

Take Care of Every Day ...



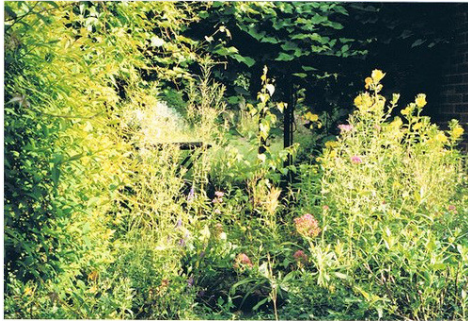
Kieren Perkins tells the story about the most challenging time in his swimming career. After he won his first olympic 1500m gold medal in Barcelona in 1992 and with still 4 years until the next olympics in Atlanta he gave himself some time off, as you would expect. However, he fell out of routine and neglected some of his good habits - he took for granted the incredible importance of the compounding effect of these daily disciplines. When he got to the qualifying race for Atlanta he wasn't prepared and almost missed getting into the team. He admits openly that he just 'didn't take care of every day!' ...

Kieren did go on to win the Atlanta 1500m olympic gold medal against all the odds from lane 8 – and boy did he celebrate. The lesson he was trying to teach was that unless we stay focussed on those simple, basic, boring, tedious, sometimes inconvenient & uncomfortable but crucial daily disciplines then we can never get to the top of the mountain or that place of success in which we would intend or desire to be. If we miss a day or let ourselves off the hook from doing something seemingly insignificant it may not seem like big deal at all - but it is huge! It is massive because it is a mindset - when we excuse ourselves once from a basic discipline we are more likely to make an excuse for ourselves again. If we get into a habit of neglecting simple disciplines then we can never ever ever achieve what it is we want!! Did I make that clear enough?

Getting excited about the mundane!

If we can truly understand and believe that doing simple stuff each day, that we don't necessarily like to do, is moving us towards a place of pure joy then why wouldn't we get excited about it? Think about it .. if we don't do the daily disciplines every day, then we will live a life that is unfulfilled and full of regret – maybe emotionally crushed, financially barren or physically broken. Doesn't sound like much fun does it? But if we simply commit to these **exciting** daily disciplines then our life will predictably head towards an abundance of love, wellbeing, financial bliss and happiness.





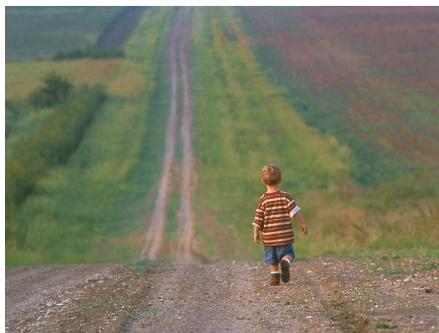
Yesterday I spent some time with one of my fabulous clients and we had a great simple example of how this works. She lives on a beautiful 7 acres in the Yarra Ranges in Victoria, but her garden needs a bit of attention. The thought of the task was quite daunting to her, as it was a big job, and so the more she thought about what she had to do the more intimidated she got and the

less likely it was going to be that it would happen. So we put a plan together for her ...

Firstly we made a list of everything that needed to be done – yes, it was a long list! Then we worked out a realistic time frame, if she invested just 1 hour per day, to get it done – we came up with one month. I asked her to close her eyes and imagine her garden looking amazing after all her work and then asked her how she felt. She was happy and proud of herself – so we wrote a goal for her to read everyday. The goal went along the lines of; *'It is May 21, 2011 and I feel happy, excited and proud of myself as I have a beautiful garden to enjoy'*.

I asked her how she felt about this and she said she still felt overwhelmed. So we then worked out a plan for the next two weeks, which was when I would see her next. We wrote out each day and then a simple task for her to do on each of the those days – we broke this enormous task down into simple daily activities. I asked her how she felt now as she looked at her plan – she said she was still overwhelmed as there was a lot to do! I told her to forget about everything and just focus on tomorrow. I covered up everything else except the next day and asked, *'is this overwhelming or does it seem doable?'* She agreed it seemed doable and actually quite simple – all she did was focus on that one day! Once she completed her activity that day she would feel good about herself, tick that box, and then focus on the next day. Her enormous task will get done simply by *'taking care of everyday!'*

The vision is important, but the power is in each day



My client has a vision to be standing in her beautiful garden. Kieren Perkins had a vision to be standing on the winning dias with a gold medal around his neck. Many people have a vision to be successful in business, be lean & healthy, have a happy family life, be holding their published book or some other significant achievement. And make no mistake the vision/goal is critically important ...

For many of us, however, the vision is not enough because it may seem too daunting and we may not believe it is possible for us. But when we break it down into basic daily steps and then simply *'take care of everyday'* it becomes, not only possible but an absolute certainty. Have an exciting day!

April 24, 2011