

Book Highlights

THE BASIS OF MY ENTIRE MARRIAGE RESTS ON...

pigs in a blanket! I guess that warrants an explanation. Twenty six years ago, I was blissfully engaged to Doug. We were running about making every kind of marriage decision known to mankind. You might remember those decisions: china pattern, crystal pattern, linens, venue, band, etc. The decisions were endless, but all along the way, Doug simply deferred to whatever I wanted. At the time, I thought his compliance was fabulous.

As the big day approached and the stress began to ramp up, we arrived at the venue to finalize the menu for the reception. We were analyzing the hors d'oeuvre options when Doug declared his desire to have pigs in a blanket. It only took me a millisecond to shoot down that absurd idea. My reasoning was simple, "Cocktail weenies" are not sophisticated enough for a wedding." I was completely unprepared for Doug's reaction. He dug his heels in deeply and refused to budge. His argument was simple, "Everyone loves pigs in a blanket!" I, then, dug in deeper with, "They are *not* what you serve at a wedding!"

My memory gets hazy as to when and where this argument was settled, but I am certain it was settled within 24 hours. I was wrong, and not just wrong about *cocktail weenies!* This is when I realized marriage is all about concessions, meeting half-way, and never needing to prove you are right. I wanted to impress others and, in doing so, I did not want to hear Doug's thoughts or ideas. Not a good basis for a marriage.

You will all be happy to hear, not only did we have pigs in a blanket at our wedding but we have served them at almost every function since. Doug taught me a huge lesson that day. I love to be *right* and to win any argument, but at what cost? If cocktail weenies are the concession I make for a happy marriage, then so be it. It is a small cost. And truthfully, can anyone be *right* about cocktail weenies?

Action Step: Do you have a "pigs in a blanket" story? If you do, let it go. Winning that argument is not winning at all. I smile every time I serve or see this life changing hors d'oeuvre!

MY BIGGEST OBSTACLE

"Get out of your own way. Seriously. Move." ~ Author Unknown

More often than not, with myself as well as with my clients, I find the biggest obstacle standing in the way of **my** success and attaining what **I** want is **me**. I want the roadblock to be an outside source; I want to blame something or someone else, but truthfully it boils down to me getting in my own way.

Maybe it is anxiety, doubt, or a lack of confidence. Maybe it is my ego or my critical inner voice that stands between me and what I want. Unfortunately, what I do to avoid acknowledging that it is really me getting in my own way is I pass the blame onto something else. I have blamed previous failures on everything from PowerPoint to Oprah!

If I really want to be truthful, Oprah didn't do anything wrong. I'm sure she's lovely. It's me. I got in my own way. And, the quicker I acknowledge my own hindrance, the quicker I can get moving again.

Does this ever happen to you? Ask yourself now, "Is it possible that I am the one standing in my own way?" If the answer is, "Yes," the best part is you are easier to move than anyone else! So seriously, move!

Action Step: Today, journal for a few minutes on how you are in your own way. Now that you know that, how will you get out of the way?

HOOAH!

I am an enormous fan of the book *Think and Grow Rich* by Napoleon Hill. I teach a class on this book, and my favorite chapter is entitled “Persistence.” This chapter changed my life. Persistence is the difference between success and failure. People give up far too quickly on goals and dreams that are achievable if only they would apply a bit more determination and persistence. Do you know that only 2 out of 100 people will continue after a second failure? Two percent will have the persistence to carry on. I always want to be that 2% and I hope that you do too.

Persistence is a habit. It is a mental decision we can make to persevere, regardless of how bumpy the road gets along the way. The Navy Seals are a great example of this. Two-hundred men go into training and only twenty graduate. All two-hundred are qualified to succeed but the goal of the training is to find the sailors who will not quit. Those with enough mental toughness to get through the seemingly impossible.

Naval instructors make it extremely hard to do what they ask, and they also make it easy to quit. At the main office sits a bell. If the pain and misery and coldness and fatigue become too much, all they need to do is ring the bell and they are done, permanently. No questions asked. Nobody gets upset. No judgments. The bell gets shined every day, every Seal touches it every day, and every day there are more helmets lined up of those that have rung the bell—reminding the others of those who have quit.

The Seals are not looking for the best athlete, they are testing their resolve. They want to see how deep their desire goes. They need to know that when they serve they will not quit, they will never ring the bell. On this journey called life, remember this, you may stumble and you may fall. That is when you need to get up and move forward, but DO NOT ring the bell! Hooah!

