

# 100 Day Challenge

The 2011 Program



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**MOTIVATE ME!**

## What is the 100-day goal achievement challenge?

The 100-day goal achievement challenge is quite simple – it is a **challenge** I give to you.

But why 100 days?

For people who have trouble maintaining momentum with long term goal planning, they find it easier to work in 100-day blocks. Every time you commit to working in 100-day blocks of time, added together can and does create massive change.

So, what can you achieve in 100 days?

Well that is up to you.

Any day you can decide to change your life, all it takes is a decision on your part to do something a little different, or if you want – a lot of different things in your own unique way. But in 100 days you can achieve many things.

To give you an example of the way the 100-day goal achievement challenge can work.

You may decide you want to save some money. So you make a commitment to save \$1.00 a day for 100 days – that will give you \$100 by the end of the challenge. It may not sound like a lot of money – but if you have never had \$100 dollars saved before, then you will appreciate the money. How do you save \$1 a day? Simply by taking it out of your pocket and sticking it into a jar. But what if you want to save more money – but don't think you can. Well consider the following:

Imagine that you are in the habit of buying a cup of coffee on the way to work every morning. What would you be able to save if you decided to put that money into the jar instead of someone else's bank account? Do you buy lunch every day? Why not take lunch and add that money to your jar. It's not hard to spend \$10 a day on take-out food and drinks. And yes, you've guessed it - \$10 saved for 100 days is \$1,000 – what can you do with \$1,000?

So let's take the 100-day goal achievement challenge a little further:



**Limit the extras:**

Are you carrying excess weight? Have you related that extra weight to the food you purchase on the way to the office? You've already eaten breakfast – but on the way to work there is a little coffee shop that sells the most amazing muffins and coffee, and you indulge in the treat a couple of days a week. I'm sure you can appreciate that a few days every week of eating an additional muffin and coffee will add a bit of extra size to your frame – over time.

And that is the key to this 100-day goal achievement challenge – if you do something repeatedly over a period of time, you will create a new habit. Some say it takes just 21 days to create a new habit, personally I think it takes a little longer than that and may take you the entire 100 days.

What we want to achieve during the 100-day goal achievement challenge is to create good habits whilst letting go of some of the bad ones we don't think we have.

So if you are in the habit of eating more than your body needs, and your waist line and your bank account are both suffering as a result, the 100-day goal achievement challenge is to limit the “extra” items you don't really need, but your brain tells you it wants, and add the money you would have spent to your savings jar.

Please note, I am not saying you can't have them, just asking you to think about it.

The same can be said for the beer you indulge in after work with your friends, or the half bottle of wine with dinner. Most of the time we do these things because we've always done them – they have become part of our habitual behaviour.

**Habits are those things we don't think we have – until we try and stop doing them.**

But what if your diet, health and finances are OK, will the 100-day goal achievement challenge work for you?

Well that's up to you and what you say you want to achieve. But yes, I do believe, the 100-day goal achievement challenge can help everyone.

**You can achieve amazing things in 100 days. The question is – are you willing to make some minor changes so you can?**



## Days 100 - 91

### Oh the places you'll go: If only you stop going round in circles

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With thanks to Dr Seuss for inspiring today's 100 day challenge post.

*"Congratulations!*

*Today is your day.*

*You're off to Great Places!*

*You're off and away!"*

Think of the next 100 days of your life as a journey.

Now the next 100 days will pass regardless of whether you leave the house, get in the car and start driving. But can you imagine where you could end up if you did?

Unfortunately that is part of the problem.

If we don't know where we want to go, then anywhere will do. And eventually we get bored and head back home again. Did we achieve whatever it was we said we were going to do when we left the house? Probably not! We might have lucked upon something that took our interest, but overall, no. We go back to our respective homes, stick the car keys back in the drawer and tell ourselves that NEXT time we'll have a plan of where we want to go and what we want to do and see. We grab a drink, a big bar of chocolate, sit down and turn on the television.

Surely it would make sense to know where we wanted to go BEFORE we even left the house! Well even that can fail if we're not prepared for the unexpected. Many times I have left the directions to my kids "mum can you pick me up from so and so's house"

"Sure, where does he live?"

"I'll draw you a map" was the last one I got.

"No, just tell me the number and street name and I'll find it"

Needless to say it was dark, half the street signs were missing, I couldn't see the numbers of the houses and there was a car behind me which was obviously being driven by someone late for dinner. I was not best pleased. And yes his hand drawn mud map was wrong.

