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# DCB STRATEGIES

Decide Commit Become

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What one of the three words (*Decide Commit Become*) resonates most with you and why? Let me ask you, what is your go-to *growth formula* now? It's not about reading another manual but it's about rewiring your mind map with a proven discipline that unleashes new habits for your most desired new results. Let's decide now to achieve your bold growth goals (*professional and or personal*) with the steps below. The first six are dependent on each other and when all are applied properly the achievement ratio of your growth goals climbs significantly. If one of the six elements is missing, the success factor of achieving your goal will be greatly challenged. Are you up for the change? Absolutely!

## DECIDE

**The MindSet.** *Decide is not solely about deciding on something to do. Decide is about defining a new bold goal that is out of your comfort zone which will improve and or optimize your situation. This Decide segment requires your ownership of the three MindSet elements below. Then it's time to Commit!*

### 1. State Of Mind

Either you decide to possess a *growth state* of mind or a fixed *state* of mind. The powerful growth state opens your willingness to think deliberately, thus in full progress mode. You are not afraid to move forward in this growth state.

### 2. Purpose

Define the "Why" you are putting the effort forth to achieve your goal. It is not about a need, i.e...I need the money. You are putting this effort in place to prove something more meaningful to yourself, which also may be shared by others.

### 3. Present Focus

"I AM" resets your brain into the growth mode. Your self-talk and written notes for your goal(s) are now in *present focus*. i.e...I AM meeting with 10 top prospects every Tuesday & Thursday. Not, I will. Start every action statement with "I AM". Go ahead and try now...Ahh, welcome to this powerful change.

## COMMIT

**The HabitSet.** *The Commit segment is the method in which we develop new habits. Commit is a very meaningful word with a tremendous amount of "personal revenue" once you know how to activate it. This process lifts us out of our comfort zone. Acted upon accordingly, it creates your new elevated habits. Then it is time to Become!*

### 4. Strategies

We must initially define the strategy that when completed will achieve your bold goal. i.e...*The goal: Climb to the top of Mt. Everest.* The strategy: to climb to 9 base camps. 1 base camp per day for 9 days, which places us at the top of Mt. Everest.

### 5. Actions

Now write down the daily actions, (*must be placed in your calendar*) that fully support the strategy for your goal. i.e...Previous example - We hike for 8 hours per day for 9 days with 1.5 hours in between for proper nutrition and oxygen replenishment.

### 6. Persistence

Along any goal crushing climb know that you may become tired, distracted or feel defeated. This will require your "persistence trigger" which sets you back into your climb (actions). Your trigger can be a meaningful word, a photo, the reminder of your purpose, etc. *Persistence guarantees results are inevitable!*

## BECOME

**The ResultSet.** *When you Become, you have achieved your ResultSet. Because your strategies are backed by your actions and persistence, your desired results are now visible and real - congratulations! Utilize the above formula as frequently as you desire to achieve more meaningful growth goals. You are equipped to evolve anytime!*

### Successes

Due to your focussed effort(s) from the previous six elements, you are now experiencing the successes, small and or large. This point in your growth journey is most valuable. It is the visible spark that ignites your energy for even more.

### Fulfilled

Yes, this acquired happiness and or satisfaction is undeniable. This tangible feeling initiates your confidence and results in you seeing no barriers to what's next in your growth journey. It is time to soar with your powerful open mind.

### Contagious

The energy is now on your side and elevates your interest to apply the above formula whenever desired next. You officially have become contagious to your successes, which instigates the personal ask...Why not do this again with more and or larger growth goals? *I am ready!*

**Being The Best And Average Have Nothing In Common**