

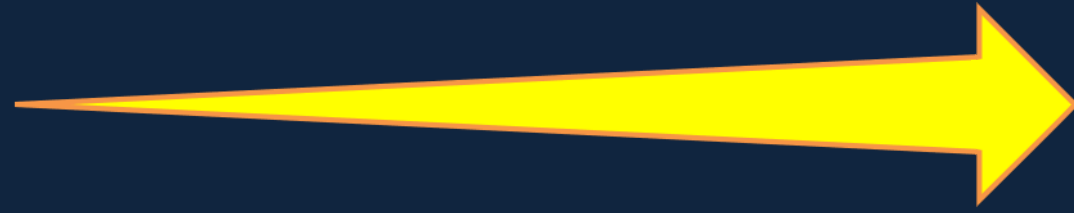
Doing what you know you need to do!

OVERCOMING YOUR FAILURE WIRING

Want

Example:

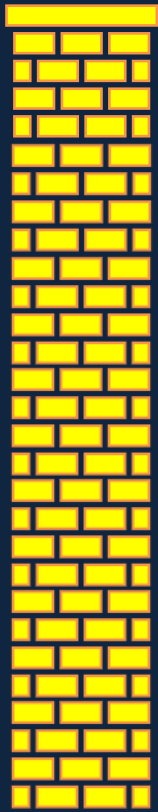
I want to be rich, fit,
famous, etc.



Reality



Want



Doing the Wrong Thing

Doing it Wrong

Not Doing It

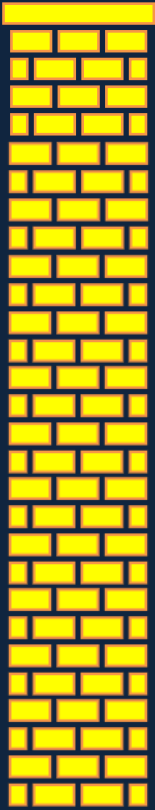


Reality

OVERCOMING YOUR FAILURE WIRING



Want



Not Doing It



Reality

OVERCOMING YOUR FAILURE WIRING





Without the Wolf

We are hard wired to stay where we are



Without Action

Our **wants** will never become **reality!**

We need to learn to overcome
our failure wiring

OVERCOMING YOUR FAILURE WIRING



Avoid Change

Uncertain Outcome
Looking stupid

Complacent

No immediate payoff
Don't feel motivated

Future Focus

Envision success
Become a learner

Change Routine

Reward the process
Specific action plan

1. Visualize what you want to become, not what you have to do
2. Plan small, regular steps instead of one big effort
3. Schedule it into your week with the same importance as a hot showing
4. Never fail twice, commit to it but forgive an occasional miss
5. Reward yourself at each step instead of waiting for the end-result.

OVERCOMING YOUR FAILURE WIRING







Thank-you!

Alberta's Business Mechanic
Helping Albertan's Think Differently

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