Welcome to the STEPS Method

Why are you taking both your time and your energy to go through this course?

Why do you want to get back on track and accomplish your selected goal?

Before we begin:

1. Devote 30 minutes of calendar time to uninterrupted learning
2. Be sure to put your phone in airplane mode
3. Close out any other windows or apps

Your Challenge: Write down 5 reasons why you are recreating tnis goal for yourself.

Recommended Reading: Start with Why by Simon Sinek

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Step #1: Simplest Task

What is the simplest task you can complete In order to create traction or/and momentum toward your ultimate outcome or goal?

The Simplest Task should:

- feel simple (not complicated)
- feel easy (not daunting)
- have a short duration (5 minutes or less)

My Challenge with Procrastination in shooting the video for this training.

My example of 5 Simplest Tasks for this challenge:

1.Editing and polishing one of the video outlines.
2.Watching an old training of mine about this.
3.Putting on my sport coat.
4.Reading over the outline for this training video.
5.Doing 25 push ups

Your Challenge:
Write out the 5 simplest tasks toward the attainment of your goal.

Step #2: Take Action

Never leave the planning of a goal without taking some sort of immediate action toward it's attainment.

"If you are going to have to eat a frog, you don't want to stare at the slimey*, green thing all day."*

In completing the task, remember that it does not need to be perfect. Perfectionism is the arch rival of productivity.

Your Challenge: Take action immediately by completing the simplest of the 5 actions.

Recommended Reading:

Eat that Frog by Brian Tracy

The Science of Willpower by Kelly McGonagaul

Step #3: Evaluate the Gap

How do you know if your “simplest task” is closing the gap between where you are and the completion of your goal?

During my century ride, there were times when, looking ahead, I didn’t feel as if I was making progress towards my goal, yet I could look down at the road beneath me and know I was.
Can you see that completing your Simplest Task has lessened the gap between where you are and your goals attainment?

Your Challenge: Answer the question; “Completing this task gave me traction or momentum towards my goal by…”

Step #4: Praise Yourself

It's important to "stack the psychological deck" to tip the motivational scale back in your favor.

Examples of Praise:

- Singing your favorite song at the top of your lungs
- Buying something small from Amazon
- Watching a short YouTube video
- Messaging a friend and telling them of your success
- Treating yourself to a small snack.

Your Challenge: Celebrate getting control back by rewarding yourself with a congruent celebration.
Recommended Reading: Unlimited Power by Tony Robbins

- If you are unable to answer this question, select another one of your "Simplest Tasks" and complete Steps 1 – 3 until you can tangibly notice a closing of the gap.

Step #5: Start Your Next Method

“Rinse, lather, and repeat” until the cycle of procrastination is broken!

At this point in the method, we are rewiring the brain to interrupt your patter of procrastination for the goal you are moving towards.

“Synapses that fire together, wire together.”

Your Challenge: Either

1. Immediately, start the Steps Method again with Step 1. or;
2. Schedule your next STEPS Method as a calendar appointment.

Note: Continue to go through this cycle until you have “escape velocity”: until you know longer are in need of the method to continue moving forward

Recommended Reading: The brain that changes itself by Norman Doidge