

When you think about what separates success from failure, you have to look at those who have experienced sustained success.

There's a lot of talk and pontificating about concepts and ideals, but very little walking the talk.



Those PROs who executed faithfully get it -

- ✓ Pros keep going; amateurs quit when things get tough.
- ✓ Pros see practice as competence; amateurs get bored.
- ✓ Pros see motivation as fleeting; amateurs keep looking for it.
- ✓ Pros know learning and skill development are everything; amateurs say it's too hard or overwhelming.

How do we go PRO?

1. Decide, declare, and degree.

"From now on, this is the way it's going to be."

I tell myself I AM AN ATHLETE. Athletes show up at the dinner table and at the training table, and this mantra reinforces my decisions throughout the day.

2. Commit to the vision and daily-ness of this. Your life is not a part-time gig. Sure, there will be times you don't feel like showing up but show up anyway. Be consistent.

3. Priorities automatically create boundaries. If you prioritize your workout, that means something else will have to go in order to make time for it. You will create time for the things that are important to you.

4. INVEST in yourself. (This is why the Hot Melt 30 isn't free, BTW!) When we make an investment, we are more likely to stop the excuses. This is why we take supplements, buy books, and complete courses. Vibrancy is not a destination - it's the journey.

5. Wake up with purpose and a plan, and kick it all in the BUTT! We have this idea that motivation will come knocking, but it doesn't. Having a purpose and a plan creates motivation.

Start eating those frogs!! 🐸

Remember, the starker the contrast, the better (and sharper) your vision! Pro's capitalize on this!