

# STAGE THREE: TAKE ACTION

## CHAPTER 10: DISTRACTED MOTION

If you want to be healthy, what should you do?

What should you do if you want to have money available for retirement?

What must be done to improve your relationships?

How can you perform better at work?

Are you doing all or any of those things?

What excuses are you allowing to hold you back?

What are the distractions that keep you from being productive?

Create a plan for successful mornings and productive days.  
What time do you need to get up?

What can you get prepared for your day the night before?