

## Tear Up Your To Do Lists!

Most of you have those tedious To Do list that you create in an effort to get more things done in your day. But let us take time to really look at your To Do list. The actual words To Do have a negative connotation, and when you look at that list on a daily basis you think to yourself, I MUST get this stuff done! It is like meeting a deadline on a daily basis. You absolutely dread it! You should just call it your To Do Not list, because it is not something that you even look forward to doing. So, what kinds of things are on these To Do list? 1.Go to the gym 2.Take the kids to baseball practice 3.Make (3) new contacts for my business 4.Pick-up the laundry 5.Coaching session w/John Di Lemme 6.Tele-Class at 8:30pm 7.Book flights for upcoming seminar That is right, this is an example of the infamous To Do list that you write out every day, and you drive yourself crazy trying to get everything done. Then at the end of the day, you wad up your list and throw it away. No matter if you finished everything or not. Does this make sense? No. Why should you torture yourself by making a list of things that will ultimately hang over your head all day long. Plus, most of the time the things on your To Do list are important to you and you should feel a sense of accomplishment after you complete them. I know that you are saying to yourself, John, I have to write things down or I will not do them, and these things are important. I agree with you 100%, but there is another way, something you will not hate and resent doing on a daily basis. You must make this list important to you and feel good about yourself when you complete it or even most of it. Develop a Champion Checklist! Does not that sound better and more powerful? How would you feel at the end of your day if you accomplished the majority of things on your Champion Checklist? Here is another tip. Do not throw it away day after day after day. Keep your Champion Checklist in a journal or simply a notebook. This will allow you to look back at your lists at the end of the week and see all of the things that you achieved. On the other hand, it will also act as your guide to things that you can do better such as time management. My challenge for you today is to commit to tearing up your To Do list and replace it with a Champion Checklist. Will you do it or will you continue to begin everyday staring at a list that haunts you all day long? It is up to you! This simple change will produce drastic results for you. Action creates results. Two of the most phenomenal success habits are failures. Every habit is successful because it produces a result. If you believe that something produces a result, is it successful? Absolutely. Except the two top habits of failures are indecision and procrastination. How many people say and think, What if Only if. I should have. Oh man, I do not know? That is called indecision and procrastination. Inside indecision and inside procrastination, inside indecision is decision and inside procrastination is action and inside each one of you is a Champion.

## About the Author

John Di Lemme - Visit <http://www.FindYourWhy.com> and discover how you can finally create monumental success in your life today and achieve all your goals, dreams and desires.

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