HOW DO PICK OURSELVES UP AT SPEED AND GET GOING AGAIN?

For those who want to extend the '60 second state changer' concept, we have created an extended exercise, that links in some personal development and then transitions to an immediate high value action (if it is quick) or gets you to commit time in your high performance diary if the action requires some detailed, focused work. Create a time-block for this action and ensure you have the discipline to stick to it. Avoid multi-tasking during this time-block and you will find the quality of your work and the effective use of time both improve.

The basic steps take 60 secs. Add self-development in 2 - 5 mins. To focus on what matters most, add the final 2 steps:

Core steps:

1) Write your primary goal. (10secs)
2) Write your chosen affirmation. (10s)
3) Write 2/3 things you are happy/grateful for (20s)
4) Write 1 thing you are proud of (20s)

Self-development:

5) Watch a #giftbite - YouTube channel (Andy Fell GIFT631). Capture one learning from the #giftbite (2-5 minutes).

'**Next best action**':

6) Write down the most important thing you need to do. (30s)
7) If you can complete this activity at speed - do it NOW! (2mins) If not, schedule it in your diary.

Success needs discipline and repetition.

ACTION:

To start the process, set yourself a 7 day challenge.

- Score 1 point per activity completed.
- Each day score yourself out of 7.
- Max score per week is 49.
- Once you have completed this exercise for 7 days, add up your score. Then aim for a new personal best over the next 7 days, either to improve on your total or the total number of days in the week that you completed each step.