Action Step: Today you get to journal as if you are a Navy Seal. Think of something in your life you really want. It may be a difficult road, but it is achievable. Spend a few minutes writing about how you will use the mindset of the Navy Seal, as well as the information you just received on persistence, to accomplish this desired goal. DO NOT ring the bell.

TIP FOR THE DAY...

Do you want to do a better job at work, home, friendships, parenting, etc.? I know I do. Here are the four words we need to say to ourselves:

“I can do better!”

That is it. It has been psychologically proven (*Frontiers in Psychology* posted on 6/30/16) that saying these four words will improve our performance. Our potential for personal growth and development is essentially unlimited, so adding these four words to our day taps into our ever-present and infinite resource!

I can do better! I know I can do better.

Action Step: Since we already have the sentence, now we need to apply it to something specific. To what do you want to apply this sentence today? Work, home, friendships, parenting, etc.? Pick one person or thing and journal for a few minutes on how you will apply, “I can do better.”

WHAT MAKES YOU HAPPY?

This is a very good question. America ranks 108th out of 140 countries on the "Happiness Index," according to the Happy Planet Index. So my guess is that depending on where you call home, your answer to the question "Are you happy?" might be, "Meh." Translation: not so much.

Here is the **Paradox of Happiness**: Wanting to be happy may actually make you unhappy. Happiness will come as a by-product in pursuing meaningful activities and relationships. It is a give-get relationship.

We all say we will be happy *when* we get the dream job, the higher salary, the great relationship, we lose the weight, etc. Our happiness tends to be laser-focused on getting but happiness is within our reach right now by giving. When we give, we receive. **Happiness is always a by-product** of a life that is meaningful and fulfilling.

Action Step: Over the next week or two, practice giving. How many ways can you give? None of this has to be with money. You can give someone your spot in line, give away the good parking spot, give someone your time, volunteer, give a compliment, give away clothes or toys, give, give, give without one thought of getting anything in return. You are in control of your own energy, and giving has a completely different vibration than receiving.

GOOD IS THE ENEMY OF GREAT

"I would love to be average; I want to fall right in the middle of the pack," said no one ever. Most of us, unfortunately, do fall right in the middle, not because we want to, but because good is the enemy of great.

Let's repeat that phrase to ourselves, "Good is the enemy of great." Is our marriage good? Is our job good? Is our health good? If I swapped out the word "good" and replaced it with the word "mediocre", would we still be happy? When I realized good was equivalent to fine or mediocre, I was no longer happy with good. I wanted great!

I want the word "good" to make us all feel unsettled now, maybe even perturbed. I want us to say, "I don't want a good marriage, I want a great marriage! I want my job to be incredible! I want my health to be exceptional." When we hear ourselves say, "good," I want us to follow it up with, "Maybe for the pack, but not for me!"

Please note, great is not even near good; it is in another country! It is going to take dedication, commitment, and maybe all our heart has to give, but with all of this effort will come success, fulfillment, pride, and genuine happiness from a job done not just well, but *great*. Here's to great!!

Action Step: What in your life is good? How can it become great? Journal about each topic below:

Faith?

Family?

Marriage?

Parenting?

Volunteer work?

Job?

Health?

Friendships?

Extracurricular? Fun?

Fill in your own -

DIG YOURSELF OUT OF A HOLE

All of us are in some form of a hole. Some holes are deeper than others, some people have been in their hole longer, but we all have a hole. Our hole is our story. Today I want all of us to *stop digging*.

There is a beautiful quote I live my life by which was shared with me years ago by my friend, Terry, "Life is happening *for* you not *to* you." No matter what is happening in my life, I repeat this quote to myself. If everything is happening for me, then everything, good or bad, is in some way a gift. Sometimes it is difficult to see the gift, but if we look deeply enough, it is there.

Yesterday would have been my mom's 88th birthday. My mom had dementia. Watching her decline was perhaps the most difficult thing I have ever had to witness. My mom's dementia taught me how to be intensely present and to love unconditionally, and it taught me how to give from the deepest place in my soul. She may not have known what I was doing for her, but I knew. It was the very least I could do for my incredible mom. I, ultimately, saw her dementia as a gift. Of course I would have preferred no dementia, but the dementia gave me the gift of profoundly and unconditionally loving her.