Sometimes we need a better plan.

The 100 day challenge can provide you with your plan AND your roadmap to success (apologies to Mike for the cliché) but only if you know where you want to end up. If you know where you want to be only then can you work out the directions (Actions) you will need to take to get there. Of course there may be detours along the way, but even they don't matter if you know your ultimate destination. Which brings us back to the question – where do you want to be at the end of these 100 days? What is your "goal"?

The word "goal" and the act of goal setting for most people can seem quite daunting, and believe it or not, the reason is biological.

When faced with a daunting goal or project the amygdala, the part of the brain that responds to fear and threats, hijacks the "thinker" part of the brain (prefrontal cortex). This area is the creative part of

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the brain and is responsible for decision making and seeing possibilities. The more the amygdala works, the less the prefrontal cortex can. The amygdala is responsible for many things including:

- Autonomic Responses Associated with Fear
- Emotional Responses
- Hormonal Secretions
- Memory

<http://biology.about.com/od/anatomy/p/Amygdala.htm>

So is it any wonder we struggle to change our ingrained patterns of behaviour.

WHAT DO YOU MEAN YOU WANT TO DO ... screams our Amygdala, our stomach flips over and feeling of acid dread seeps into our body!

Unfortunately it isn't helped when this same statement is echoed through our well-meaning family members, friends and even work colleagues. They don't want you to change, they like you just the way they are – because it means THEY don't have to look at what THEY are doing. Consequently they will do anything to sabotage your new resolve “here, have some cake”.

But by breaking down our goal not only into 100 days, but 100 single units of time, the amygdala has little to worry about.

*Oh, you're going for a walk today – yeah we can go for a walk, a walk would be nice. Goes off humming to itself.*

*I'm a bit hungry now after that walk – oh we're having an apple and some almonds – ooh yum, we've not had those in a while...*

*Hey this walking thing is fun, that's the third time this week isn't it – where's my apple?*

*What are you doing sitting down writing again – can't we go for a walk?*

Of course our main goals are:

- a) Exercise daily to lose some weight, increase muscle tone, get back into our skinny jeans and eat healthier foods; and
- b) Write that best seller we've always said we wanted to write and never quite got around to.

And because we don't make a big deal about what we are doing, our family members, friends and work colleagues are less likely to notice what we are doing as well, let alone make a fuss about it.

Should you share your 100 day challenge with people?

Well that is up to you of course, but whoever you choose, make sure they are going to support you and not nudge you off course.

Over the course of the 100 day challenge, each new day adds to yesterday's “wins” and slowly we create new patterns which will of course create new behaviours which become our habits.

So your first challenges:

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1. Download a copy of the time log - if you don't have one already.  
<http://www.motivateme.info/downloads-and-free-stuff>
2. Fill this in for a couple of days and you can begin to see how you can find some spare time to work on your personal challenges
3. Write down your overall goals for the challenge. What do you want to have achieved by the end of the challenge. I use a combination of journals, the workbook and my task list in Gmail. But you can use whatever works best for you. But you do need to write them down.
4. Break down your overall goals into your daily schedule / program. What do you need to do each day? Again it is vital that you write these down. Our minds have a nasty habit of "forgetting" things, so ensure you write down what it is you need to do each day.
5. Begin – take action TODAY
6. Rinse and repeat.

Remember - you can use the 100 day challenge to meet your long term goals too. These are goals that are perhaps a few years out from where you are now. By completing each 100 day challenge (and you get 3 and a bit each year if you run them back to back) you can achieve amazing things.

As in previous years - I will be writing a blog post per day for the duration of the challenge so you can keep an eye on what I am hoping to achieve in these last 100 days of 2011 - today's can be found at <http://www.motivateme.info/100-day-challenge/2011/9/22/2011-100-day-challenge-day-1-22nd-september-start-your-day-w.html> and it says "start your day with a win" – that is vital.

Please don't wait until the end of the day to complete your daily challenge, otherwise you will be tempted to let a few days go by and then a few more and before you know it – oops, I'd better re-start the challenge. So, begin today, begin now and get an early win on the tasks / challenges you have set for yourself.

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## Days 90 - 81

### Of sleep and chicken soup:

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Has it really been 10 days since we started our journey? Amazing how fast time flies when we're set challenges. Every day is packed full of stuff to do... No, sorry can't stop, things to do, things to do.

