



## SESSION #7: THE YARDSTICK OF CHARACTER

There is a saying in *The Motivation Manifesto* that "Action is the yardstick of character." Your daily and weekly actions are revealing the kind of person you are (or are likely to become). Our days add to our personal destiny. So what is your level of action saying about you? What would you like to do that is even more in line with your best self? With enough time, energy and focus – you can accomplish the miraculous. You just have to commit and be more decisive, consistent and powerful. Use these activities below to help you examine how you can live an even more free and happy life. Print this page and use a journal for additional space for your responses.

### ***Commitments***

Are the commitments you've made to yourself representative of the "size of the dog in the fight?" Meaning, are you making commitments that honor how strong and hungry you truly are?

- *The biggest commitments I've made to myself – the things I've decided to do – are...*
- *These commitments reveal that I am a person who...*
- *A new commitment that I need to make to myself is that in the next 6 months I will...*

### ***Decisiveness***

Zig Ziglar taught that you don't have to be great to start, but you have to start to become great. What do you need to be much more decisive about?

- *The decisions I've been holding back from making that I finally just have to make TODAY are...*
- *If I was even more decisive in life, the things I'd tell my family or team we are going to do are...*
- *If I thought about gain versus ruin, a dream that would get me super motivated is...*

### ***Consistency***

Consistency isn't just about habit. It's about integrity and congruence. It's about who we are. Being consistent moves us ahead and defines us.

- *I need to have more consistency in these areas of my life...*
- *I would be much more consistent if I let go of the following doubts or excuses...*
- *The people who need me to take consistent action are... and what they need from me now is...*

### ***Power***

Sometimes we have to decide to apply real force, real power to our problems. We have to bring tremendous focus and action to move the needle of progress significantly forward.

- *I need to show up MUCH stronger in these projects or areas of my life...*
- *Real courage in these areas would mean that I ...*
- *If I knew I could handle the blowback from being a little more aggressive toward my goals and completing my projects, then I would...*