"You do not rise to the level of your goals, you fall to the level of your systems."

James Clear, Atomic Habits

MY SYSTEMS, MY SUCCESS

What is the new habit I am trying to create?

What are things I do every single day without thinking?

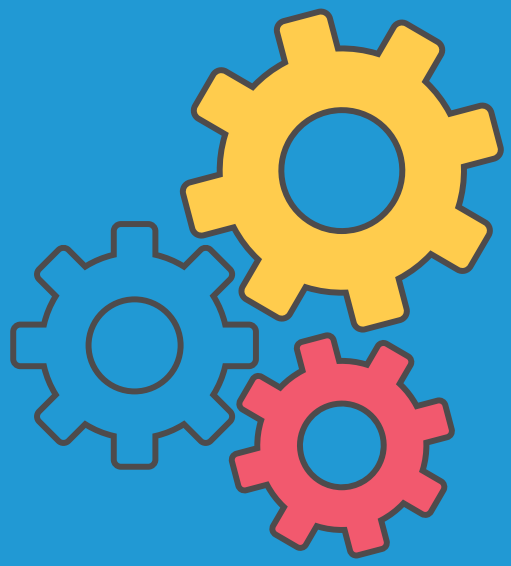
How can I tie the new habit I am trying to establish to the existing habit?

Who can support me in establishing this new habit? How can they help me?

Why is establishing this new habit important to my becoming a successful business owner?

"You do not rise to the level of your goals, you fall to the level of your systems." James Clear

Week 2: Challenge



Commit to the new habit you are aiming to develop from My Systems, My Success.

Continue your 10 minute tithing to yourself.

Every day during that 10 minutes, do the following:

- reread your My Best, Most Fulfilled Self Statement
- write what you need to tell yourself to keep going
- dig deep: what is the message in your life?

Guiding Questions:

- Think back to when you were younger. What are some of the themes/struggles that have always been present in your life?
- In dealing with that challenge, what skill have you developed?
- What type of people have you had to grow to understand?
- What has been your journey?

"Great people have a vision of their lives that they practice emulating each and every day."

-Michael E. Gerber, *The E-Myth Revisited*

"Your business is a means rather than an end, a vehicle to enrich your life rather than one that drains the life you have."

Michael E. Gerber, The E-Myth Revisited