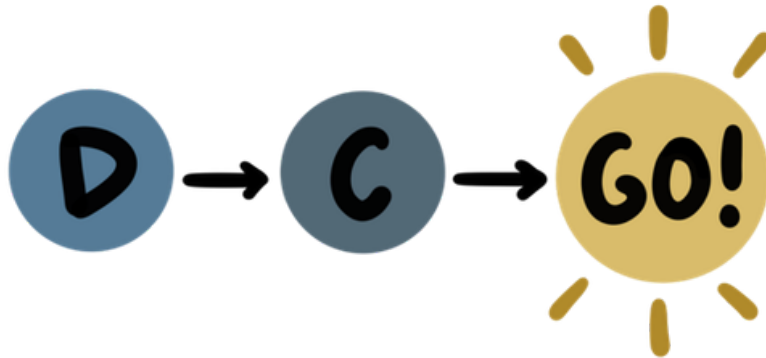


THE GiFT of D-C-GO!



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 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 Stay focused, prioritise time in your schedule and stay resilient in the face of obstacles and challenges.

Go:

Get into the arena of action immediately. Take the first step to avoid over-thinking and prevent self-doubt creeping in. Procrastination only leads to you second-guessing yourself. 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 the goal/decision and refocus on what matters most.

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?"