By Bruce Seidman, aka Bruce Coastal (brucecoastal.com)

"Knowledge into Action" for all areas in your daily life!

#### Slide A:

#### Opportunity is nowhere

Slide B:

#### Opportunity is now here

... move that "W" a millimeter one way or the other.

Soooooo...what happens in your mind?

#### Accountability Tips, Tricks, Hacks

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### ACCOUNTABILITY

Put a mental rectangle around the root word above.

What does it mean?

#### Accountability Tips, Tricks, Hacks

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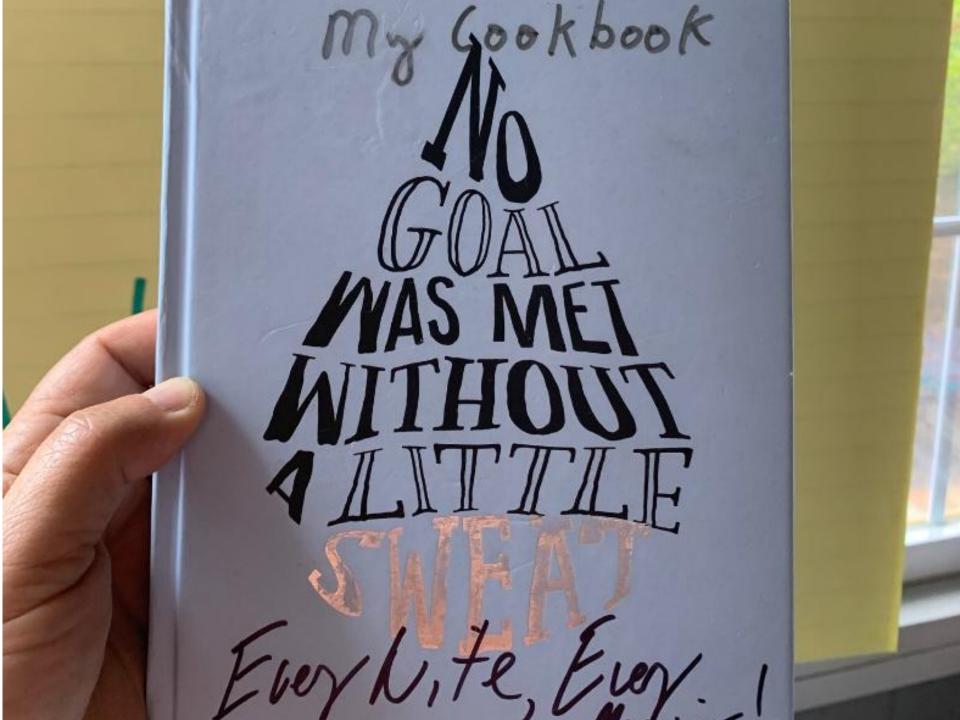
### ACCOUNTABILITY

What does it mean to you?

# JOURNAL

### my behavior

"You Can't Manage What You Don't Measure"
-- Bruce Seidman, 2001



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#### A.D.D. & Procrastination

**Procrastination and** Accountability are opposing forces. Let that sink in. Do you agree or disagree? Talk about this TUG and your **REMEDIES** in your breakouts...

 WHY be accountable to yourself (translation: why do tick marks and count behaviors... Do you want to sustain changes in your behavior?)

Why BE ACCOUNTABLE to another?

#### **BLIND SPOTS**

We are all victims of other victims, sleepwalking through life. God gifts us, which fully develop in us and are easy to see, with reflection...even from our childhood. Yet as we grow older, our blind spots remain hidden. We cannot see our own crap. Yet others can see it plain as day. I cannot see my own faults and blind spots, but you can. In the medical field, they have a Latin word for it; literally, a blind spot in the eyeball, Scotoma. During our life, we ask others willingly to point out our blind spots. Then, we carefully filter the information before we place any value in it. Sometimes we cling to our beliefs from the past even though they do not serve us well. Until our blind spots come out in the daylight. Be still, right now, and ponder this: Close your eyes, say to yourself, "Self, name one belief I desperately cling to that is hard-wired in me. (pause) Is it serving me well? (pause) Who in my life who knows me well can I ask?"

#### "Vital Friends" p.17, by Tom Rath

Have you ever taken a course in friendships? If we have already spent significant time on self-development, is it possible that most of the magic - our room for rapid personal and professional growth - lies in developing our friendships? The real energy occurs in each connection BETWEEN TWO PEOPLE, which can bring about exponential returns.

## Vulnerability → Authenticity → Intimacy

 Taking your greatest weakness, and turning it into your most passionate message to help others

Your greatest strength comes from sharing your deepest wound

- TRACK
- COUNT
- SHARE (outloud)

- So this is COUNT-ABILITY at its core
  - --Bruce Coastal, 2020, aka Bruce Seidman

## Big take away today:



## Speak OUTLOUD COMMITMENT within next 47 HOURS!

# Big TAKE AWAY TODAY: Ah Ha



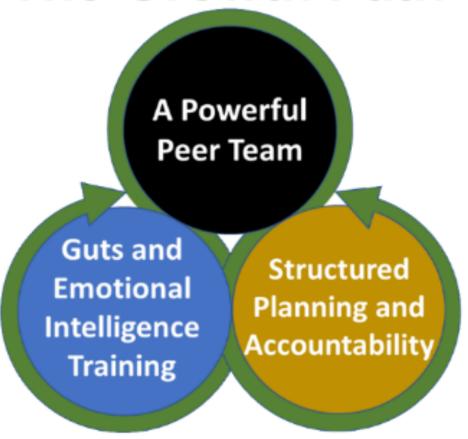
## Speak OUTLOUD COMMITMENT within next <u>47 HOURS!</u>

My Goal for our Breakfast Club Community: 99 people by the 3<sup>rd</sup> Monday in May. Help us build this Community on Monday Mornings! (SHARE, POST, LIVE):

www.brucecoastal.com/breakfastclub

Online virtual peer team of business owners & professionals dedicated to business & personal growth

#### The Growth Path



You could go it alone, but why would you? Join a Growth Path team and start growing!

contact@thegrowthpath.net