Denial Realization 3 **Commitment Action Progress**

Don't see, Can't see, Don't want to see

Priorities, Habit Discovery, Loss Aversion

Plan, Prep, Visualize, Build

OK not to get right first time
Don't revert to Denial, but rather Realization

- How will u handle distractions mid-stream?
- Plan to meet distractions
- Practice doesn't make perfect, perfect practice

Thoughts
Words
Actions
Habits
Destiny