



ServeNoMaster 113: The One Habit Critical For Success

Highlights:

[1:51] Habit is the centerpiece of everything.

[2:02] The core habit to success is being an action taker.

[3:57] People are always looking for reasons to quit and this is what destroys them.

[4:39] Develop the ability to take a task to completion.

[6:48] We quit different things in life but we need to find a way to overcome the barrier.

[8:10] We have 2 choices when we hit barriers or obstacles - admit it's just a bad day or quit forever. Decide who you want to be.

[11:38] We quit all the time in different things we find difficult or can't accomplish at the moment but it's the "quit forever" mindset you want to overcome.

Tools to Help You Overcome Quitting

[12:55] 1 - Create a mantra to help you overcome quitting.

[13:43] 2 - Create a vision board with specific numbers and dates.

[15:58] 3 - Put structures for habit replacement.

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