

PUSH YOURSELF

your DECISIONS

Decisions are your superpower.

They are the key to you choosing what to do with your time, effort and space.

Decisions show the universe what you want and stand for.

push yourself with your DECISIONS

This exercise will teach your brain and your nervous system that your conscious mind is in control.

So each decision that you make... see if you can just push yourself that little bit.

Discipline your mind.

Create and strengthen the neural pathways that build your identity into someone who gives their best, someone who pushes themselves, someone who always has a bit extra to give.

That's the sort of person who achieves great things in life.

push yourself

So each decision that you make... just push yourself that little bit.

Here are some examples:

- *get up straight away instead of hitting snooze on your alarm*
- *work/ practice for 1 more minute after you'd usually stop*
- *do extra practice/ training after practice has finished*
- *wait 15 minutes more to eat something*
- *watch one less video*
- *play 1 less game*
- *read 1 more page*
- *read instead of watch or play*
- *do 5 minutes extra revision*
- *have only 1 cookie instead of 2*
- *pass on dessert*
- *walk instead of get the car*
- *go to bed 15 minutes earlier*
- *say hello when you wouldn't usually*
- *do some exercise*
- *if you exercise already, do more than you would normally*
- *offer to help others*

7 day challenge

On the next page make a note of all the little decisions you take to push yourself-*just a little bit*- in the next 7 days.

PUSH YOURSELF

awareness

See how many decisions you can make this week where you consciously push yourself.

Make a note of each one below.

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