

# 4

## Ways to **START**



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When you are looking to add healthy habits to your life, change the way in which you approach things, begin a new program, or launch a global policy, there are four effective ways to go.

## Most Difficult

Mark Twain is famously known for saying, “Eat that frog.” This was his approach to productivity, get up in the morning and tackle the hardest task of the day, after that everything else seems easy. This has been proven throughout the years as an extremely effective way to manage tasks lists. Starting with the most difficult gives you a major sense of accomplishment. More confidence and esteem lead to positive approaches to getting things done.

## Easiest of All

New habits, global change, task lists can be long and seemingly daunting. Our brain can look at the list of items and easily become overwhelmed, resulting in procrastination and paralysis. By starting with the easiest task- as defined by you (in time, money, value, joy, etc.)- you start checking things off your list, get momentum, and are more willing to take the next step.

## Most Resources

Starting with the step that you have access to the most resources gives you the courage to take on more, strengthens your resolve when you make mistakes, provides options when you can't think of your next steps, and brings a level of normalcy to your perspective. Resources are online programs, classes, books, videos, professionals, groups, forums, and more. They give you a wider scope to view your forward movement and to take on more.

## Largest Support Network

Networks, support systems, cheerleaders, mentors are all essential elements of a support network. When you start your approach with people standing on the sidelines chanting your name, it boosts morale gives you the oxytocin needed to bring about eustress- the good form of stress that gives us motivation.

Using each of these approaches is healthy and effective. It's knowing which one to use at what time that takes skill and mastery.



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