

⚡ EPISODE 13

5 Habits to Fight Complacency

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Five practical ways to fight it off. These are simple, actionable habits you can start this week — no excuses, just results.

Stay Curious

Spend 10 minutes a day learning something new (podcast, article, book, or asking someone to teach you).

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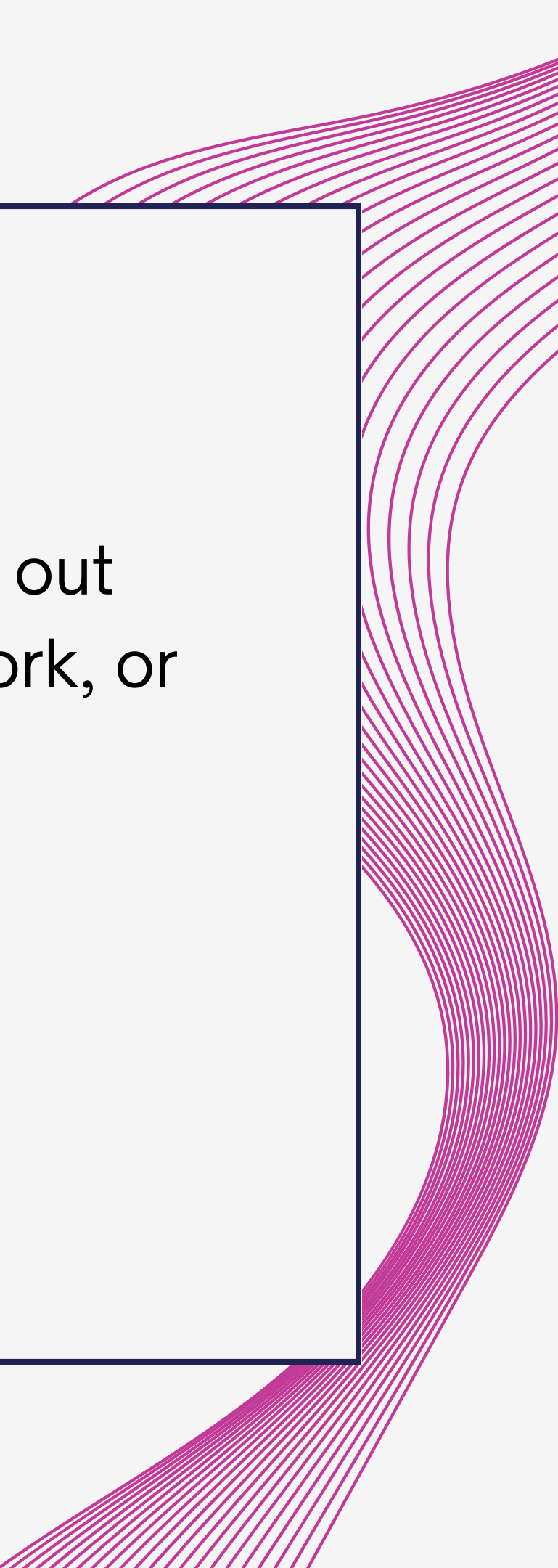
Set a Fresh Goal

Write down one 90-day stretch goal and post it where you'll see it daily.

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Invite Accountability

Identify one person to check in with you weekly or monthly. Schedule the first conversation.



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Celebrate Progress

Before the week ends, call out one small win at school, work, or home.



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Reconnect to Mission

Write a one-sentence reminder of your “why” and share it with the people you lead.



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Challenge

Don't try all five. Choose one and practice it daily this week. Small habits compound — and that's how you beat complacency.