



WHO DO YOU NEED TO BECOME

Time for some self reflection. If you want to achieve the goals you have set for yourself this year, who do you need to become? What changes do you need to make? When working on your goals, achieving them is simply icing on the cake. The real benefit is who you become in the process. Every next level in life will demand a different you.

Change isn't easy, but it is absolutely possible. Millions of people do it every day. Yes, there will have to be sacrifice. Yes, you may have to leave some people behind. Yes, you will have to give up some things/habits/routines you have convinced yourself you can't live without. But in the end, what would you rather endure: the *pain of discipline* or the *pain of regret*?

Your tomorrow's are determined by what you do today. **DECIDE** what you want. **DECIDE** you are worth it. **DECIDE** you will not be denied. And start!!

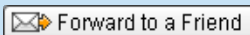
"We are anxious to improve our circumstances, but unwilling to improve ourselves. We therefore remain bound."

-- James Allen

How will you apply this to your life?

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Lisa Te Slaa, MBA

P: 712.441.3289

E: lisa@precisionleadershipgroup.com

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