



Action Tips

1. Action is a skillset
2. We are motivated by gaining pleasure and avoiding pain, moving towards what you want and moving away from what you don't want, carrot and the stick
3. Gamification works
4. It is easy to pay the price when the promise is clear
5. Pick a goal that inspires you – Becoming the top seller for Morgan James
6. Inputs matter
7. Association matters

Bonus Video – Level 10 Exercise <https://youtu.be/11eiPcU8KfE>