



**QWQHC Post Con A: Make It
Happen with
Rory Cohen**

Secret 1:



- You are a _____ machine. Your results reflect your _____, _____, and _____ habits.

It's very difficult to change a habit. It's much easier to start a new one.

Secret 2:



We've been taught that the formula for success is:

_____, _____, _____

This leaves you in a constant state of _____ and _____

A more empowering formula for success is:

_____, _____, _____

People	Qualities
You know Doesn't Know You	
1	3 adjective/noun qualities you admire
2	For each person
3 Barack Obama	Inspiring leader Handsome devil Courageous barrier breaker
You Know Each Other	
1	
2	
3	

Big Idea Declaration



- Present Tense
- Starts with I AM
- Vivid, emotional language
- Short sentences
- Doesn't have to be 'true'

Big Idea Blueprint



- Still from the realm of imagination
- Don't force the vision, allow it to unfold

My Big Idea BLUEPRINT!

BIG IDEA DECLARATION

NAME

Go to www.take10now.com to download additional Big Idea Blueprint forms.



Break - 10



Secret 3:



- The pursuit of _____ is a big WASTE of ENERGY!

Take 10 Tip: Small _____, taken
_____ lead to big _____.

Choose One Spoke



- Choose just one to start
- Set a short time frame, like 30 days
- Set minimum, Take 10 target and outrageous goals for that period

Create a List of Activities



- What are the things that would have to happen for this spoke to become a reality

Chunk it down:



- _____
- _____
- _____
- _____
- _____

* To get to a 10 minute action, ask yourself “can this step be done in 10 minutes?” If no, keep asking until you get to a 10 minute action.

Staying in Action



- **Accountability and Support**
- **Celebration and Acknowledgment**
- **Produce: Self-analysis of support available at home, and what additional support is needed**