

Can you repeat that?

Welcome to your first Weekly Winning Resource of the fall season all about the word repetition. Repetition is repeating something exactly the same way, every single time. If you want to be really good at something repetition is your friend. You can shift your mindset, behaviors, and ultimately your paradigm through repetition. There is no wrong in consistently repeating the right action. By doing so, it helps you to retain the information and gives you a better understanding. It is said that Michael Jordan practiced by throwing 1000 free throws every single day. He obviously understood that repetition is the key to mastering whatever it is you want to do. Is there something important to you that you want to improve on? Remember the eight laws of learning: explanation, demonstration, imitation, repetition, repetition, repetition, repetition, repetition.

Your Weekly Winning Word:

Repetition:

A thing repeated.

Your Weekly Winning Article:

Repetition then, is the key to learning and mastering whatever you need to do so that you can accomplish whatever you want. The key to success is to get good at repetition. To do this, there are three rules you will need to follow. Check out our Weekly Winning Article to find out what they are here:

[Click Here to Read](#)

Your Weekly Winning Challenge:

What is one skill or mindset you can work at mastering? Start today and apply the 3 rules of repetition from the Weekly Winning Article.

Your Weekly Winning Quote:

“Repetition is the mother of learning, the father of action, which makes it the architect of accomplishment.” ~Zig Ziglar

Coaching is a great way to sharpen your skills.

Spending time with a Success Partner each week to take a deep dive into your Weekly Winning Resource and discussing how it applies to your goals and dreams is not only motivating, it gives you some accountability and support. Join in for a complimentary group coaching session any Monday at 1:30pm CST with Kim. Come and see for yourself the difference it could make. The Zoom link to attend is:

<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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