

The background features a dark blue gradient with faint, light blue concentric circles and a degree scale ranging from 140 to 260. The scale is marked with numbers every 10 units (140, 150, 160, 170, 180, 190, 200, 210, 220, 230, 240, 250, 260) and has small tick marks between them. Several curved arrows are also visible, suggesting a circular or cyclical theme.

*“Tell me...
What is it you plan to do
with your
one wild and precious life?”*

~Mary Oliver

Or How about just with the next minute?

Too many choices
confuses our brains.

We get something called
“decision fatigue” that is a real
condition.

Imagine if your choice was
only THIS or THAT...
it would be far easier to pick,
wouldn't it?



More than ever in our lifetimes, knowing what is important to you NOW... is critical to your happiness and success.

Success starts with doing what we say we will do.

Right? What IS it that you WANT?

The Spice Girls famously sang: 'I'll tell you what I want...what I really really want...'

AND... they weren't too clear after that
<https://www.youtube.com/watch?v=BDX8eTORFCo>

I wanna, (ha) I wanna, (ha) I wanna, (ha) I really, really, really wanna zigazig ah

Every feel like that?

I wanna, I wanna, I wanna... and then “zigzag ah.”

Uh... not sure what that is... not sure what I really want...

So... we often don't say
ANYTHING clearly
about what we **DO** want.

When it comes down to it... that... in a nutshell, is exactly the #1 problem in the lack of success and happiness in most people's lives.

They just don't KNOW what they want. Or they want SO many things they can't focus on any ONE of them.

So they can't SAY what they want.

So they can't become willing to DO what they must to get what they want.

It starts with wanting SOMETHING clearly.

Breakout Exercise:

Take 2 minutes and say what you want in a group of 2.
Partner – write down what they say. Then switch. Stream of consciousness....

I want to raise the professionalism of the real estate industry. I want to have 2500 Real Estate agents in Group Coaching. I want to be available as a Grandma more often. I want to make a difference in the careers of a few dozen private Coaching Clients. I want to travel the world with Mike and friends. I want to take a month off and do nothing but be home. I want to finish my pandemic puzzle. I want to sew 4 more grandkid blankets. I want to create a VIP list for my real estate company and visit those people once a quarter with something special. I want to sell more homes to people so they can get stuck where they should be stuck. I want to help people have the best possible interest rates. I want to make a positive change in the RE industry at a national level....

If no one shows up in your group, then write it down for yourself.



What are some of YOUR wants?

I want to:

What if you could only pick ONE thing for the next 30 days from your wants.

ONE focus.

ONE want... that you that you would be willing to say out loud: *“I am going to put everything I have – 7-8-9-10-12 hours a day into _____.”*

Would that be hard?
Would it be easy?

Why are we so afraid to look at this?



I have an idea
about that...

What if the problem is that we believe.... that if we state what we want... *it might be the wrong thing.*

And being wrong is what ALL of us want to avoid.

Yet at ANY TIME ... we COULD simply say that we want something else. *No one is going to hold us back from changing our minds.*



Try this: Say you want something that is easily obtainable in less than ONE minute from where you are right now.

Could be a drink of water.

Could be to open your database CRM program.

Could be to take a breath.

Say that you want it.

Go ahead, say it. Out Loud.

Now that you said it, tension has been created that will
not be released until you fulfill that desire.

That want.

So go ahead.

Go ahead and get it... or do it.

Now.

I'll wait.

Did you do it?

Assuming you followed instructions and made it a super small obtainable thing that you could do in <1 minute from where you are right now... you DID IT.

You released that tension. And you experienced SUCCESS.

You even did it with clarity (you said you wanted it)

With focus (attention on it to the exclusion of anything else);

And with ease, rather than angst... (because you kept it small and easy to do quickly)

So now... to complete the definition of Success, it's time to experience Grace.

Which is a state of being where you are grateful for that opportunity you just took to practice.

You said out loud that you would do something, and you did it.

And now... I challenge you write down 25 things you'd like to complete in the next few years... or before the end of your career.

Go ahead – write out 25. Grab a piece of paper and start it now.

Then - Take the 25 and narrow to a 5 that are most important for NEXT YEAR ONLY... and take them OFF your list of 25.

Write them down on another paper.

Then BURN the original list. It's to be serious about not letting the 20 get in the way in this coming year of completing even ONE of the 25.

<https://constantrenewal.com/5-25-rule/>

HERE IS THE BIG QUESTION –

Are you willing to choose ONE thing from your 5 want-to-do's? To start with? To begin this week?

ONE thing to focus on to the exclusion of all the other things... several hours a day for a period of time... whether that be ONE week, One month, or the next 90 days. (Join me Wednesday)

I would caution you to make it small. Make it a small thing and a small commitment of time. When you fulfill it, make another promise for another of your 5.

And **get support**. Tell someone what you committed to so they can support you. Ask them to support you and tell them HOW.

Does anyone know right NOW
what they want?
Are willing to say out loud?

On Wednesday we will take your ONE thing and

