

## DECIDE - COMMIT - ACT

### Choose your Path to Progress

The great thing about progress is that it is not rocket science and it is open to everyone that chooses to progress. All you have to do is decide what you are going to focus on and take immediate action,

So, take this poster for example.

Here are 30 different ways to make progress in your life, your family, your finances, and your career. The thing is



most of us just glance at it rather than doing something about it! That to me is more of a strategy for not being successful.

For those of you who follow my **Strategies for Success** series – I know you will Decide, Commit and Act!!

#### Start by doing this simple exercise

In the next 20 seconds pick any 3 of these tips. Which 3 you pick doesn't matter. It's the deciding that counts.

Let's say you pick these three:

***Wake up early ∞ Save money ∞ Think Big***

For each of these identify how you are going to apply it and make a commitment, e.g.

#### ***Wake up early***

- set alarm for 6.30 and get up immediately for next 3 days
- Use that extra time to meditate, exercise or just to plan the day

#### ***Save Money***

- Bring coffee with you instead of buying it in the coffee shop
- Cancel standing orders that are not used
- Calculate savings and put away for treat

#### ***Think Big***

- Identify where you could make a bigger difference?
- What opportunities are you not seeing?

Now for the final important part – **Take Action - Just do It!!**

Start immediately – do not procrastinate – the law of diminishing intent tells us that we have to act when the emotion is high or the passion and intention quickly diminishes over time.

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***To progress or not to progress? - Which will you choose?*** For more information on leadership skills, visit my website at [www.lynnpeyton.com/core](http://www.lynnpeyton.com/core)