Well have I got news for you - today's challenge is to take a rest day ...

The jarring cough has hurt my ribs, or more specifically the muscles around and over the ribs. Hacking, energy draining, trying to shift the gunk and the irritation off my chest and lungs. Every time I cough I drown out every other sound. A neighbour talking on the front yard, the wind rifling through the eucalyptus trees that need taking down when I can find the \$600 to do it, the wind chimes that need replacing and the delicate bird song that both annoys and intrigues my cats. For once though I can't hear traffic. I live on a corner block, the road I lovingly call "brands hatch", but it is the middle of a working day and it appears that most of my neighbours are working. I would be too, save for this cold / cough / flu that has knocked me off my feet. Should I have had the flu jab?

I'm tired, my sinuses are paining me and yet I know that if I attempt to lie down the intermittent whoop whoop of the cough will become worse. I thought sleep was supposed to be the panacea to all ills. That and chicken soup. Well I can't sleep, even though I want to, and I can't be bothered to make chicken soup. Shall I go and buy some? Maybe later, maybe tomorrow, maybe when I'm feeling a bit better - by which time of course I won't feel like eating chicken soup, but at least my taste buds would recognize the flavours.

I've always found illness to be a way to reconnect with the body. A chance to rest the mind, a chance to go back to basics, a chance to recognize what is important.

Which makes me wonder why we need to become "ill" to find out what is important to us. But there are countless stories of people who have battled major illnesses and accidents to come out the other side, stronger, more determined and KNOW what they want to do. They go climb mountains, leave partnerships that don't suit them, move house, change jobs, write books. All of a sudden life is to be lived and lived to the max.

Why do we need to get ill to determine all that? Surely quiet time allows that inner reflection to take place. Now I'm not so sure. When we are forced to take "time off" to power down, to switch off and let the illness work its way through and out of our body, all we focus on are the little things. I'll get up and clean my teeth. Tea, I'll make a pot of tea, that will be nice. Maybe I should read a book? Which one? Chicken soup - yes maybe I'll get in the car and fetch myself some chicken soup. We don't have the constant chatter that runs through our normally "quiet" minds when we pretend to have "down time". "I'll just do ... and then I shall be able to sit down and work out what my goals / life will be like in the next 5 years..."

If our life is a journey, illness I think is a chance to duck into a rest stop and evaluate what is working for us and what isn't. You have now had 10 days on this particular challenge. My health and exercise challenges have had to change - dramatically since we started just a short time ago. That's OK, it's OK to

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say - you know what, that wasn't working out just as well as I had hoped. Now what?

Well - EVERY 10 days of the challenge, I would like to challenge you to take an entire day off. As my partner told me today - take time to play. That also means it will be a different day each time, and a bit more of a challenge.

In amongst the daily activity that is our current hecticness we forget to play, we forget to take the time to rest, recover, recuperate and reflect on our goals, our dreams and our lives. Had I done so, maybe I wouldn't have landed myself with another challenge to overcome. Maybe that IS my lesson to learn. STOP trying to do so darn much - what are you trying to prove anyway - that you are superwoman?

**Action steps:**

1. Take a day off - it's probably too late to take today, but I would like you to schedule into your 100 day challenge - 1 day off every 10. That means, stopping the diet, the exercise, the book writing, the client calling, the planning, the preparation - everything - and I would like you to think about you for a change.

Then as you stop the churn:

2. Think about what has worked, what hasn't, what needs tweaking what is simply NOT working and needs to be stopped completely?

3. Where can you make some improvements? Are your challenges, challenging enough or do you need to stretch yourself just a little more?

A day off completely can help you to determine that.

So what has my down time said to me?

I do too much, but I don't do enough of the thing that really matters to me - when I'm busy I forget to write. I know I write ALL the time, but I forget to write and I lose part of myself when I do. Taking regular rest stops can help you find yourself. Scuse me, I'm off to write.

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## Days 80 - 71

### Beware the slump:

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*"when you're in a Slump,  
you're not in for much fun.  
Un-slumping yourself  
is not easily done."*

***Dr Seuss - Oh the places you'll go***

As soon as this particular challenge started I became ill. The doctor thought I had a chest infection, turns out it was the flu. 2 weeks on I am just beginning to un-slump myself. Now today if you are still playing along should be your "day off" - remember every 10 days is a day off for you. No diet, no exercise, no challenge - no, not one smidgeon of a challenge. Well given I have had more than one day of not being able to challenge myself beyond - let's get out of bed and maybe watch some television - I've decided to jump right back into my challenge and "un-slump myself".

