

CIT Success Conditioning©

July 2003

Complacency

CIT Success Conditioning© improves business. Make a difference in the lives of people and watch what results. These people can be anyone with whom we work, know or have made an acquaintance.

While participating, notice how relationships develop, credibility improves, and how feedback and business provides you a measure of success beyond predictability.

Exercise:

This month look at ideas that once inspired you. Narrow it down to one idea that was so inspiring you started taking action and have now lost that “lovin’ feeling”. This idea, project, or dream has now escaped your daily thoughts; you’ve lost the drive and desire to make it happen. Complacency has set in! You’ve accepted status quo.

Criteria:

When looking consider all areas of your life; work, family, communication, exercise, hobbies, interests, business endeavors, investments, partnerships, overall health, spiritual practices, and any other area.

How:

Write the list of areas where you have become complacent and given up. Choose one. Go back to the day you made the declaration to yourself. What were you feeling? What pictures came to mind? How long ago did your idea/dream exist? How has life changed since this occurred for you? Did you develop a plan? Did you take action? How far into the plan were you when you stopped? What was the next step that had you stopped? How were you stopped?

Action:

Schedule time; 30 minutes and bring a pen and a journal. Answer the questions listed in the **How** section. Should you become re-inspired, identify/list people and resources who can help you achieve this now. Ask yourself if you are willing to recommit to the accomplishment. If you answer yes, tell friends and family who can help you. Set up the plan of action and resources. Spend maximum of 1 hour total.

Intent:

Identify the areas of our lives where we give up. Realize who is responsible for the lack of action. Recognize how much fun life is when we are in action rather than complacency. Live fully.

Feedback:

Share this with many, especially those whom you trust and who are resources of various types of support. Allow them to provide you their insights and feedback. Remain objective and open.

Upon conclusion, provide an email to ConceptsinTraining.com with the event and outcome.