

Success Key Focus on Today

Have successful days

I am doing a 92-day challenge right now.

Daily cold shower

25 prospecting touches daily

Weight lift 3x per week

No internet chess

No watching sports or going to sports websites

There is nothing hard about taking a cold shower. Anybody can do it.

It comes down to:

Intention

Clear goals

Priorities

Commitment

Purpose

My approach to this is focus on today.

The only place I can take action is the present moment.

Bonus Video – My #1 lead generation strategy -

<https://www.youtube.com/watch?v=nXJG52OPsYI&t=184s>

Family Dynamics Webinar <https://ericlofholm.lpages.co/replay-family-dynamics/>