And personally I think that is one of the keys to success - you only fall off a bandwagon and FAIL - if you STAY where you FALL.

***"Nope, not getting up again I've fallen off this diet / training program / book writing thing / cold calling clients soooo many times - slumps in corner with arms folded across the chest pouting."***

Give over and get up, silly.

Slumps can be another term for "road blocks". Now, road blocks on a journey have a nasty habit of diverting us from the path we wanted to be on, to one that someone else wants us to go down. Ever had a well-meaning family member or friend? That's what I mean. By the way - they don't want us to change because it means they're not going to like it. Truth.

And yes, that's what can happen to us - if we're not careful. We're used to doing things in a certain way (habits) and if we're not keeping a wary eye out, our newly found plans can be nudged off course - and the worst part about it, we don't usually recognise that we've done it, or had it done to us.

My lunch time walk was a habit, a glorious, beautiful habit - which unfortunately had to stop when I had the flu. Not a chance. But because my lunch time walking, as my thrice weekly gym sessions and once weekly personal training sessions are part of my normal pattern of behaviour it was easy for me to say - you know what - today is the day I am going to re-start. So I coughed all the way round today, so what - it's good to breathe in fresh air, stimulate the mind and of course the body. And tomorrow the HMAS Bark Endeavour gets back to Fremantle Port, so guess where my walk will take me tomorrow :-)) and yes I'll take the camera with me.

But I'm lucky, exercise and a lot of it has been part of my life for a very long time - so it was easy for me to get straight back into the habit of walking during my lunch break. The flu-ey road block didn't stop me, no, I just scooted off down a side road, took a couple of days off (about 10 actually) from my lifelong journey, then found an entry point back on the road a little further down life's highway. I know I say

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overlife goal of health and fitness, but there are individual challenges along the way which is why it was easy for me to jump straight back in - because I know what my destination is and where it will be. Next August - City Beach. A client will be in Perth, Western Australia - on an extended stay from the UK - and he's going to join me - who knows we may even decide to get sponsors and raise some money for charity - but that will be an added incentive to train for speed next year... And I don't want to let him beat me.

But what happens with a challenge, and of course trying to set a new habit is this - we don't know that someone has accidentally on purpose pushed us off our desired path. Here, have some more cake. No, don't go to the gym - come shopping with me instead. What do you want to spend all day inside writing / on the telephone for - it's summer - come down to the beach and spend time with your friends - they'll think you're being funny / snobby / standoffish if you don't come...

It's usually only later we remember we were supposed to ...

But sometimes the roadblock is of our own making - I can't be bothered today I'm not in the mood / I don't feel like doing x,y, z I'll do it tomorrow, one day won't matter... Elle won't know.

No I won't - but you will. Look me in the eye and tell me you don't care about your own goals. Go on - dare ya.

#### **Action Steps:**

Review the last 10 days:

- Have you been diverted down side streets without knowing you have been diverted?
- Have you hit a road block - is it of your own making or was it a result of something completely out of your control - like illness?
- Or are you on the right path?
- Do you now need to pick up some speed. 20 days down already - going fast isn't it.

And if you have been nudged off course - what can you do today to get back onto your path?

Compare your final 100 day goal to your current rate of accomplishments - are they aligned?

So, let's put the pedal to the metal and hit the road again Jack ...

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## Days 70 - 61

### You should be motoring now:

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I was reminded of a quote today - it said

*"Many of the great achievements of the world were accomplished by tired and discouraged people who kept on working"*

Day 31 - yes, I did say Day 31 - no I didn't forget. Yesterday morning I was speaking at the Curtin University Educational Forum. It was part of their 40th anniversary celebrations and in response to some research that has been conducted on the program for Information Professionals. Fascinating morning - and a great deal of discussion ensued - and will continue as a result of yesterday. It was a great privilege to be able to share the floor with my fellow professionals. Why?

Yesterday was a great example of a profession that was willing to say "Are we doing it right?" "What else can we do?" "How can we do it better?" Having worked in the Information Industry for nearly 30 years I've seen some massive changes to the way we deliver our services. Sometimes I thought we would never get it right, sometimes it seemed that all the testing in the world wouldn't help get our 12 million items into a "database" so the users could search it by using keywords rather than going the hard road through subject indexes. But the hard work we did put in, in those days meant that what followed could actually happen. Namely online searching of the catalogue via remote access using of course those other wonderful pieces of software we take for granted - the search engines.

