

1 **THE PROCESS**2 **THE PROCESS**

- Definition - Breaking down a task in to small manageable pieces
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- The Process is small, deliberate actions
 - “One ____ at a time.”
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- * The Process helps us simplify things when we start to worry and stress
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- * Focus on the Process, because we don't control the outcome!!
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- *** Result of the Process = LESS STRESS AND WORRY!!!
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4 **WE OFTEN KNOW THE RIGHT THINGS TO DO, WHY DON'T WE DO THEM?**

- *Right, easy things are easy to do.
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- *Right, easy things are easy NOT to do.
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- We think ONE choice doesn't matter because we don't dramatically different
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- We want the “big break,” “overnight success” Examples –
 - This keeps us from doing the work (The Process)
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- Small, continuous progress is key to success
 - .3% improvement a day = 200% by end of the year
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- Challenge is to make right, easy choices consistently