



May 25 Daily Call

No Excuses philosophy

Dante Perano

No Excuses Sales Seminar

David Goggins – 4000 pull ups – Ran 100 miles with no training

Yesterday my commitment was to jog for 15 minutes
Today my commitment is to lift weights for 15 minutes

What is great about this is it is doable

Make a commitment to do something. What is your version of 4000 pull ups, running a 100 miles in 24 hours or jogging for 15 minutes

Start investing

5 prospecting touches

Get the book to the finish line

Being a guest on a podcast

Saying I am sorry

Self-esteem comes from doing something

Dr. Moine Interview - <https://youtu.be/nk2L3hT5KNo>

Mid Year Planning Class - <https://planningclass.com/>