



Mondays with Mike **AULTCARE**

WEEKLY PLAN

MONDAY

TUESDAY

Win the Day!

It is said that the journey is more important than the destination. The way we prepare and establish our daily habits says more about us than does the final outcome. Sure, we want positive results and wins. But it is the day-to-day wins that really make up who we are.

Every major victory in our lives was made possible by the countless minor victories along the way. If the goal is to quit smoking, then stop smoking for this hour . . . this afternoon . . . this day. If the idea is to get out of debt, then don't stop at the mall or jump on Amazon. If we want to lose 20 pounds, then bypass our normal after-dinner piece of pie today. Then, when tomorrow comes, do it all over again.

Win these little battles each day, and we eventually win the war that we want to fight.

Alabama Head Football Coach, Nick Saban, shares it this way:

We decided to use the approach that we're not going to focus on the outcome. We are just going to focus on the process of what it took to play the best football we could play, which was to focus on that particular play as if it had a history and life of its own. Don't look at the scoreboard, don't look at any external factors, just all your focus and all your concentration, all your effort, all your toughness, all your discipline to execute goes into that particular play called.

Then, when that play ends, we do it all over again.

If we establish a process-focused mentality, our daily habits will create growth and mastery over whatever our challenges may be. As we do, our life's journey gets more productive and fulfilling.

Just win the day!

