

The Coin of Your Conquest

The first part is to take the first step. Just one step.

After that one step, any time your enthusiasm fades, do exactly the following, in exactly this order. If you keep a checklist and follow it exactly, you will find out how great this can work:

1. Take some deep breaths and stretch. Feel yourself shifting around.
2. Look at your Vision - your reward. Imagine yourself moving toward it.
3. Look at the Progress you've already made. NEVER count the steps you have yet to go; ALWAYS count how many steps you have taken toward your goal.
4. Look at ONLY the next ONE step you are about to move toward your Vision.
Add that ONE to your progress count.

For maximum success, it is important to do this exactly as written. So, my clients write or print these notes on a card to carry with them. Some of them tape their reward photo to the back of the card. Here are the notes formatted to fit into most pockets. Cut along the lines and take it with you.

My Coin of Conquest

1. Take some deep breaths and stretch.
Feel yourself shifting around.
2. Look at your Vision - your reward.
Imagine yourself moving toward it.
3. Look at the Progress you've already made. NEVER count the steps you have yet to go; ALWAYS count how many steps you have taken toward your goal.
4. Look at ONLY the next ONE step you are about to move toward your Vision.
Add that ONE to your progress count.