

How do you get where you want to go?

We are excited to bring you this edition of your Weekly Winning Resource all about the word steady. If you want to attain your goals, the changes and steps you take to get there must be sustainable. One of the biggest mistakes we can make is to have this massive dream and then expect to make it happen in short order. At I've Decided, we are all about your big audacious dreams, and we believe you can achieve them, but it will take a lot of consistent and steady hard work. One of our favorite Tony Robbins quotes says, "Most people overestimate what they're going to do in a year, and then underestimate what they can do in a decade." It's so true! To keep it sustainable, you need to go slowly and steadily. Taking small steps has power, and taking small steps allows you to focus on every detail that needs your attention. The steps add up over time, and each step taken, propels you closer to your goal. Taking the first step is usually the hardest part of the journey. Start at the level where you are then grow and increase your skill level and output over time. Remember, slow and steady wins the race!

Your Weekly Winning Word:

Steady:

Happening in a smooth, gradual, and regular way; Reliable and sensible.

Your Weekly Winning Article:

Success doesn't happen overnight – for anyone. Sustainable success is hard work and requires you to stay the course

consistently over many years. Don't try to rush your success, remember slow and steady will get you where you want to go. We found this great article that will help you get a clear understanding of the benefits of working patiently and steadily. Check it out here: [Click Here](#)

Your Weekly Winning Challenge:

In our Weekly Winning Article this week it speaks about breaking your goal down into small steps. This is a great idea, especially as we approach the end of the year. What is one thing you could do between now and December 31st, 2021 that would propel you closer to your big dream? Write down this goal and then break it down into smaller actionable steps. For example: Maybe your goal is to finish writing a book, and you need at least 40 hours to complete the project. There are 10 weeks left in the year, so the smaller steady steps could be blocking time in your calendar for 4 hours each week to write and work on the book. Take your one goal and break it into 10 actionable steps.

Your Weekly Winning Quote:

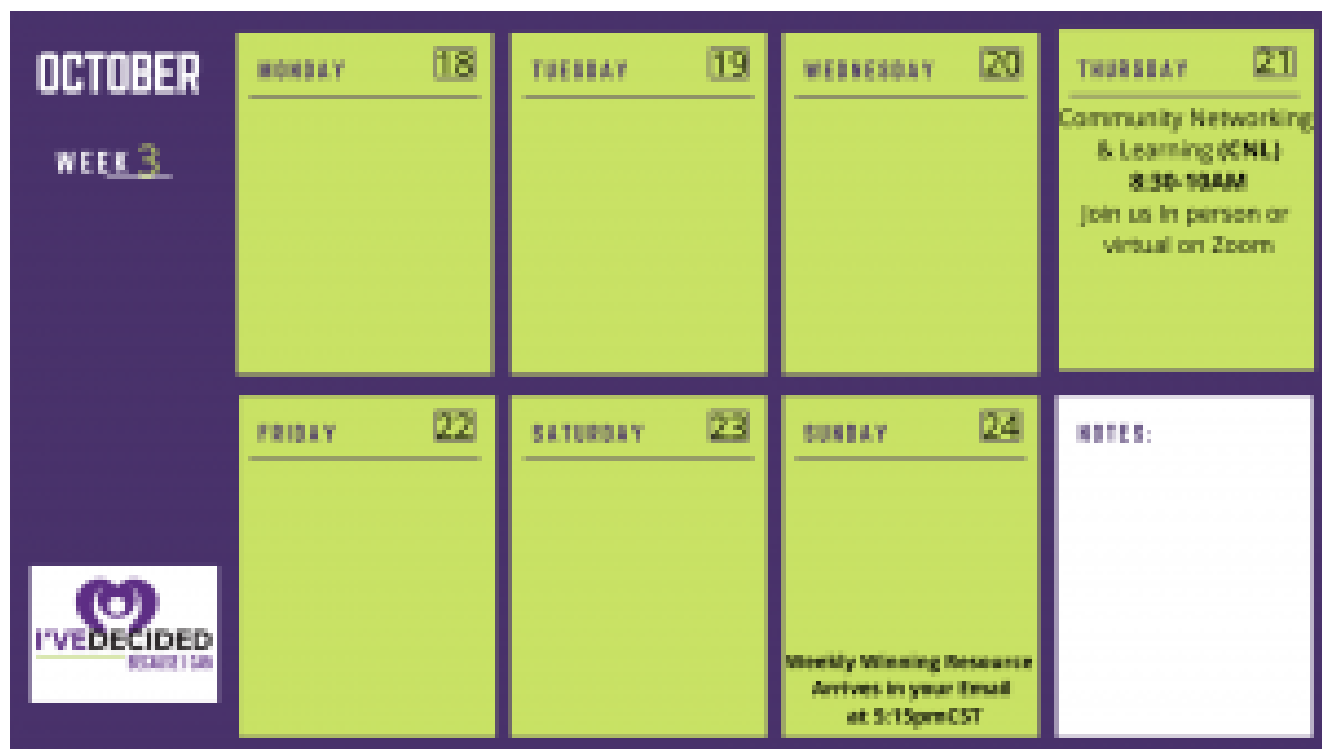
“Pause and remember – Slow and steady will get you where you want to go. If you put too much pressure on yourself for results too quickly, you will quickly give up.” ~Jennifer Young

October is more than half over, it's not too late to finish the year strong and make an impact on your goals and dreams. A coach can help you stay the course. The cost for weekly group coaching with one of our Success Partner's is about the same as one daily venti latte from Starbucks. Are your dreams worth

that? We think so! If you haven't upgraded yet, consider our Launch My Success Membership. Included in this membership, is weekly group coaching with one of our awesome Success Partners. You can learn more about them here: [Learn More – Success Partners](#)

Having a coach is an investment that you can expect to get a return on, it is not an expense. The time is now...What are you waiting for?

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