So today, stop digging. You know your story and it is not an easy one. None of our stories are easy, but life is happening *for* us. Find the gift. Look for the silver lining. When we stop digging and focus on the gift, we may find the hole just got a little bit smaller and not so deep. A hole or a gift? We get to choose.

Action Step: What hole are you in? Please journal for 5 minutes about the quote, "Life is happening *for* you not *to* you", and how you can apply it to the current hole you are in. Find the gift; it's there, I promise. And keep this quote handy, it will remain very useful while you are here on this earth.

THE WORLD IS FLAT

I spoke at Prudential this week and one of the topics I discussed was *beliefs*. Beliefs drive everything. Our beliefs determine our potential; they drive our actions and, therefore, our results. But here is the catch about beliefs: they are not necessarily true or factual and, therefore, are very often limiting and misleading.

For example, many years ago everyone believed the world was flat. You and I believed there was a Santa Claus (I still kind of believe that one!) So what if a lot of our beliefs are just like these two? What if our beliefs are holding us back and limiting us and they are not even true?

I graduated from Rutgers University. If I had graduated from Harvard, would I have a different belief in myself? You betcha. We all create a self-image of "Who I am" based on our beliefs. Most of these beliefs were formed from past experiences, successes and failures, and many came from our early childhood.

What if I told you the limiting belief you currently have of yourself is as true as "the world is flat" and Santa Claus exists? We can really challenge ourselves by asking pointed questions like, "What if my belief about me is wrong?" and "What if my belief of who I am is not even close to what I am truly capable of?" When you get the true answers to these questions, then we can make things happen!

Action Step: What limiting beliefs are you living under? What do you say internally about yourself and your potential that is unkind, limiting, and/or self-deprecating? Here are a few doozies I have said to myself:

I do not have enough time.

I am too old.

It is too late to change.

I have too many responsibilities.

Journal for a few minutes today on any of the above limiting beliefs (which are not true, by the way), or any other limiting beliefs you can think of. The goal of this exercise is to write about all the ways this limiting belief is not true.

THE LEMONADE STAND RULE

I do not know when, where, how, or why I adopted this rule about ten years ago, but here is my rule:

Never, ever, ever drive by a lemonade stand without stopping.

I never thought about it before adopting *the rule*, but imagine for a moment you are the child selling lemonade. You finally convinced your mom it was a good idea. You made a huge mess in your mom's kitchen making potentially the "best" lemonade of all time, and you dragged everything in the garage to the curb to begin your first entrepreneurial venture. You have images of all the things you are going to buy with your profits: A new bike, that expensive video game, and maybe even a new car (for your mom, of course)! This day is going to be epic!

Strategically positioned by the curb, you are ready to sell lemonade and then it happens. You see the first car coming up the road, you jump out of your little lawn chair, grab the homemade poster-board sign and hold it as high as you can, waving it to and fro. Your first sale is almost here. You cannot wait to pocket the cash. Wait! No! Stop! They did not just drive right by you? Yes, they did. Your heart is broken, maybe even crushed.

Repeat rule: Never, ever, ever drive by a lemonade stand without stopping!

I had the pleasure of stopping at my first lemonade stand this season. It was run by an adorable little boy near the local seminary. I think he was a little afraid of me, but he handed me my cup of lemonade anyway and I gave him a dollar. I should have given him five dollars just so I could see his face really light up. I hope his first business venture was profitable; I loved his entrepreneurial spirit.

Action Step: Lemonade stand season is upon us. It might be best if we all prepare by hiding some dollar bills strategically inside our car. Stopping at any lemonade stand is a huge win-win; everyone ends up happy! Stop even if you don't have any money; explain and wish them well!

THE HIGHLIGHT REEL

I had a revelation recently. I was working with my teenage son in preparation for a big lacrosse tournament. I decided part of his *mental prep* should be to watch his highlight reel. His highlight reel is approximately four minutes of him excelling at the sport of lacrosse. He does everything correct, he wins every face-off, and scores on every shot he takes! Pretty sweet, huh? There are no errors and no missed shots; there is nothing but perfection.

After about three nights of watching this with him I thought, "Wow, I wish I was watching my highlight reel every night!" Instead, I have a habit of playing my blooper reel. I replay (and regret) the words I should or should not have said, the phone call I did not make, or the cake I should not have eaten.