\* Do you sometimes feel discouraged?

\* Do you feel like you are nothing more than a tiny cog in a very big machine and that what you are doing is worthless?

Well, sometimes we can't know the bigger picture until we look backwards, which reminded me of something Steve Jobs said - you can only join the dots afterwards (and I paraphrase), you can't know the big picture looking forwards

It is our daily actions which will show in all the tomorrow's to come what it is we have accomplished.

Remember we are looking for over life success, not overnight success. Believe me - there is no such thing as overnight success, no magic bullets or secret pills that will create the world you want to live in. Sorry to disillusion you, but that is the truth. BUT and here is one of the keys - if you have persisted over the last 30 days, then you should start to find things slotting into place more easily. You should be slipping into top gear and motoring. As Jack Canfield rightly pointed out if you are travelling through the night all you can see is the next couple of hundred metres or so, only when you get to that point will the next couple of hundred metres be revealed, and so it is with our journeys through life.

As Steppenwolf put it

*"Get your motor running  
Head out on the highway"*

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*Looking for adventure  
In whatever comes our way"*

Because we can't know for certain where our roads will take us.

As one of the speakers said yesterday - she went to university to become a teacher librarian and ended up working for an oil and gas company in their records department because it was the challenge she was looking for but didn't know existed until she started.

Review the first 30 days of your journey so far:

- If you are anything like the rest of us you will have found some things to have been easy and other items on your challenge list to be incredibly hard. That's normal.
- You are more likely to work on the easier tasks first and are more likely to enjoy them.
- You may find that you get to the end of each day having worked ONLY on those things you enjoy. Human nature says in the main we will avoid doing those things that we don't particularly like doing. I would like to challenge you to work the other way around for the next 10 days. Work on the harder tasks first - don't put them off. Reward yourself for doing the hard things, by doing the easier items - AFTERWARDS.

While you could carry on doing the easier items, indeed you should be in top gear and motoring on these things by now. The other items you've got sitting on your list are like the stop lights. We know they're coming up - and we know it's going to take some doing to move through the gear changes to get back to speed if we stop the fun stuff to work on the not so fun stuff. Which is why it's a challenge!

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## Days 60 - 51

### Are we there yet?

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Day 40 of our journey and you could be forgiven for wanting the challenge to be over. "What do you mean there are another 60 days to go" said in an altogether whiny voice ...

You get those kinds of feelings, especially if your goals are not well defined, or you've had setbacks. It may seem like a trite cliché, but setbacks are a normal part of the growth cycle we go through. But it only becomes a problem if we don't pick ourselves up and go again.

Now, you can of course continue to carry on, on your own, but that can seem like we're trying to nail jelly to a tree. My advice - get help. First off I would get a receptacle to hold the jelly, then I would nail that to the tree ...

Kidding

Actually I was only joking about the jelly bit, the suggestion to "get help" if you need to is a very serious one.

For instance, I have coaches, personal trainers and editors. These people keep me on track when I don't want to keep on, keeping on, when I'm tired, sick or just need a personal kick up the wazoo. Yes, even me. But it doesn't have to be people you've met. Most of you wouldn't know me if you fell over me in the street, yet you trust me enough to be in your mailbox on a semi-regular basis. Truth is, we don't have to meet the authors, the speakers / trainers or be on speaking terms with the priest to get the benefit of their thoughts, ideas and yes - spiritual counselling if that is what we feel we need. We don't even have to go to a personal trainer if we have the discipline to do our daily workout in front of the TV, but sometimes it is a good idea to have face-to-face time with someone, some of the time. I lerve my personal trainer, she says things like

"we'll start with the 15 kilos, just to see how you go ..."

followed by - "hmm, you need to stand on the step because you're so flexible you won't get the stretch in the hams if you don't, oh and here's 20 kilos, we'll stay relatively light" got to love Hilary.

Why do I have a personal trainer as well as a normal gym membership AND continue to do my own workouts as well? Hilary gives me the boot up the wazoo I need, she pushes me to try things I wouldn't dream of doing on my own, then I get to practice these things at the gym. The reason why I also do "other" stuff on top of my 4 x weights sessions? Because I sit down for most of the day and neeeded to move. Trainers, coaches and mentors can help us when we are feeling stuck.

