

A praying man was stuck on his rooftop from a flood. He was praying to God for help.

Soon, a man in a rowboat appeared.

"Jump in! I can save you!", he yelled up to the man on the rooftop.

"No, it's okay - I'm praying to God and He is going to save me."

After that, a motorboat came, and then a helicopter, and still the man refused help, saying *"No, it's okay - I'm praying to God and He is going to save me."*

The water rose, and the man died.

He went to Heaven and said, "I had faith in you God, but you didn't save me. Why?"

To this God replied, "I sent you a rowboat, a motorboat, and a helicopter! What more did you expect?"

What DO we expect? The thing is, we all do this just to our own hurt--just like the man on the roof, we have expectations (and perfectionistic tendencies) that things should be perfect and a certain way before we go forward. And if you're like the man on the roof, those expectations can be costly.

This notion of perfect is honestly what the Carousel of Crazy is all about.

You've heard me quote Derek Sivers, "If more information was the answer, we'd all be billionaires with 6-pack abs!"

It's time to step away from this kind of behavior...

Really? It's fairytales and pixie dust, AND for whatever reason we believe it exists!

The Good Book says, "When I was a child, I spoke like a child. But when I became a woman, I put aside childish things."

Isn't it time we viewed "perfect" for what it really is? Childish? Full of make-believe, fairy tales, and pixie dust?

Think instead of what you have - A FREE 7-DAY Hot Melt Sprint Plan, you say? Perfect? Probably not...but excellent? YOU BET--time to go all in, what do you say?

Here are 7 things to do that will help you leave perfectionism behind! and embrace EXCELLENCE!

1. Just START! That alone will create momentum!
2. Gamify it and make it FUN!

3. Incentivize it with a (non-food related) reward.
Mani/Pedi anyone?

4. Due date it - start a grocery list today, shop tomorrow, begin Monday!

5. Connect to it - bring in your WHY. Go ALL in 100% - it's easier than 90%!

6. "Trying" is "dabbling," and "dabbling" is "piddling."

DO, or DO NOT - there is no TRY! -in the wise words of Yoda

7. Commit to consistency and see what happens.

You are way more powerful than you think.

- You can say no to the Carousel of Crazy.
- You can do ANYTHING you decide on.
- You can create momentum.

Your focus has to be on what's next, not doing it perfectly.

This is how EXCELLENCE happens.

.And the help you need? It's all around you - boats, helicopters, and Lovelies!