

Mind Gap

Today we are going to **take that leap and begin to bridge the gap** between where you ARE and where you want to BE in your life.

If you are really being honest, where are you right now? Do you **HAVE** goals? Do you have your goals **on paper**?

We are always hearing about goals and how important they are and yet most people only have vague goals. A study was conducted with the Yale Graduating Class of 1953. They surveyed all the students asking them whether they had written down goals for their life:

- 3% had put their goals in writing
- 97% had not written down goals or even thought of any at all.

Twenty years later, these same people were re-interviewed. The astonishing result was the the 3% who had written down their goals were enjoying incomes **ten times greater than those of the 97% combined!**

Reality Check!!

Are you giving yourself the 15-30 minute Gift of Time?

How do you spend the other hours of the day when you are awake? What types of activities do you spend your time on?

Do these activities take you closer to or further away from your goals?

	Urgent	Not Urgent
Important	I (MANAGE) • Crisis • Medical emergencies • Pressing problems • Deadline-driven projects • Last-minute preparations for scheduled activities Quadrant of Necessity	II (FOCUS) • Preparation/planning • Prevention • Values clarification • Exercise • Relationship-building • True recreation/relaxation Quadrant of Quality & Personal Leadership
Not Important	III (AVOID) • Interruptions, some calls • Some mail & reports • Some meetings • Many "pressing" matters • Many popular activities Quadrant of Deception	IV (AVOID) • Trivia, busywork • Junk mail • Some phone messages/email • Time wasters • Escape activities • Viewing mindless TV shows Quadrant of Waste

Where does MY time go?

Quadrant 1	Quadrant 2
Quadrant 3	Quadrant 4

What BAD Questions do you ask yourself all the time?

1.

2.

3.

Why should you stop using the words ALWAYS and NEVER?

What is the Better question?

Look back at the BAD Questions you wrote down. How can you use your words to start a positive chain reaction? Rewrite your Bad Questions.

Instead of Saying	State in the Positive
"I'll never be thin"	"I'm getting healthier every day. What can I do today to sculpt a lean body?"

Mind Gap 3

Things I like in my life right now	Things I don't like in my life right now

Things I can do to get on the Offense!

Luck is when preparation and hard work meet opportunity

