Module 3 Summary and Reflection

The primary idea of this module is to approach your goals in a systematic fashion. There are countless theories of how to set and achieve goals. Many of them are ineffective. Systemization streamlines the process and cuts out the speculation.

Know your intentions. It's not possible to create a positive future without determining for yourself what that future will entail. Choose your future rather than allowing society to decide for you.

Habits, both good and bad, are the daily rituals that move you either closer to or further from your goals. Managing both is critical. Avoid underestimating the power of positive and negative habits. Over the long haul, both are extremely powerful.

Negative habits are most easily eliminated when a positive habit can be put in its place.

There are times when a new, positive habit must be created, even in the absence of a negative habit. This skill is just as important. The ability to create empowering habits from scratch can all but guarantee success.

Self-Reflection Exercises:

Have you started yet on a new habit that supports the life you desire?

If so, are you performing this habit consistently?

If not, why not? Reanalyze your process. Are you forgetting some of your triggers?

Are you feeling just a bit overwhelmed? Stay tuned! The next module will give you more action tips to help you with your habits.

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