

The DECIDE Method: 6 Steps to Success

D

D is for DECLARE. You need to tell the world! Whatever you do, make your dreams and goals known!

E

E is for ENVISION. You must conceive it as a possibility and create a mental picture. Imagine life after accomplishing it.

C

C is for CULTIVATE. You need to acquire or develop an action that will move you toward your goal. Emotion follows action!

I

I is for INFLUENCE. Search your soul for your "why" and find an accountability partner. Who inspires you?

D

D is for DISCIPLINE. You need to practice building your mental discipline muscle. You don't have to be perfect.

E

E is for END RESULT. Keep your eye on the prize. Remind yourself what life will be like when you reach your goal.



Kim Martin
founder of the
I've Decided
movement



**Join us Saturday, Jan 23 at the Peoria Civic Center.
Register at ivedecided.org for a day of motivation and
encouragement!**