

The day that changed your life

❖ Disgust

- ❖ Unless we are sick and tired of being sick and tired
- ❖ Unless we cant stand it anymore
- ❖ Unless we feel we cannot tolerate for a second more and say things must change now
- ❖ WE WILL NOT CHANGE IT
- ❖ If getting up is an option then staying down is easy
- ❖ DISGUST IS THE FIRST STEP TO CHANGE

❖ Decision

- ❖ It is not enough to know what you don't want, you must decide what it is you want
- ❖ Decision is not easy, Churchill called it "the agony of decision"
- ❖ How ever once you,ve decided it seems things become easy
- ❖ Once we,ve waded through the waters of indecision and landed on the shores of decision it seems most of the work is done

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❖ Desire

- ❖ Desire is the fuel to keep you on track
- ❖ It is sometimes called “Intestinal fortitude”
- ❖ You need desire because you will meet opposition, when you stand for something some will stand against it its just like that.
- ❖ Story of a young man and an old wise man (The wise man said “Young man until you desire success as much as you desired the breath of fresh air a second before I took you out of the water you will not have success
- ❖ “Neighbor” You Gotta wanna and “Neighbor” no one can make you wanna

❖ Action

- ❖ Three doves sitting on the pond two decide to fly howmany doves are still in the pond?
- ❖ There is no difference between someone who has decided and someone who has not
- ❖ When it comes to Action Nike say it best “just do it” whatever the circumstances “just do it”

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❖ Resolve

- ❖ Resolve is the last stamp it is saying “I will do this or die”
- ❖ It says “I have chosen this mountain you will either see me waving from the top or find my bones on the side but I AM NOT COMING DOWN!”
- ❖ When you Practice a life of resolve it seems like Fate, Destiny and Providence hold a meeting and say “ you know we might as well give this thing to John he said he is going to do it or die”
- ❖ Resolve brings the thrill of a challenge and nothing is enjoyed more by the human spirit
- ❖ To practice a life of resolve we learn to do the small things we say “yes I will be there, you can count on me, I will do it” and then go ahead and keep our promise. This way by the time big challenges come we will be ready.