

THE POWER PLAY OF THE WEEK

Shareable action-oriented ideas to help grow your business
and your leadership team.

THE PLAY OF THE WEEK

Most goals and resolutions fail within weeks of setting them. The initial enthusiasm fades, and people return to their old patterns. Why? Because they lack two critical elements: commitment and consistency.

When I speak to audiences, I often tell them: "If you see me in public, please say hello. But I'll ask you two questions: What's the one thing you committed to doing differently after hearing me speak? And how different is your life now?"

Some people look nervous, because we all know the truth - inspiration without implementation leads nowhere. We can read motivational quotes and watch inspiring videos, but nothing changes until we change our thinking, our routines, and do it consistently.

As elite athletes understand, "The most important six inches are between our ears." What we do mentally determines our results far more than any external factor.

GET ON THE ICE

1. **Get a Coach or Accountability Partner:** Find someone outside your payroll to support your growth and meet regularly for check-ins.
2. **Join a Like-Minded Community:** Surround yourself with peers who understand your challenges and can offer support and insights.
3. **Use the Right Tools:** Implement simple systems and frameworks to stay focused and take consistent daily action.

QUOTE OF THE WEEK

"We are what we repeatedly do. Excellence, then, is not an act, but a habit."

— Aristotle