives us in every situation. We've taken a hard look at ourselves and decided to be true to who we really are. And we've learned that being effective means going to the root sources of our issues in order to affect change for good.

We've learned a lot about creating positive change in the last six days. Now what are we going to do about it?

Remember about the ability of computers? Now, imagine all that potential inside you. The potential to change the world, alter the universe, break up the patterns of the way you do things, and help rapidly increase your quality of life. Can you feel it? Great! Now all I want you to do is press the power button.

Everything you need, you have within you now. Activate it!

It's time to take action. It's time to get better results.



**“THE PATH TO SUCCESS IS TO TAKE MASSIVE, DETERMINED ACTION.”**

TONY ROBBINS

7



## WRAPUP | EXERCISE

Creating positive change is all about taking action. You have everything you need, it's time to do something about it.

**GET COMMITTED TO TAKING ACTION.** What are the 3 goals that you're going to commit to in the next 90 days? Write down the top 3 things that if you accomplished them would radically increase your quality of life.

**REFINE YOUR COMMITMENTS.** Be specific about what you want to accomplish (e.g.- “I want to lose weight” vs. “I want to drop 15 lbs. by April 15th”). Be relevant and relate your goals to the real reasons you want to take action (e.g.- “I want to drop 15 lbs. by April 15th” vs. “I want to drop 15 lbs. by April 15th in order to feel more confident in myself and have more energy to give to my children”). Be measurable and write your goals so that they have trackable progress (e.g.- I can measure whether or not I've lost 15 lbs. but I can't track “I want to lose weight” on a scale).

**ADJUST YOUR DAILY ROUTINE.** What 3 things are you going to have to do on a daily basis to bring these goals into reality? A lot of failure to take action happens here, so take care to schedule the actions into your life that will need to be done in order to set yourself up for success. Take consistent action everyday and watch your life transform in the next 90 days! Demand more of yourself and more of you will become available.

Remember: **Never settle for less when your heart is crying out for more! Your time is now. Your best is next.**

*“The horizon leans forward, offering you space to place new steps of change.” -Maya Angelou*