So:

Today's action steps:

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1. Read: I am a big believer in the power of the written word. We don't have time to read everything there is to read - so we have to be selective. Go to your personal library, now this could be a shelf in a closet that holds your books, or a room dedicated to the collection, but I would like you to scan the titles - and allow your mind to tell you which one you need to read. It will be the title that jumps out at you... And if you are one of the few people who doesn't have a book somewhere in the house (and yes I have heard there are a few people out there \*shakes head in disbelief\* ) then it will be a little harder for you - but you can find some good ones online - project gutenber for instance. Now bearing in mind these are out of copyright print books, so you won't find the latest best sellers, but you will find some amazing books listed. For instance - <http://gutenberg.net.au/biography.html> is the list of biographies and autobiographies it has in its Australian collection. In it there are books on Edison and Franklin, James Cook and T E Lawrence's book "the seven pillars of wisdom" for instance, and that is just a few of the titles it has. Check them out, it is a fabulous resource - and free of course. Or you can use that other amazing and free resource - your public library. If you read just one chapter a day you can read many books over the course of the challenge. And in these words you may find the inspiration you need to push forwards to bigger and better things.

2. Find a coach or mentor for at least one area where you feel stuck: Assuming you don't have one that is. But you may need help with a business issue, or you might want to join a runners group that will help you prepare for a marathon. Always wanted to learn a language or a specific software program - then why not join a class? Or how about losing 30 pounds - then you might want to join weight watchers or some other program...

You don't have to go it alone, and when you make a commitment to another person, or group of people - I can guarantee this - you will reach your goals a whole lot faster.

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## Days 50 - 41

### Goodness how the time has flown

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*"How did it get so late so soon? It's night before it's afternoon. December is here before it's June. My goodness how the time has flown. How did it get so late so soon?"*

— Dr. Seuss

Have you been keeping an eye on the date,

yes I'm late

challenge day was yesterday not today,

but today it had to become

because yesterday my computer was home

but I wasn't there to turn it on

50 days have already gone.

That's a month and two thirds if you're still playing along.

And not everyone can or will.

I'm glad that I didn't send the challenge yesterday because I read an article today from Ron White which I want to share part of with you,

Ron Says

*"Do you know what a Navy SEAL is? Basically, an Olympic athlete with a gun.*

*Probably 5% of the world's population has the physical ability to become a SEAL. I would guess that less than 2% have the mental toughness and maybe 1% have both.*

*When you make the effort to become a SEAL, you enter a program called BUDS. This is a multi-week program designed to get rid of the mentally weak and physically inadequate. A typical BUDS class might have 150 men and only 20 will complete the program. You might ask, 'What happened to the other 130 men? Were they kicked out or asked to leave?' The answer is... neither.*

*When you enter BUDS it is because you have prepared for this program for years. You don't just decide one day that you are going to become a SEAL. You dream about it and plan for it for years, just to get to this point. Do you know how you leave BUDS? You walk over to a bell and ring it and when you leave it is your decision. You see, 150 men will enter a program that they*

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*have prepared for years and then in just a matter of days or weeks, they ring a bell and say to the world, 'I am not cut out for this. I quit. I give up on my dream.'* [http://www.success.com/ronwhite/ezone/2011/november/rw\\_159\\_web.html](http://www.success.com/ronwhite/ezone/2011/november/rw_159_web.html)

WOW

How do you get the mental toughness that says, I can do this, I can anything and everything I put my mind too.

How?

If elite soldiers can't do it, then how on earth can I?

When I saw that figure I didn't focus on the 130 who failed, but the fact that out of each class there will be 20 or so people who WILL make it. They have the desire, they have the ability and they have the mental toughness that says "I am damn good at what I do, and my results speak for themselves"

How about you?

Are you going to give up now and press the bell that allows you to leave the room, or are you going to keep going to the end? Only you can decide.

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## Days 40 - 31

### We're getting there ... stop playing it safe

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STOP?!

Yes I did say stop. I know I've asked you to have 1 day completely off the challenge every 10 days, and the why is important:-

When you plan any kind of long term goal, you must take into account stops along the way. You simply cannot drive for 9 days straight without a break. Besides which your car will probably break down sooner than you if you do that.

And so it is with any kind of journey. Can you imagine reaching your destination (goal) and someone asked what you had seen on the way, what you had achieved, and what you had gained from the journey? What would your answer be?

Well nothing. I drove from there to here. I've arrived, now it's time to have a bit of fun... but goodness I'm tired - where do I sleep?

