



Stepping Up:

Keeping the Momentum

To develop greatness, you must develop a relentless dissatisfaction with the status quo

Three Keys:

1. Mindset
2. Grit
3. Discipline

Mindset: How we see ourselves. If my mindset is “not a good networker,” why might that mindset predict my success? Won’t try. Will Quit too soon. Confirmation Bias.

I am not...YET

Grit: The capacity to work through adversity to achieve a goal. Described by Angela Duckworth in *Grit: The Power of Passion and Perseverance*. It turns out that your likelihood for success on most things is how long you are willing to try. Next Mentality.

Disciplines for Change

One thing at a time-it takes about 90 days to change one habit. So, work on one thing and once you make progress, go on to the next thing

Teacher of the Decade- change one thing each year.

Set an Intention: What do you most want to work on to grow your influence and impact?
Specific/Serial not Parallel

Identify the Benefits to you to make the change. Doing this helps us stay with the change

Something Visual-Hold it in your Awareness-what the brain sees often, it sees as important

Check in Daily/Weekly-Check in on how you are showing up at work and on your happiness-what is one thing I can do today to be better than yesterday?

Be Accountable to Someone-400% more likely to create results

The Index Card-Write a word or phrase to remind you of the change-and put the card where you will see it often

What is the most important message for me - what do I want to hold in my intention as I leave?