

Week 6 - Worksheet



**You'll either pay the price of success or the price of regret.
The price of success weighs ounces. The price of regret weighs tons.
It's your choice.**

**Don't quit on the one yard line. Play full out,
follow through, and reach your goals.**

**Commitment creates opportunity. Stop talking and start doing.
Think less and act more.**

**“A man owes very little to what he is born with.
A man is what he makes of himself.”**

- Alexander Graham Bell

**“Desire is the key to motivation, but it's determination and
commitment to an unrelenting pursuit of your goal - a commitment
to excellence - that will enable you to attain the success you seek.”**

- Mario Andretti

Exercises

DAY 1

Commitment means effort and time are required. What are you willing to give up to realize your dream?

What times of the day and week are you committing to take action?

What is your level of commitment? For example are you indifferent, obliged to others or passionate to do whatever it takes?

DAY 2

What are you doing on a daily basis to keep your commitment alive - spiritually, mentally, emotionally and physically?

How have you affirmed your commitment, visualized it, expressed it, and made it a part of your life story?

Are you willing to do whatever it takes for as long as it takes to realize your dream? Why?

Why does giving it your all make such a big difference?

Recommended Reading

The Traveler's Gift - Andy Andrews

Inspirational Movies

Chariots of Fire

Mr. Smith Goes to Washington

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By learning the principles of success you are doing what only a tiny percentage of people ever do. Once you understand these principles and start applying them consistently and persistently, you will start creating a life few people get to live.

Make it an Olympic day!

- Ruben