

YOU ARE WHAT YOU DO EXERCISE

Now that you've clarified fact versus opinion and rewritten your story, you're ready to build confidence and move forward. Hopefully by now you've been able to detect that a lot of what the world considers "fact" is actually opinion. You may have also realized that who you think you are is based on opinion and perception. Isn't it eye-opening to see the difference between these two realities?

So here's the next step in your transformation: You are not the stories you tell yourself. You are not what you think or how you feel. You are what you do. Your actions, not just your thoughts, bring you to your goals. It's all about commitment and consistency. You have to do the work.

Think about getting fit. Most people aren't born with amazing physical fitness. They begin the process of becoming fit when they start making small changes. They throw their fear of failure out the window and take a shot at it. They eat more greens, exercise, and commit to their goal. Then they practice these principles on a daily basis. Through continuous action, they get fit one day at a time.

The beauty of this realization is that simply doing something differently – regardless of your thoughts, feelings, or fears – defines who you are. There is power in the realization that regardless of past actions or lack of actions, you can always choose to do something differently.



List 3 qualities you want to embody.

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What actions, skills, or behavior do you need to take to attain them?

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Break down the actions, skills, and behaviors into small, daily goals. Focus on one each day. They can be small steps, but do something every day!

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