Not anymore! I am done with the blooper reel. I now know the impact of a highlight reel, even when it was not my own, and it is very powerful. I may not have physical footage of my days, but I certainly can remember those things I did exceedingly well. I may not always have four minutes of reel, but I will always have some highlights I can play back for myself before I go to sleep at night. I am going to feed my subconscious the highlight reel from now on. The blooper reel will be left on the cutting room floor.

Action Step: Keep a journal by your bed. Every night jot down the wins for the day. If you do not have a bedside journal, then go through the various wins in your head. There should be no better way to prepare yourself for a good night's sleep than by reviewing your highlights!

CARPE DIEM

I believe there are risks associated with living a *safe life*; the safe life may actually be riskier than taking risks. *Better safe than sorry*. Is it really? Because by doing so, we likely remain stagnant. So, today, I am asking you to take a risk.

When you read, "take a risk", did you know exactly what risk you should be taking? If you did not know the exact risk, perhaps you knew the exact area of your life in which you need to take a risk. Has this potential risk-taking idea festered in you for a while? Today is the day! Carpe Diem, my friend!

How many times have you gone to the end of the proverbial diving board, only to turn around and climb back down? Not today — today, we jump! Pick the risk that has been eating away at you for a while now and do it. Make the phone call, send the email, start to write that book you have always talked about, or walk into that office. The fear you have of taking this risk is far greater than the risk itself.

I cannot promise you that your risk will pay off, but I can promise you this: you will get a feeling of exhilaration and euphoria after the risk has been taken. I liken it to a runner's high. Not all of my risks have paid off, but every risk I have taken has expanded my comfort zone and grown me as a human being. I want that for you as well! Carpe Diem!

Action Step: Seize the day! Journal for 5 minutes on this idea. It does not need to be anything huge, just something you have been afraid of doing like making a phone call, sending an email, or talking to your boss. Remember, the fear is almost always greater than the risk!

HOW ARE YOU?

I was in New York City having dinner with a friend. Neither of us even came close to finishing our individual gourmet pizzas so we asked for them “to go”. My friend gave his pizza to me because he was about to enter into the high holy day of Yom Kippur and he would begin his fast thereafter.

I took the pizzas with me in a brown shopping bag and headed down into the train station. As soon as I entered the building, I could sense someone close by. As I looked over my shoulder, I saw a young man who appeared to me to be homeless. I could feel myself tense up instantly. He said, "How are you?" in a very kind voice. I perfunctorily responded, "I'm well, how are you?" His response floored me. "I can tell you but you don't really care about the answer." Wow! As I went to respond, the truth of his words stung. Not just coming from him, but from anyone. I said, "No, I do care," but he called me on it again and said, "Um, maybe, but I don't think so."

At this point we reached the area where we were going to part ways. I said, "Have a great night!" and he responded in kind. As I turned away, I felt the weight of the pizzas dangling from the shopping bag in my right hand. I quickly looked back to my new friend and yelled, "Hey!" He turned and I jogged over to him, wanting to protect his dignity, I whispered. "Are you hungry?" He quickly nodded yes. I handed him the bag of pizzas and he was profusely grateful. We laughed a little bit and we wished each other well again. As I walked away, he yelled, "And I love your hair!" I don't know where that thought came from, but he made me laugh out loud.

I am so glad I chose to face my fear when he first spoke to me. He taught me a valuable lesson about asking "How are you?" Am I really asking because I care or are my words mechanical and uninterested? I will carry him in my heart for a long time.

Action Step: Spend 5 minutes journaling about how this story applies to you. Maybe it is about the greeting, “How are you?” or the homeless, or maybe it is about something else altogether. You decide, but tune in to what spoke to you. This exercise is about awareness.

SWEET SERENDIPITY

A few years ago our eldest daughter, Devon, was in her senior year of high school, buried in homework and trying to finish her college applications. Doug and I agreed we had to find a way to spend more time with her. We discovered Devon loved a new Thursday night television show, *Scandal*, and we decided it would be fun to watch the show with her.

We had no idea what was about to come from that single decision. We reconnected with Devon, sitting down each Thursday night to watch the show and speculate on what would happen every week. Devon has now graduated from college and *Scandal* is off the air, but it remains an incredibly fond memory for us—thank you Kerry Washington for bringing us all together! Doug and I have maintained this Thursday night ritual, now watching *This Is Us*. It has morphed into a much-coveted date night. I have looked forward to Thursday night for six full years now, first to spend time with Devon and now to spend time with Doug.

