

5 Day Challenge

Worksheet with bebo mia inc.

Day 4 - BLINDERS!

We are going to talk about the foundation of following through.

The majority of people are not hitting their success markers and this is why:
You will find things & people that will come up and distract you from your
Keystone Habit.

**How are you going to keep the blinders on and keep your eye on the
prize?**

SOME EXAMPLES OF DISTRACTIONS:

When you have an idea/opportunity that feels distracting.

Falling back on old habits when life gets tough!

Others not supporting your change.

When the plan doesn't go your way.

Quitting before you see the BENEFITS!!!

Change will not be immediate, that's the **hard truth**. You will have to deal
with feeling uncomfortable for a bit as things start to shift around you.

We want this to change for **2018!** We want you to **STICK** to your **keystone habit for the entire month of January.**

Make the decision to do so now!

Need a little more inspiration? Check out the Lobster Video on the training site.

Homework:

Create your business life preserver!

Write **4 or 5 obstacles** that you foresee could come up for you and write **2 - 3 tactics** you will use to keep you on track. This list will act as your 'Business Life Preserver'.

Homework Notes:

