
Life's Fitbit

I've noticed more people than ever wearing personal fitness devices on their wrists. These devices tell time as well as provide all around accountability for daily activity by tracking steps, calories, weight loss and sleep. What a great concept! You set physical fitness goals for yourself and receive alerts when you reach or fall short of them. You can also set it to alert others to so they can encourage you to achieve your daily fitness goals with an "atta-boy!" or a "keep going!"

What are you wearing to alert you about your life or business goals today? Wouldn't it be great to have something on your wrist to remind you to say, "I love you" to your spouse more often? Or one that zaps you when you've made no prospecting calls in the last hour and alerts your peers and friends that you are not reaching your full potential so they can encourage you? Or one that lets you know to the minute how far off you are from the goals you set for yourself in January? Aside from me coming up with the next million-dollar idea, I don't believe one exists.

We would all love to have a secret device or magic pill that makes accountability easy. Here's the great news, you are the secret; If you want to achieve at a higher level, set goals daily and track your progress hourly. If you have ever used a physical fitness device, you have it in you to do this. Apply the same philosophy – don't wait to track your progress at the end of the month, week or day, but every hour. Review what you have or have not done throughout the day so you know what you need to do to stay on track.

You don't need a device on your wrist to tell you to do what you know you need to do to succeed. All it takes is for you to want more for yourself and the willingness to make the necessary changes. It's not easy, which is why the majority starts and then stop. Anything worth obtaining, whether fitness or success, takes dedication and consistency. This week think like you're wearing a "life" Fit bit. Make the right changes, consistently and frequently set and track your goals and really make this week count!

"Shake It Up! Big Dreams and Bold Choices On The Road To Success" is available at ManginelliGroup.com. Shake It Up is short, easy to read chapters to help you in everyday life and business to stay on the road to success.

"Dan is an AMAZING coach, author and speaker. He has spoken at many of my 'lunch and learn' events, and he is beyond inspiring. People can really relate to Dan on many different levels. Dan personally inspires me to do my very best at everything I do in life."

Tobie Love - Branch Manager SPFC

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