I never planned to create a date night with Doug (or Devon), but that is what transformed. I wish I could say I was wise enough to know how important a date night is to a marriage (as well as a stressed-out teenager), but it was serendipitous. Every Thursday night I can count on a few things: a good glass of wine, an hour of *This Is Us*, and a date with my husband! I love Thursdays! Here's to date night!

Action Step: Spend 5 minutes today journaling on who could benefit from a date with you! Is it your child, your spouse, or someone else? After you have answered who, answer where and when. Our date night very often takes place in our family room. Sometimes, when the kids come into the family room on Thursday night, I jokingly say, “Are you coming on our date with us?”

POVERTY OF THE SOUL

What brings you joy? What fills your heart? What makes you happy? Now go do it! Get off your phone, get off your computer, and create happiness. It is that simple. We live in a world where we **allow** endless demands on our time. Stop allowing the phone or emails to dictate your day. Take a few moments to answer these questions now: What brings you joy? What fills your heart? Who makes you happy? Set the wheels in motion to pursue these things or spend time with these special people.

We are rushing through life, which is a huge mistake. If we are spending a day with someone we love, let's give them our undivided attention. Let's turn **off** the cell phone. There is no tombstone that says, "I wish I had spent more time on my phone."

Ironically, I am required to turn my phone off before a tennis match, but I do not require the same of myself during our family dinners. Please help me understand my own logic here! Well, that will not be the case anymore.

My phone/computer/email do not fill my soul. People fill my soul. Laughter fills my soul. Nature fills my soul. Balance is important and multitasking is the kiss of death. We need to choose, actively and consciously, to fill our soul.

Action Step:

Step #1, answer these questions:

What brings you joy?

What fills your heart?

Who makes you happy?

Step#2, shut off the electronics! Tomorrow is never guaranteed. Enjoy everything about today!

NOBODY CARES WHAT YOU THINK!

This sounds harsh, doesn't it? I learned this lesson twenty-five years ago while I was working in the World Trade Center at The OppenheimerFunds. I was taking an in-house public speaking class which was being taught by our head of sales. This class was, to this today, one of the most valuable classes I have ever taken. I still use much of what I learned in that class.

Very early on in this class, one of the fifteen or so students must have said, "I think...". Jim, our instructor, quickly and forcefully blurted out, "Nobody cares what you think!" If he had left it there, I may have been scarred for life, but he went on to explain why, "Your audience wants to know what you **believe**."

For all of us who are leaders, managers, public speakers, or anyone else who will speak in front of 2 people or 2000, no one cares what we think but they will always care about what we believe. If we want to know the impact of *think* versus *believe*, imagine yourself in front of a crowd of thousands. They are all there to see you deliver a powerful keynote address. As they wait on the edge of their seats, will you begin with, "I think" or will you choose, "I believe"? Word choice is incredibly important as well as powerful.

Thank you, Jim, for many wonderful lessons. I am extremely grateful.

Action Step: Today, begin to remove *thinking* from your vocabulary and start *believing*.

SOLITUDE

With Valentine's Day barely behind us, I may be jumping the gun by talking about solitude. In today's fast-paced world, we rarely take time to be alone. Even when we are alone, we are not alone. We are constantly checking emails, Facebook, texts, Snapchat, Twitter, etc. We check these things even when we know we just finished checking and there was nothing new.

Genuine solitude has tremendous benefits and I am not even going to dwell on the increase in creativity, the decrease in depression, the boost in self-esteem, and the improvement in memory and concentration. I am encouraging each of us to spend time alone so we will finally slow down (stop, really) and allow ourselves to just be. Recharge our battery. Reboot and declutter our mind. It is important to give ourselves time to reflect, take stock, and think deeply. Find our voice again. Reflect on the course of our life. We cannot keep going at this pace.

Even on the best road trip, stopping for fuel, nourishment, and rest is essential. Life is the ultimate road trip. We must make sure we stop along the way. Running out of gas, being hungry and tired makes the journey arduous and the traveler miserable. The choice is ours.

Action step: Today, spend a few minutes planning your getaway. Choose a date. Put it on your calendar. Do not relinquish this date for any reason. Where will you go? Maybe it is a day trip to the beach or a library. Or maybe you can really get away and spend an overnight somewhere. Regardless, it is time to recharge the battery.