They look at you incredulously and say - what? You saw nothing? Did nothing? Planned stops along the way to see ...

Nope, didn't have time. I had this goal and I just had to work on it every single day in order to get here.

Whoa - Hasn't anyone told you that the journey is all part of the fun of achieving the goal? You can't just get to your destination and expect to feel good about it if you didn't appreciate what you had to do to get here. I mean what's the point. I mean that's like saying - when I reach my target weight, I'll be happy. Or when I save my first million I'll be happy...

I do wonder for instance at these pre-packaged weight loss meals - everything you need to lose weight is delivered to you neatly wrapped in portion sizes. You make your selection from the names on the packaging and stick it into the microwave to cook. You open the package, pour the contents onto your plate and eat. Please, can someone tell me how this is going to help your long term weight management plan? You are not learning how to cook foods properly, read nutritional labels, choose the fresh produce you are going to be using that day, nor are you educating your mind as to what you should be doing from here on in. it should be a "weigh" of life, not a "diet" you start on one day and finish on another. You may have your destination all planned in advance, but the journey through trial and error, through re-discovering foods and tastebuds, culinary skills and meal times with the family is sadly lacking.

Or what about the organisations who tell you they can increase your business for only \$X per month - hand over your cheque book and we'll drive the business to you.

Am I saying you shouldn't enlist help?



No I'm not, and if you remember I did suggest you do just that - just the right kind of help. There is ample evidence to prove that if you have coaches and mentors, trainers and nutritional consultants you will get to your destination a lot faster. But I don't agree with the so-called silver bullets and magic mushroom solutions to goal achievement - where is the achievement if all we had to do is pop a pill and voila ...

So as you work through the next 10 days of the challenge, I would like to challenge you to think about the journey as well as the destination. Are you experiencing as much as you can along the way or are you simply hell bent on getting to December 31st so I stop nagging you?

Sorry it doesn't work that way.

I remember reading one of those internet things doing the rounds, it went something along the lines of:

The goal of life is not to end up with a well preserved pretty body. The goal is to cross the finish line used up, burned out, a bar of chocolate in one hand, bottle of champers in the other, skidding in sideways screaming "Wow! What a ride!"

In other words, where is the fun if all you ever do is play it safe.

\*\*\*\*\*



## Days 30 - 21

### Travelogues: Can you remember what you have achieved?

\*\*\*\*\*

As a kid I used to keep a diary, I used to write things in it like

"Great day today" or "One of the best days of my life"

And I have no idea why or what I did on those particular days that would tell me, (now years later) what it was that made those days so special. Rather than being a special memory of my childhood, all they were, were a series of bound and dated books with random and meaningless statements in them.

I threw them away.

My diaries and journals of recent times tell me EXACTLY what happened, when and on what day the "special" event occurred. It takes me a few minutes at the end of each day to write down the significant events and is a good way of getting rid of things from my mind that may have (in the past) kept me awake trying to work out just what I needed to do next / forget about completely.

Once a week I go back and read each daily entry and make a note of anything profound or special, and notes to take forward into the following week. Then I list any significant achievements. Every month I look at the weekly list. And once a year I do a roundup of the entire year.

Why would I bother? Why should you bother?

Well a statement I wrote to Facebook last week went something along the lines of

"I don't feel like I have achieved anything of significance this year"

And then I stopped and began to re-read what I HAD achieved.

One of the problems I have to say for me is this year has been one of fits and starts. My engine has not been running as smoothly as I would normally like - hence my feeling of not having done enough. But my diaries and day books help me put things into perspective. I have for instance achieved around a dozen items off my bucket list this year :-). My diaries and journals - remind me.

- Are you documenting your own particular journey through the highways and low ways of life's travels?
- Are you making a note of what is working, what is not working and how perhaps you can make the next phase of your journey smoother?
- Do you carry a notebook for those "brilliant" ideas, must do stuff and - oh boy I had not forget about ...
- How often do you review it?

If you don't have a note book already - please buy one... I use a combination of a small bound one that I carry in my handbag (purse), a bound legal sized (or A4) notepad as my day book and whatever bound

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size (usually half legal / A5) for my main diary...

AND

I use them.

For those of you who have a copy of the 100 day challenge itself, this can be a very useful tool - but you can make use of a day book or calendar in the same way.

Over the next 10 days and before the rush of the festivities hit, could you review the last 70 days. Yes we are THAT close to the end of the year and answer the questions listed above.

