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What you do is what you become. We ALL have a problem. We overestimate what can be done in a day, yet underestimate what can be accomplished in a week, month, or year. 10 Steps to get from where you are to where you want to be:

1. **Intentions.** The difference between those who accomplish great things and those who don't? Simple. The difference is in the "doing." Everyone starts out with the best of intentions, few follow through. Be one of the few.
2. **Identity.** Who do you see yourself as? You, and only you, define who you are. Build daily habits to reinforce your identity.
 - a. Writers - Write
 - b. Builders - Build
 - c. Teachers - Teach
3. **Envy.** I love Twitter. That said, it can be defeating at times. Seeing the success of others can be encouraging & motivational. It can also leave you feeling envious & wondering "what have I done?" Don't get caught in the comparison trap. Control what you can control.
4. **Systems > Goals.** Goals are meant to be completed. Systems are meant to be built and sustained over the long term. Focus on building systems rather than setting goals. Goal = Lose weight, System = Maintain a healthy diet
5. **Consistency.** Show up every day. Being present and putting in the work is 90% of the battle. Small habits, done consistently over time, lead to large-scale change. "First say to yourself what you would be, and then do what you have to do." - Epictetus
6. **Set higher standards.** Don't hold yourself back. The single biggest limiting factor for most people is their own self-doubt. Start with your loftiest idea and reverse engineer the path to get there. The road may be shorter than you think.
7. **Celebrate Others.** To paraphrase a quote from JFK: "No one is ever made better by pulling another person down. Every person is made better whenever any one person is made better." Find joy in supporting others. Who you help today may be who helps you tomorrow.
8. **Yes & No.** What does saying "yes" or "no" really mean? No is a decision. Yes is a commitment. By saying no, you leave your options open and in turn, are saying yes to future possibilities. Learn to say no more often.
9. **Comparison.** Theodore Roosevelt famously said, "Comparison is the thief of joy." He was right. When assessing progress, compare not to others, but instead to your previous self. Take pride in what you've done. Where you are now, is where you wanted to be a short time ago.
10. **Never stop learning.** Two of my favorite quotes: "Wisdom is not a product of schooling, but of the lifelong attempt to acquire it." - Albert Einstein. "Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young." - Henry Ford.