CHARLIE SMITH SPEAKS

PRESENTS

ELEMENT NO. 1

ELITE MINDSET

OFFICIAL PARTICIPANT WORKBOOK

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WORKSHOP DATE:

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SKILL #6

BECOME 1% BETTER

Quote: The better we get at getting better the faster we get better - Douglas Engelbart

OVERVIEW

There is an obstacle to making significant changes in our lives which lies in the magnitude of the result we are looking for. Whether it's improving our health, relationships athletic or business goals the end seems further away. We often overestimate what reaching our goals will take and underestimate what we can do with a consistent effort. The fact is that looking at the top of the mountain will typically deter us from starting to climb. This leads to the fact that it is the start that stops most people and by learning the 1% advantage you will begin take small simple steps to your goals.

WHAT IS YOUR 1% INTENTION?

Remember this The 1% advantage is a sure way to close the gap from where you are to where you want to be. This strategy includes two functions:

How Much is 1% of your Day?

There are 24 hours in a day and 60 minutes within each hour. How many minutes are in a day?

1% of 1,440 minutes = 14 minutes, 24 seconds.

1% of your day is approximately 15 minutes.

Get 1% Better Every Day:

Most people want to grow and get better. How? The same people aren't sure how to go about doing it because they aren't sure where to begin. It's the START that STOPS most people.

To get 1% better every day, you have to intentionally invest a minimum of 1% of your day and understand this is a powerful strategy for success.

When you put these two together, the idea is to take 15 minutes each day to do something that will get you closer to your respective goals.

TOOL #1: IDENTIFY YOUR 14:24 PLAN

What will you do for 15 minutes each day to become 1% better?

TOOL #2: START - STOP - CONTINUE - WHO

TAKEAWAYS & GROWTH PLAN

Now let's go from theory to practice. With a new framework for performance lets not walk out of here motivated but empowered to start a new practice tomorrow.

START

Start. What is something you are committed to start doing?...

STOP

Stop. What is something you need to stop doing?...

CONTINUE

Continue. What is something you will continue doing?...

WHO

Who is your Start. Stop. Continue Accountability Partner?

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