With an additional one - what could you have done differently to make the journey easier for you. As you can imagine this single review can assist you over the last 30 days of this challenge. But if you get into the habit of reviewing each week, you can take this one technique forwards with you - and as you review, reflect and re-challenge yourself, you will find yourself achieving far more as a result. I also find it a great way of boosting my self-esteem.

If you were in any doubt of your abilities - this review will prove to you, that you can do anything you set your mind to.

Oh and while we are in the process of reviewing our own achievements, could you spend some time and write a thank you note to everyone who has helped you in some way during this challenge, and if you can this year - this is where the diary comes in handy :-)

We can all be forgiven for being busy, but this one simple yet profound act can and will make a huge difference to both you and the person you are thanking. Not only will you realise just how lucky you are, but how much you have to be thankful for.

### **What did I mean by travelogues?**

Well consider if your journey could be told as a story you would like to tell your kids and grandkids in the future - would you be able to remember the journey without the notes to guide you. How about a documentary of your incredible journey? Would your story be worth showing or do you need to add a little spice to the adventure... just a thought.

\*\*\*\*\*



## Days 20 - 11 The Final Stretch

\*\*\*\*\*

*"The Waiting Place:*

*Waiting for a train to go.  
or a bus to come, or a plane to go  
or the mail to come, or the rain to go  
or the phone to ring, or the snow to snow  
or waiting around for a Yes or No  
or waiting for their hair to grow.*

*"Everyone is just waiting."*

*Waiting for the fish to bite  
or waiting for wind to fly a kite  
or waiting around for Friday night  
or waiting, perhaps, for their Uncle Jake  
or a pot to boil, or a Better Break  
or a string of pearls, or a pair of pants  
or a wig with curls, or Another Chance.  
Everyone is just waiting." Dr Seuss*

Except you.

As you have travelled the last 80 days, I'm sure you will have noticed how many people are doing just that. Waiting. Waiting for the right moment, the perfect time, for someone's permission so you can do something. Waiting ...

\*twiddles thumbs\*

But I hope as you have traversed the pit stops, the highs, the lows, the successes and the setbacks - you will have found some way to pick yourself up, dust yourself off and go again. That's all it takes, the single decision that today you are not going to wait for the perfect "anything" because today can be perfect if we want it to be.

We really are on the last stretch of this challenge. You can off course now say well I've come this far I'm going to carry on regardless, or you can ring the bell and leave the room - the ultimate decision is always yours to make. HOWEVER, with the daily disciplines you have now created, you probably won't need to take a day / week / month off because your challenges and your goals have become the habit we were hoping for way back in September.

By the way, when everyone else is trying to find their motivation to begin working on their New Year's Revolutions on January 1st - you won't need to worry, because you'll be coming off several major

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successes, and ready to go again.

Deep breath challengers, the final stretch is ahead.

Is it time to push just that little harder?

\*\*\*\*\*



**Days 10 – 1**

**The Chequered flag: That can't be right - can it?**

\*\*\*\*\*

The chequered flag is in sight. We have just a few laps to go and our current race will be run. Do we slow down or do we put our foot to the floor so we get there faster?

But as Mario Andretti put it

*"If everything is under control you aren't going fast enough".*

We should be pushing through, we should be working hard, after all we've had 90 days of practice to get us to this point, so no time to coast not just yet.

Consider that if this were a "real" race we would in all honesty not think about slowing down - we would push ourselves and/or our vehicle of choice to its absolute limits. When races can be won by a single hair, a tip of a finger, the tip of a tongue (CARS) or be measured in milliseconds you cannot afford to slow down. Why? Ask any professional sports person - winning may not be everything but the WILL to win is. Besides which - most people don't remember the guy (or gal) who came in 2nd place, and we all want recognition for a job well done - and why not. Yes I know our challenges are personal ones, but WE will know if we have done enough to say we "WON"

*"Will you succeed?*

*Yes you will indeed!*

*(98 and 3/4 percent guaranteed.)*

*Kid you'll move mountains"*

*Dr Seuss*

Are you going to move mountains or sit and watch?

Only you can decide.

\*\*\*\*\*



Thank you for making the commitment to the 100-day challenge. If you are like most people, there will be days that went well, and other days when you just felt like stopping. But you made it.

So, are you ready to make a commitment to your lifelong journey and start all over again?

I hope so

With much appreciation for the hard work you have put into making your dreams come true.

Elle

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