

# TogetheriCan

7  
July

## THE CYCLE FOR SUCCESS - LEARN DO REVIEW

### Defining the Cycle for Success

#### Success being defined as: The Progressive Realization of a Worthy Ideal – Earl Nightingale

**Progressive** – Overall, moving in a positive direction (doesn't mean that there won't be setbacks, sometimes backtracking or taking detours)

**Realization** – Something being manifested, coming into being

**Worthy** – Something worthwhile of value, possibly long-lasting, benefiting for life

**Ideal** – A goal, plan, or purpose, something that will benefit you or others.

The Cycle for Success  
Learn - Do - Review - Correct - Repeat

**Learn from** the lessons (**results**) you've received from life. This takes a completely open and honest look at who, what, and where you are in life. What "**RESULTS**" has your life produced up to this point? Spiritually, Physically, and Mentally. Journal your answers so you can go back later and review them. Seek answers, **gain knowledge**, don't just look for information that supports your existing viewpoint. **Look for dissenting viewpoints**: Are they backed up by data and facts or are they just opinions?

**Many times an answer will seemly appear to come from an unexpected source.**

Don't reject a thought, solution, or recommendation just because you can't afford it or don't have the ability, in this present moment, to incorporate it into your life, or you don't think you have the time available to make it happen.

A **closed mind** and having all of the answers will keep you in the same place, with the same results, continuously. Writing off new suggestions before truly evaluating whether or not they have meaning **is not a path to success**. Progression can only happen as we **gain new knowledge** and implement new actions.

Attempt to change the results with a new behavior. **Use discernment** in all things, while doing so. Correct the old behavior and use **Slight Edge**—making only small adjustments to your actions and choices and then allow time for them to work for you. Remember, it is about **Progression, not perfection**.

You can attain a **Slight Edge** by continuing to refine the **Simple Disciplines**, which ultimately control your destiny. Those **Slight Edge Principles** are either working for you or against you. You get to choose: **Simple Disciplines** or **Slight Errors in Judgement**.

Review the results of every new action. **Become Mindful** of what is going on around you. Do those lessons (results) remain truth or is there a way of improving on the action?

#### **Learn through Modeling.**

Number 1 - **Don't go it alone.**

Number 2 – **Get a coach.** They should be a mentor and a friend. BUT, they must also be willing to hold you accountable.

As a Health Coach, they should also be practicing the Habits of Health.

## **Together (by becoming Open-Minded) i Can**

*Michael McCright*

Free Health Coaching – provided by the "Together i Can Group"

Togetherican.com

October 9, 2014