


EPISODE 21 WORKSHEET

Key Things to Remember

Delay Gratification is a MASTER ABILITY

Delayed Gratification is a battle between your habits. It's a battle between what you want in the future opposed to right now.

Impulse Control allows logic and reason to win over your impulses.

Sign up for the mailing list to ensure you get information to attend the next annual workshop.

Definitions

Decision Making is the thought process of selecting a logical choice from available options.

Emotional Intelligence is the ability to perceive and manage your emotions as well as the emotions of other people.

Responsibility is to fulfill an obligation or task

Self-Control the power to manage one's own emotion or actions.

Self-Discipline is putting off immediate comfort in favor of long-term success.

Review

In Skill Talk™ episode #15 AI gave **Million Dollar Question**: What is distracting you from the goals you want to accomplish?

Discussion Questions

In Skill Talk™ episode #20 AI gave **Duncan Nugget® #234**: Delayed Gratification is the ability to keep temporary pleasure from blocking your progress towards long-term success. What habit(s) do you have that could potentially hinder your long-term success?

Interview Question: How quickly do you make decisions? Given an example.

Activity

Total time: 8-15 minutes

Scenario: John works at an establishment that is currently short-staffed. John is a football fanatic and is schedule to work on Super Bowl Sunday. John plans to call in sick that day so he can watch the game.

Step 1: On a separate sheet of paper use the Duncan Decision Making Model to determine if John is making a sound decision.

- What are the positives for me if I do this?
- What are the negatives for me if I do this?
- What are the positives for someone else if I do this?
- What are the negatives for someone else if I do this?

Million-Dollar Question: Will this help or hurt John's chance of becoming successful long-term?

Step 2: How will using this model help you make better decisions?

