

# Point #1 Speed



“If you are to succeed, you first have to try.”

*-Lee Taft*

“Procrastination is the bad habit of putting off until the day after tomorrow what should have been done the day before yesterday.”

*-Napoleon Hill*

*American author and one of the earliest producers of the modern genre of personal-success literature*



## **Point #1 Speed**

Life can get moving pretty fast and if you are not on the fast track you can easily be left behind. Developing the ability to make speedy decisions can get you on the fast track. When an issue arrives in your life that must be handled swiftly and you procrastinate, many things can go wrong. First of all, you create stress. When you allow an issue to linger and build stress in your life it will take its toll on you physically and mentally. Second, making the decision with speed and conviction helps you to build momentum for future decisions. Making a decision quickly, even if incorrect, allows you to correct your mistakes, learn from them, and move on.

## **Athletes Benefit from Speed in Sport**

When an athlete is playing sports they use speed to put them in position to make a play. They will either use it to get out of a bad situation or to put themselves in an advantageous situation.

## **Benefit from Speed in Everyday Life**

When you have a job to do, homework to finish up, or a call to make, get it done immediately. Waiting only increases stress and more importantly trains you to procrastinate. When you consistently act on things with speed, it becomes a part of your make-up as a person. You can use it in every aspect of your life.



### **Action Steps to Improve Speed**

Make a commitment to yourself to act with speed on decisions or at least take quick action to investigate which decision is best. Do not allow yourself to be caught on the fence and not taking action. You will be less stressed and more productive on a daily basis.