SUCCESS TIP

Here is a tip that will increase your success, whether it be at home or at work. Every day, write down the most important thing you can do today and then get it done.

This is not a to-do list. "Pick up dry cleaning" is not the target. It might be, "Get into work earlier so I can get some critical work-related reading done before the day begins" or stay late if you are not a morning person. Or it might be, "Be aware of how much I am yelling at the kids and target more household peace daily."

I do not know what your most important items are, but I do know if we do not put them down on paper and tackle them every day as a **priority**, rarely, if ever, will they get done. Write down three things a day, but start with one, one really great thing you want done in your life. Make it important. What will take you to the next level professionally or personally? These are done-in-a-day tasks. You can do this!!

Action Step: From now on, write down in this book, the most important task (or more) that will raise you up as an individual. Create an acronym for this if you would like, or simply use My Top 3. This one tip has made me significantly more productive. It is my override button for procrastination.

SOMETHING YOU MAY NOT KNOW ABOUT ME...

I did stand-up comedy in New York City. It was probably about ten years ago. I decided I wanted to take a comedy class. I read the description of the class and learned the final would be performing live at The Gotham Comedy Club which is where Jerry Seinfeld started his career.

With nothing but complete **fear** running through my body, I signed up for the class. I wanted to take this enormous risk because I was not sure if I could actually perform live stand-up, I love to tell jokes, and I wanted the challenge.

The eight or so weeks of class were so much fun. Crafting jokes, listening to others tell jokes, stumbling, bombing, succeeding, all were a part of this journey. I met great people. The teacher was hilarious! But all along, we knew what loomed on the horizon. The Gotham Comedy Club live performance. Fear pervaded. Lots and lots of fear.

The night finally arrived and we are all there, ready to perform. I am given the second to last spot which is a huge compliment. The last spot is reserved for the very best. They finally introduce me and up I go. The fear is present in every part of my being, but I say to myself, "You are prepared! You are ready! Just say the first joke and the rest will roll off your tongue." I was almost right.

The first few jokes were great! The laughter was really motivational. And then it happened. I blanked. I could not remember the next joke. It took me a second or two, but it felt like an eternity. The entire audience was staring at me, waiting for me to not only speak but to be funny, all the while I was feeling the intense heat of the spotlight pointed straight in my eyes. It felt like the walls and the ceiling were slowly closing in on me. I cannot remember exactly how I recovered, but I did. Phew! I hit the ground running again! I finished strong. The crowd went wild (or at least that is how I remember it!)

I will never forget that night at The Gotham Comedy Club, not because of any part of the successful joke telling, or the laughs, but because I took the risk. I faced the fear and I lived to tell about it.

What risk are you afraid to take, because I assure you there are not many risks that are scarier than doing stand-up comedy live in New York City! Take the risk. You may find that one of your proudest moments will be the risk you took, regardless of the outcome. I know mine is. Take the **risk!**

Action Step: Today, journal about all the possible risks you have been interested in taking for years. When you are done journaling, circle one you are willing to commit to doing. Now, pick a deadline to get it done! Come on, I did stand-up, you can do this!

BROKEN WINDOWS

Have you ever heard of *The Broken Windows Theory*?

In its most straightforward form, the theory states that once an urban area tolerates broken windows or vandalism or other smaller crimes, then the area has paved the way for subsequent occurrences of more serious crimes to occur.

How does that apply to all of us? What is the "broken window" in our life? The "broken window" is what we tolerate in our life that causes a chain of events that negatively impacts our day, whether that be in productivity, success, efficiency, effectiveness, etc. For example, maybe it starts with our alarm clock. Many of us have said, "If I could just get up a half hour earlier and..." Fill in the blank here with read, meditate, work out, etc., but we have hit the snooze button, either figuratively or literally, and therefore it is one of our "broken windows."

The domino effect of that one decision has a broad scope. Mentally, we will engage in a destructive internal chatter, criticizing ourselves for not getting up. We are less productive for not getting up and crossing that off our list early. We may or may not try to squeeze our intended activities in later in the day, making us less efficient and potentially harried.

What is your "broken window?" I have many. We cannot fix a "broken window" if we do not know it is broken. I believe I knew, deep down, I had a few "broken windows," but now I know for sure! Today I will fix at least one "broken window," permanently. Are you with me?

Action Step: What is your "broken window?" Journal for 5 minutes on what your "broken window" is as well as how you will fix it.

