Samurai Innovation

5 Minute Clarity

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"To be successful you have to be selfish, or else you never achieve. And once you get to your highest level, then you have to be unselfish. Stay reachable. Stay in touch. Don't isolate." – Michael Jordan

Be Successful Before The World Wakes Up

Many of my coaching clients, Dojo Members and friends consistently discuss how to accomplish their goals. The issue is not in setting meaningful goals. 98% of the people I meet can tell you what they want out of life. The problem is in the "how to get it".

Your Guaranteed Way To Be Successful

One method of achieving your most meaningful, big and worthwhile goals is to be successful before the world wakes up. This means breaking down your goal into smaller actions to be taken. Don't worry that you don't have the complete 3, 5 or 26 step formula correct at this time. The reason? As you take actions towards a goal, new opportunities and learning occurs. Being flexible to this process will allow you to take advantage of the opportunities & short-cuts that will come your way.

How I Lost 35 Pounds Forever

12 Years ago, I was fed up with being overweight. I started using a simple program called 8 minutes in the morning. The key to this was rolling out of bed and doing the 8 minutes of exercises. After 30 days of this, I had lost 12 pounds. I soon discovered that as long as I did one thing each morning towards a major goal, it created a process as strong as a powerful tsunami.

The key is to do your crucial next actions towards your essential priorities each day before you head off to conquer the rest of the day. The time doesn't matter. Some people say you need an hour. I say, do the most crucial thing before the rest of the world in your area wakes up.
You will create a momentum that will motivate you, inspire you and pull you through the tough spots and low energy periods that will come your way. You will be successful!

POINTS TO CLARITY

What are your top 3 Essential Priorities right now?

1. _____
2. _____
3. _____

Which one is the most important for you to accomplish this year?

_____

What is the one action you must take each day to move you closer to realizing this?

_____

How much time each day will this action take?

_____

Is this reasonable given your schedule?

_____

Now plan this action and time into the first thing you do each day in order to be successful before the world wakes up!

DECISIONS & ACTIONS I WILL COMMIT TO: