

EXTRAORDINARY EFFORT = EXTRAORDINARY RESULTS

How to apply extraordinary effort to get extraordinary results!

State your goal/plan/habit.

What is the “WHY” or reason for the goal/plan/habit?

Plan the steps to reach that goal/plan/habit and list them in order.

Assign deadlines for each step listed above.

Picture and envision the end results in detail.

List like-minded thinkers (family, friends, coach) that will help cheer you on!