

Don't just wake up and think about who you want or hope to be - WAKE UP AND BE HER!

How do you do this? Determination! Get into the NO QUITTING ZONE.

Here's the cool part - specific systemization via habits FEEDS the fire of determination.

The goal is merely the outcome you want.

The SYTEMIZATION (specific to your goals) is the SEED of habit creation that starts the whole shooting match...

...Soup to nuts- inch by inch- ounce by ounce- little by little...

Habits are what separates the doers from the wishers.

Think of athletes like Michael Phelps or Diana Nyad. There are plenty of athletes with the same goals - just as hot under the collar to achieve them.

The differentiator?

Determination, habits and never quitting.

So determination creates GRIT - we know that, but HOW do we harness our weak determination into absolute fierceness?

1) Intention: Start with BEING who you want to be. Use your I AM statements to define who that is.

2) Use the Question Matrix - Why? Keep going till it lands. Not everything is a cosmic 2x4 but you need to own it.

3) Deliberate practice creates strong habits.

4) Have a Plan B for tough days - in other words, don't quit - SHIFT.

5) Get rid of mental fatigue. Implement hard and fast rules - NEVER and ALWAYS, for example.

6) Commit - MARRY your goals!

7) Determine your "hows" AS YOU GO. You don't need everything laid out, you just need to START.

8) Be open to realigning all you assign - in other words, blessed are the flexible. Knee issues, for example, doesn't mean you need to quit.

9) Keep your eye on the prize. I hang my goal jeans on the back of my door. Find what works for you.

10) Determination like this creates the most incredible vibrancy...

You've got this - GRIT - Never Quit! This is how you find and practice EXCELLENCE!