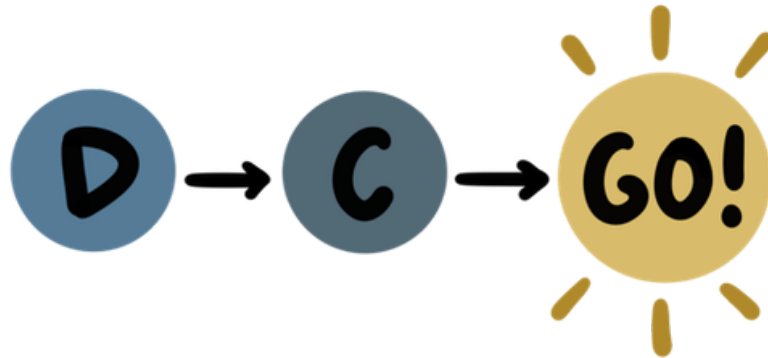


THE GiFT of D-C-GO!



Decide:

Gain clarity on what you want and/or the decision you need to make. Write out the goal / decision clearly and precisely. Stretch yourself and make it a SMUUT goal.

Commit:

Score your commitment out of 10. How important is this course of action to you? Only start where your commitment level is HIGH. A 9/10 score. This level of commitment means you will keep going when the going gets tough.

Go:

Act! Take your first action immediately. Delay feeds self-doubt, overthinking and procrastination. Be #allin. Use the 1 + 3 + 6 framework to build momentum and progress.

MY GOAL/DECISION

Only start if your commitment score is a 9 or 10. If not – spend some Mozart time to rethink or refine what matters to you.

MY FIRST ACTIONS (DO IT TODAY)	WHAT'S STOPPING ME? (NAME IT, FACE IT)

Ask yourself:

"Am I doing fewer things, better and with more passion, energy, and commitment?"