

# What do you have on repeat?

Welcome to the 6th edition of your 2023 Weekly Winning Resource all about the word repetition. As humans, we are creatures of habit. What we do on a regular basis, becomes our regular. More importantly, what we have on repeat in our mind will have the greatest impact in our lives. Research shows that most people have many thousands of thoughts each day. Of those thousands of thoughts, 80% are negative. Even more important to note, is that 95% of the thoughts were the same repetitive thoughts as the day before. Essentially, we think the same thoughts everyday. We are saying the same things to ourselves every single day. What are you saying to yourself? Is it good or is it negative? What you have on repeat in your mind is critical to your success and what you accomplish in your life. If you are going to achieve your goals and dreams you must make sure what's playing on repeat in your head is positive and leading you to be a better version of yourself.

## Your Weekly Winning Word:

### **Repetition:**

*The act of repeating.*

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## Your Weekly Winning Article:

We found this great article written by Bogdan Marincu who did his research on some of the highest achievers we have known in the world to see if repetition really produced winning results. Check it out here:

[Click Here to Read](#)

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## Your Weekly Winning Challenge:

What's on repeat in your life? Take time this week to track your activity each day and reflect on where you're spending your time, money, energy, and who you're spending it with. Are you satisfied with what you find out? How can you shake it up a little to create a better outcome?

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## Your Weekly Winning Quote:

*Success is the sum of small efforts repeated day-in and day-out. ~Robert Collier*

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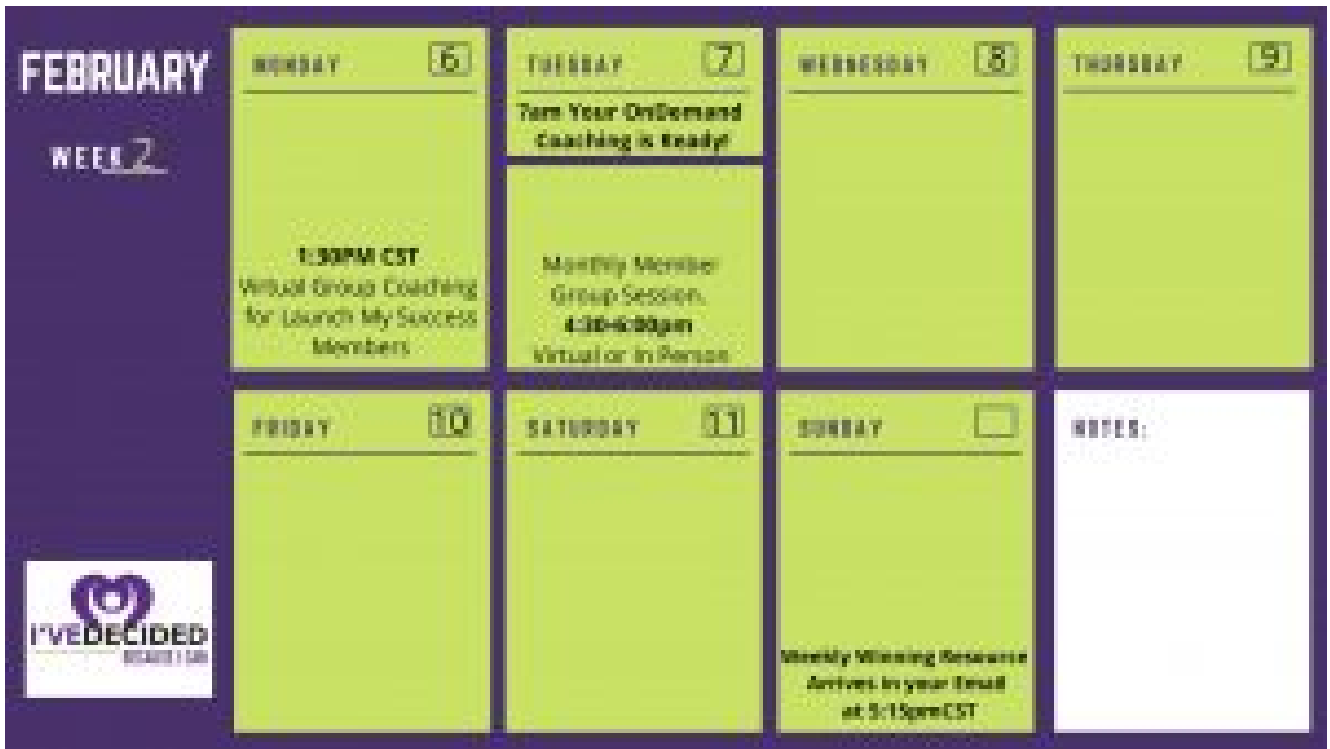
**Group Coaching is every Monday at 1:30pm CST.**

We would like to invite you to join us for a complimentary session so you can see for yourself how the added benefit of coaching can help you fulfill your goals and dreams. Join us virtually on Zoom here: <https://us02web.zoom.us/j/83584618429> and the passcode is:743243

**Learn more about our coaching options at:**

**[Learn More – I've Decided Coaching Options](#)**

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